



# Supervisor Alice Lai-Bitker Newsletter

October 2009

Alameda County, District 3

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- Domestic Violence

## Special Events/Save the Date

Friday, Oct. 30

**Day of Remembrance**  
**11:30 a.m. to 1:30 p.m.**  
**County Administration**  
**Building**  
**1221 Oak Street, Oakland**

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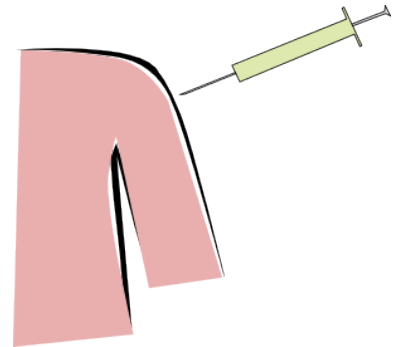
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## The Flu Season & H1N1

Fall has arrived and that means flu season is upon us as well. Public health officials throughout the country are anticipating this flu season to be a busy one with the H1N1 virus. In Alameda County, the County Public Health Department is actively preparing for any outbreaks of the H1N1 virus. In the coming weeks, you will be hearing more and more about the County's preparation on this upcoming flu season.

Public Health has provided the following tips to you and your family to help protect you from catching the H1N1 virus and other flu viruses:

- Wash your hands often with soap and warm water for 15-20 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners also work.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash or flush it down the toilet after you use it.
- Try to avoid close contact with sick people.
- Stay home from work or school if you get sick with the flu.
- Limit contact with others for 7 days or until you feel better (whichever is longer).
- Stay informed. [www.cdc.gov](http://www.cdc.gov)



I am also posting Flu Facts on my website to provide critical information that County employees received in order to enhance our shared responsibility to protect ourselves and prevent the spread of flu.

Our Public Health department has received the H1N1 nasal spray and anticipates receiving weekly shipments that will include H1N1 flu shots and more nasal spray. The majority of the vaccine will first go directly to Alameda County health care providers who are working with high risk of H1N1 flu complications and also provide seasonal flu shots to these individuals. Public Health recommends everyone to receive the H1N1 vaccine but the strategy is to reach those at highest risk of H1N1 flu complications first and then expand to others. Those that do not have insurance or direct access to a primary care provider will be served at county mass vaccination clinic sites starting November 7, first in Oakland and Fremont and then in other cities across the county. Public Health's website will be continually updated, [www.acphd.org](http://www.acphd.org), with the latest information.

## DID YOU KNOW?

You can download the Alameda County Resource Directory?

This easy-to-use, compact directory of information on County resources and services is designed to give citizens an overview of County services and provide a direction to services they need. The directory was compiled in collaboration with representatives from each County agency providing help in identifying what types of issues and questions citizens present when they call Alameda County phone operators and/or agency offices. This is the first edition of the directory. The on-line directory will be updated twice a year by the General Services Agency/Communications staff.

<http://www.acgov.org/acrd.htm>

## Domestic Violence - Day of Remembrance



Since 1996, over 186 individuals have died due to domestic violence in Alameda County. Recently there have also been unfortunate incidents of domestic violence in the news. Yet, over the last few years, through the commitment and hard work of many professionals, family members and our communities, domestic violence deaths have been dramatically reduced. Our hard work and caring has saved lives! Join me in commemorating Domestic Violence Awareness month and in honoring those who have died and acknowledge the success of how a community can stand together and stop the killing---stop the violence.

Please join us and the Alameda County Day of Remembrance Planning Committee for A Day of Remembrance which takes place on **Friday, October 30, 2009 from 11:30am to 1:30pm**. The ceremony will begin at 12:15pm and will be held at the Plaza in front of the County Administration Building (1221 Oak St., Oakland). An Art Exhibit opens at 11:30am. For more information about this event, please contact my office at (510) 272-6693 or our website at [www.acgov.org](http://www.acgov.org).

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## Community Events / Announcements

Latino Male Health Summit – La Clinica de La Raza's Latino Male Health Workgroup is organizing the Latino Male Health Summit to be held on Saturday October 17<sup>th</sup> from 9 a.m. to 4:30 p.m. at Laney College. This free event will feature workshops, speakers, and cultural presentations on health. For more information & to RSVP you can call Casa CHE at (510) 535-6401 or Mauricio Perez (510)879-1600.

North Alameda County Transportation Forum – Join the Alameda County Transportation Improvement Authority a Transportation Forum focusing on projects and programs that are funded through local sales tax dollars. Citizens Advisory Committee Meeting at 5:30, Open House at 6:30 and Formal Presentations at 7 pm. Public is welcome to all three. Thursday, October 15<sup>th</sup> at ACTIA offices, 1333 Broadway, Suite 300. More information at [www.actia2022.com](http://www.actia2022.com) or (510) 893-3347.

Best Food Forward –Workforce Training – Ashland Reads! – A partnership between Alameda County Library & Mercy Housing - is offering a series of classes on workforce training as well as computer classes. "Put Your Best Foot Forward, Get That Job & Keep It!" will focus on communication skills, resume building, reading, writing & spelling skills. It begins on October 8<sup>th</sup> at 6:30-8:30 p.m. at Bermuda Gardens (1475 167<sup>th</sup> Ave in San Leandro) Computer classes will be offered at Eden House Apartments (1601 165<sup>th</sup> Ave in San Leandro). These classes will begin on October 8<sup>th</sup> at 10:30 a.m. To register for these classes, you can call (510)245-1473.