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Issue 43



Emergency Management Department Newsletter



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Topic of the Month: Flash Flooding Preparedness

Flooding is a temporary overflow of water onto land that is normally dry. It is the most common natural disaster globally, causing power outages; polluting drinking water systems; and damaging homes, other buildings, and infrastructure.



- Know your area's flood risk.
- Turn around, don't drown! Do not walk, swim, or drive through floodwaters.
- Consider buying flood insurance.



EMD Hazard Mapper



Turn around, Don't Drown!



Flood Insurance

Daylight Saving Time: Sunday, March 8, 2026



American Red Cross "Turn and Test" Campaign



The 2026 Los Angeles Marathon: Sunday, March 8, 2026



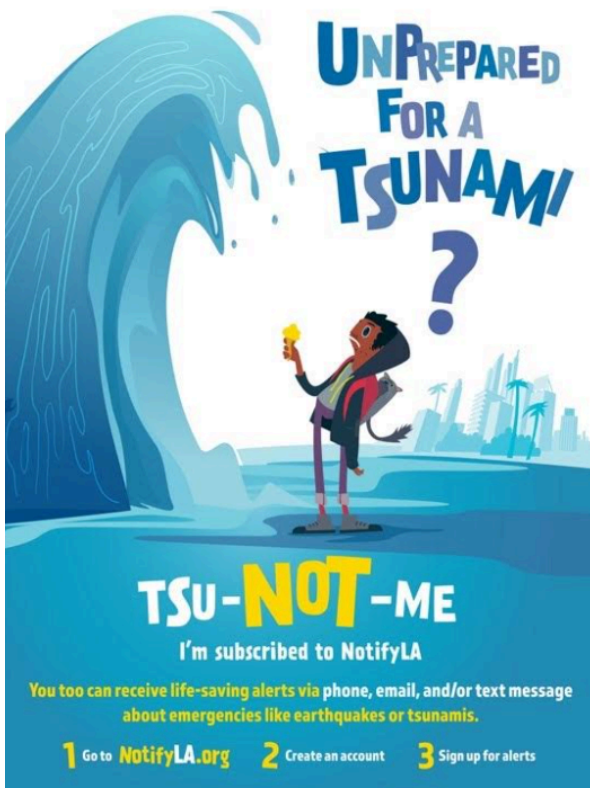
The 2026 Los Angeles Marathon features a 26.2-mile "Stadium to the Stars" course, taking over 25,000 runners from Dodger Stadium through Little Tokyo, iconic Hollywood, and Beverly Hills, before finishing in Century City. The sold-out event includes a 7:00 AM start and a major street festival. Be advised: Many roads throughout Los Angeles will be closed either partially or fully, starting as early as 3 AM.

[Need More LA Marathon Information?](#)

[LA Marathon Road Closures](#)

Tsunami Preparedness Week March 21 - 29

California Tsunami Preparedness Week is observed to educate the public about tsunamis and promote preparedness.



A tsunami is a series of powerful, fast-moving waves. Even a tsunami with just a peak wave height of 2-3 feet can flood coastal communities, impact harbor traffic and infrastructure, and cause other damage and casualties.

- Know Your Zone: get a tsunami map, tell others to look up to know their risk.
- Take action: hold a tsunami walk in your community.
- Register: be counted as a participant.

Are you in the zone?

Register for Tsunami Zone

We are excited to include a new feature: City of Los Angeles Public Health Hub!

This new section includes links to trending public health topics, mental health resources, and highlights to look out for!

The Los Angeles County Department of Public Health's most recent [Respiratory Illness Surveillance Report](#) notes a moderate increase in influenza cases. Public health urges everyone six months and older to get the flu vaccine. Getting vaccinated & practicing good hygiene are the most effective ways to prevent spread & serious illness.

Trending in Public Health

MEASLES

KNOW THE SYMPTOMS:

Fever AND Rash	Cough
Runny nose	Red, watery eyes

Symptoms usually appear 7 to 21 days after contact with the virus.

[Measles Information](#)



[Food Recalls](#)

HEADED TO THE BEACH?

Check the ocean water quality before visiting.

Public Health collects ocean water samples weekly to ensure bacterial levels do not exceed health standards.

If there is an Ocean Water Warning at your beach: avoid swimming, surfing, and playing in the ocean waters.

Call 1-800-525-5662 for updates or visit ph.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm/

[Ocean Water Quality Check](#)

Los Angeles County Public Health Infoline is here to help (833) 540-0473

Mental Health Resources

[5 Tips to Cope with Things You Can't Control](#)

[10 Effective Ways to Reduce Anxiety Quickly](#)

[Managing Stress Brochure](#)

This section of the newsletter aggregates information from the City of Los Angeles, LA County Public Health, and government partners. For official mandates, refer to the linked primary sources. This content is for informational purposes only and is not medical advice.



Emergency Management Department (EMD)

City of Los Angeles

Emergency.LACity.gov

500 E. Temple Street, Los Angeles, CA 90012

EMDCommunications@lacity.org

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