

April 2026

Issue 44



Emergency Management Department Newsletter



Connect with Us!

Topic of the Month: Severe Weather

Last month, Los Angeles experienced record-breaking temperatures. Know that severe weather can happen anytime and in any part of the city. Severe weather can include hazardous conditions produced by extreme heat, thunderstorms, or floods. As we continue in the Spring season, stay prepared.

Know Your Risk!



Extreme Heat

Thunder & Lightning

Floods

Earthquake Preparedness Month



This month California Governor's Office of Emergency Services (Cal OES) recognizes that April is earthquake preparedness month and encourages individuals, families and businesses up and down the state to prepare for the next earthquake. Cal OES is encouraging residents to take the time to update their emergency plan and download the MyShake App.

MyShake App

Register for the 2026 October ShakeOut!

Join US in the World's Largest Earthquake Drill.

October 15, 2026

Register: ShakeOut.org



Registration is now open for the 2026 October ShakeOut.
Join the millions each year who practice earthquake
safety.

Sign up and learn how to get prepared.

Register here: [2026 ShakeOut](https://ShakeOut.org)

**If You Feel Shaking or Get an Alert:
Drop, Cover, and Hold On**



Have a Plan!



6 Easy Steps

Step 1: Start an emergency kit.

Step 2: Start a household communication plan.

Step 3: Sign up for emergency alerts.

Step 4: Create a Family Emergency Plan.

Step 5: Consider specific needs to your household.

Step 6: Practice your plan with your family/household.

[NotifyLA](#)

[Earthquake Warning](#)

[Emergency Alerts](#)

[Get Prepared](#)

Public Health Hub

Public health priorities remain focused on managing unseasonably high temperatures across LA County. The Los Angeles County Department of Public Health emphasizes the importance of heat acclimatization, as bodies are often less prepared for high heat in the spring than in the summer. Residents are urged to stay hydrated, monitor vulnerable neighbors, and utilize air-conditioned spaces like libraries or malls. To support these efforts, the city provides cooling centers and safety resources via **3-1-1**, while additional County-wide assistance is available by dialing **2-1-1**.

National Stress Awareness Month

April is **National Stress Awareness Month**, and the City and County of Los Angeles are teaming up to help residents build mental resilience. For additional support and professional guidance, the following resources are available:

- The **Los Angeles Public Library (LAPL)** is hosting a variety of health and wellness events throughout the month, including online yoga and meditation, Tai Chi for seniors, and "Mindful Meditation Thursdays" at the Central Library. Residents are encouraged to explore the LAPL Health & Wellness Calendar to find free workshops in their neighborhood.
- **24/7 Assistance:** Dial **3-1-1** for local city services,
- **2-1-1** for County-wide health and social referrals,
- **LA County Department of Mental Health Help Line** at **(800) 854-7771** for mental health support and crisis intervention.
- **Crisis Support:** Call or text **9-8-8** anytime for the **Suicide & Crisis Lifeline**.

LAPL Health & Wellness Calendar

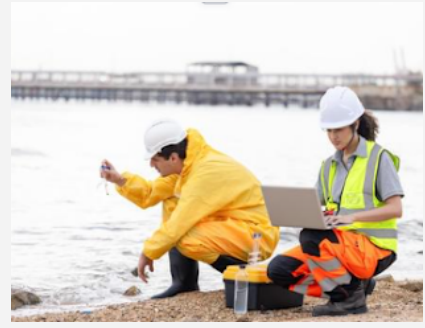
Trending in Public Health



Heat Safety



Food Recalls



Ocean Water Quality Ch...

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

Mental Health Resources

**16 Simple Ways to
Relieve Stress**

**6 Ways to Bring
Mindfulness Into Your
Daily Life**

**Coping Skills to Help
Kids Manage Stress**

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

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