



## Support During Emergencies September 1, 2022

Dear Colleagues,

Many of us are facing challenges this week as our East County communities navigate multiple emergencies, including wildfires, excessive heat, and power outages.

If you are directly affected by a wildfire, please work with your supervisor to arrange appropriate time off.

Please also be cognizant of the effects of these emergencies on students and coworkers, particularly those who have had to evacuate.

To help you and our students stay healthy and safe, we wanted to highlight some key GCCCD and external resources available. We encourage you to take advantage of them.

### **Stay Informed**

For the latest information on wildfires, excessive heat warnings, and other emergencies in San Diego County, visit the [San Diego County Emergency Site](#). For information on power outages, visit [SDG&E's outage map](#).

As we head into peak wildfire season in our region, fire danger in our area is high. The risk is expected to remain elevated over the next few days. Take a moment to familiarize yourself with the resources and tools at [ReadySanDiego](#). If you are asked to evacuate, for your safety and the safety of first responders, do so immediately.

If you haven't already, be sure to download the [SD Emergency app](#) to plan, prepare and stay informed during emergencies, and register your cell phone through [AlertSanDiego](#) to get notified of evacuations affecting you.

## **Stay Hydrated**

Weather forecasts call for temperatures in our area to be extreme in the coming week. Take care of yourself. [Health officials](#) urge us to:

1. Stay hydrated by drinking up to 24 to 32 ounces of water per hour when outside;
2. Check on friends and neighbors at high risk of heat-related illness;
3. Stay cool in an air-conditioned area if possible;
4. Limit your time outdoors;
5. Avoid sugary beverages and alcohol; and
6. Never leave kids or pets in a closed, parked vehicle.

## **Stay Cool**

The San Diego County Cool Zone program provides a network of free, air-conditioned settings (such as at libraries or community centers) across the county that provide respite for older adults, those with disabilities, or anyone looking to escape the heat. Cool Zones also are a way for residents to lower individual utility usage and help conserve energy. Visit the directory of the latest [Cool Zone locations](#), [a map of Cool Zones](#), or call 2-1-1 for more information.

## **Protect yourself from Poor Air Quality**

Smoke from wildfires is affecting parts of our region. If you smell smoke, you are advised to limit physical and outdoor activity. If possible, stay indoors to limit your exposure to fine particulate matter and ozone. This is particularly recommended for those with respiratory or heart disease, the elderly and children. For more information, visit the [San Diego County Air Pollution Control District website](#).

## **Access Behavioral Health Services**

Heat and wildfire events can raise our levels of anxiety, stress, and worry. If you need help, contact the Suicide and Crisis Hotline at 988. [Online chat services](#) are also available through the San Diego County Health and Human Services Agency Monday through Friday, from 4 to 10 p.m.

All benefitted employees have access to the Employee Assistance Program (EAP) through Optum Health. You can reach Optum Health 24 hours a day at 1-888-625-4809.

## **Pick up Food, Water and Hygiene Items**

The below resources are available:

- Grossmont College: Students, faculty, and classified professionals can access prepackaged meals, personal hygiene items, snacks and help with CalFresh applications at Gizmo's Kitchen in Building 60, Room 130. Gizmo's Kitchen is open Mondays through Thursdays, from 10 a.m. to 5 p.m., excluding holidays.
- Cuyamaca College: Employees can pick up food, water and hygiene items, and get help with CalFresh applications at Cuyamaca Cares, located at the Cuyamaca Pantry in the trailer adjacent to student parking lot #2 (look for signs). Drop in Monday through Friday from 8 a.m. to 5 p.m. For any students or employees displaced due to the wildfires, please contact Kaylin Rosal at 619-660-4025 or [kaylin.rosal@gcccd.edu](mailto:kaylin.rosal@gcccd.edu).

- You can also call 2-1-1 for resources in the community nearest you.

Please take care of yourself and one another.

Be safe,

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