



For several years, Contra Costa Health Services has produced two award-winning television shows, Get Ready, Get Healthy in English and Vida Sana en Vivo in Spanish.

Get Ready, Get Healthy Health Emergency-Related Topics:

Avian and Seasonal Flu (February 2006)*
Personal Preparedness
Children and Disasters
Post Traumatic Stress Disorder
Where to get Information During Emergencies
Disaster Planning
Contra Costa's Industrial Safety Ordinance
Emergency Preparedness for Seniors

Vida Sana en Vivo Topics:

Avian and Seasonal Flu (February 2006)*
West Nile Virus
Home Preparedness: Making an Emergency Plan & Kit
Basic First Aid & Injury Prevention
Post Traumatic Stress Disorder
Children and Disasters
Community Warning System
Contra Costa's Industrial Safety Ordinance
Violence and Terrorism
Emergency Preparation for Vulnerable Population
Small Pox & Immunizations

* Copies of this show are included in the Pandemic Action Kit for Schools
Copies of other shows are available in limited quantities on DVD or tape by emailing
vballada@hsd.cccounty.us.