



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
Local Hazards & Disaster Planning
Contra Costa's Industrial Safety Ordinance

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.