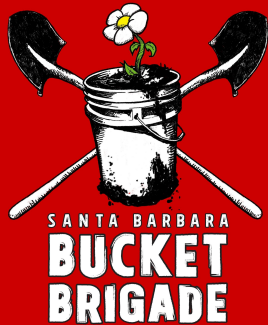




SANTA BARBARA
**BUCKET
BRIGADE**

Neighborhood Cooperation in a Pandemic

Free Webinar: March 16, 2020



Presenter:
John Abraham Powell
Executive Director
Santa Barbara Bucket Brigade



Our Mission:

The Santa Barbara Bucket Brigade was created to prepare for and respond to natural disasters and community crises through volunteer training, coordination and deployment.



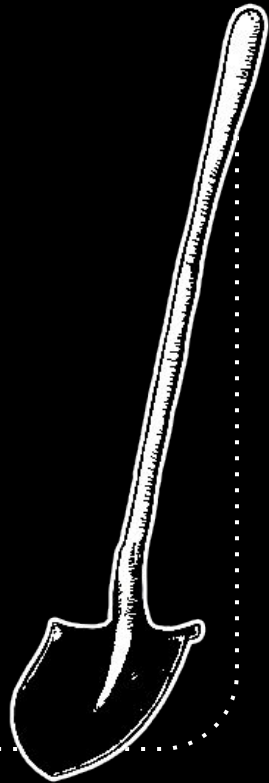
Our Vision:

A global network of resilient neighborhoods working together to address the challenges of climate change at the local level.



**Our wisdom comes from the elders of
organized neighborhoods here in
Santa Barbara County:**

**Mountain Drive, Painted Cave,
Mission Canyon, Eucalyptus Hill, the
Riviera, Gaviota, East Side, West
Side...**



Our Community Wisdom:

1. A caring, cooperative and organized community is the fundamental building block of resilience.



Our Community Wisdom:

2. Local knowledge empowers all preparation, planning, relief and recovery efforts, making them far more efficient and effective.



Our Community Wisdom:

3. Swift, collaborative and sustained action is required for true recovery and resilience.



Why local resilience?

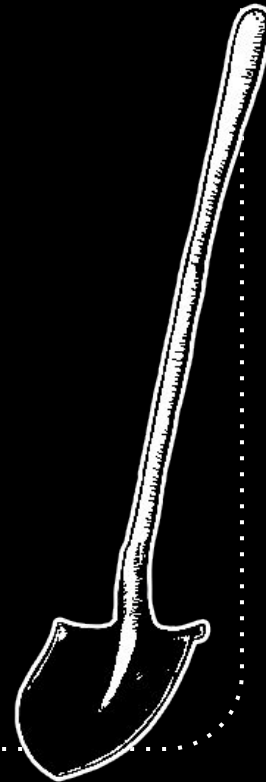
“The local response capacity is the foundation of all disaster relief.”

– David Fukutomi - FEMA

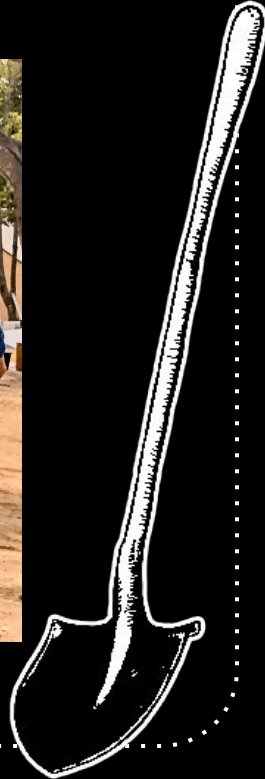


What does local response capacity look like?

Neighbors safely helping each other in a time of need.



What does local response capacity look like?
It looks like all of us working together.

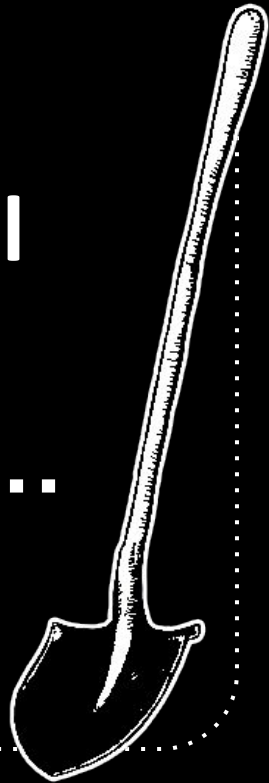


**The Santa Barbara Bucket Brigade is:
Inclusive - Cooperative- Coordinated**

That means:

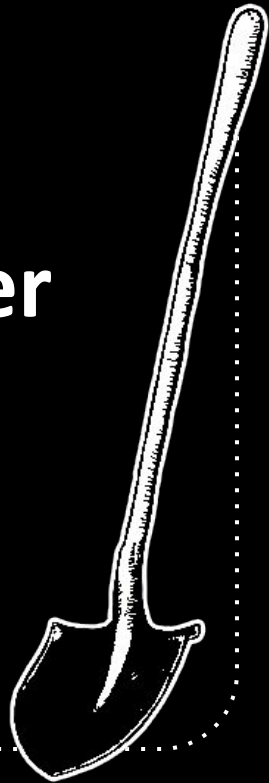
**All ages, races, colors, genders, sexual
orientations, religions, physical and
mental abilities, and political parties...**

Everyone is welcome.

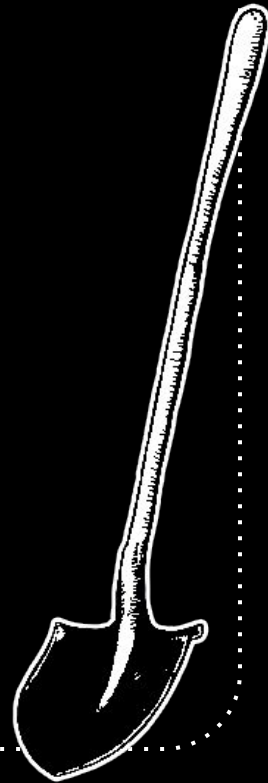


OK, but...

What can organized neighbors and neighborhoods do to help each other during a pandemic?



Let's do this!



Bucket Brigade Training and Education:

Neighborhood Cooperation in a Pandemic:

1. Safety First!
2. Use Proper Resources for Public Health Information
3. Use Resources for Assistance
 - a. Medical
 - b. Financial
 - c. Food
4. Neighborhood Organizing for Safety and Cooperation
5. Proper Communication for Cooperation
6. Ways to help each other
7. Additional resources



1. Safety First - How to stay safe?

- a. **Protect yourself and your family. If you aren't safe, how can you help anyone else?**
 - i. **How do I protect myself in a pandemic?**
 - ii. **How do I protect my family in a pandemic?**
 - iii. **How can I safely help others during the crisis?**



1. Safety First - CDC Information

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



1. Safety First - CDC Information



Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



1. Safety First - CDC Information



Avoid close contact

- Avoid close contact with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



1. Safety First - CDC Information

Take steps to protect others



Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).



1. Safety First - CDC Information



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



1. Safety First - CDC Information



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



1. Safety First - CDC Information



Clean and disinfect

- Clean AND disinfect **frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.



1. Family Plan - CDC Information

During a COVID-19 outbreak in your community:
Act

During an outbreak in your community, protect yourself and others by:



- Staying home from work, school, and all activities when you are [sick with COVID-19 symptoms](#), which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet).



1. Family Plan - CDC Information

Create a household plan of action



Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss [what to do if a COVID-19 outbreak occurs in your community](#) and what the needs of each person will be.



Plan ways to care for those who might be at greater risk for serious complications. There is limited information about [who may be at risk for severe complications from COVID-19 illness](#). From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#). CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.



1. Family Plan - CDC Information



Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.



Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.




Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.



1. Family Plan - CDC Information

Put your household plan into action



Stay informed about the local COVID-19 situation. Get up-to-date information about local COVID-19 activity from [public health officials](#) . Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.



Stay home if you are sick. Stay home if you have [COVID-19 symptoms](#). If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.

- If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.





1. Family Plan - CDC Information



Continue practicing everyday preventive actions. Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.



Use the separate room and bathroom you prepared for sick household members (if possible). [Learn how to care for someone with COVID-19 at home.](#) Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.

- If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with EPA-approved emerging viral pathogens claims, maintained by the CDC, is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#)   . Always follow the manufacturer's instructions for all cleaning and disinfection products.



1. Family Plan - CDC Information



Stay in touch with others by phone or email. If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.



Take care of the emotional health of your household members. Outbreaks can be stressful for adults and children. [Children respond differently to stressful situations than adults.](#) Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.



1. Family Plan - CDC Information

Take the following steps to help protect your children during an outbreak



Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.



2. Public Health Resources:

LOCAL:

publichealthsb.org (S.B. County Public Health Department)

STATE:

cdph.ca.gov (California Department of Public Health)

FEDERAL FACT SHEETS:

cdc.gov (Centers for Disease Control and Prevention)



Bucket Brigade Training and Education: Neighborhood Cooperation in a Pandemic:

- 1. Neighborhood Organizing for Safety and Cooperation**
- 2. Proper Communication for Cooperation**
- 3. Ways to help each other safely**



Bucket Brigade Training and Education:

Neighborhood Cooperation in a Pandemic:

1. Is your neighborhood already organized?
 - a. Is there a homeowners association or neighborhood group? Search the web. Ask around.
 - i. If so, reach out to that group.
 - ii. Ask them if they are organizing neighborhood emergency communication.
 - iii. Work with that group to help improve communication on your block and throughout the neighborhood.



Bucket Brigade Training and Education:

Neighborhood Organizing: Four DIY Options

2. IF your neighborhood IS NOT already organized?

b. What to do? OPTION A:

- i. Invite your neighbors to a neighborhood email thread!
- ii. Write a letter telling them who you are and what you are doing and invite them to get in touch with you via email.
- iii. Hand-deliver letters to mailboxes on your block.



Sample Letter to Neighbors:

Dear (your street name here) Street Neighbors,

I am reaching out to invite you to a neighborhood email communication chain during the coronavirus pandemic. I live in this neighborhood, and I am checking in to invite you to join me in staying connected during this crisis.

Schools are closed, and people over 65 or those at high-risk for the coronavirus have been instructed by the governor to “self-quarantine.” This will create all kinds of challenges for many people. There are a couple ways we can help each other get through this.

1. Keeping an eye out for each other during the pandemic
2. Helping those who are quarantined get food and supplies
3. Sticking together to help each other during a difficult time

If you would like to join our neighborhood communication group, please email me at (your email here) and we will include you in neighborhood updates moving forward.

Sincerely,

Your name



Bucket Brigade Training and Education: Neighborhood Organizing: DIY Safety!

**NOTE: If you don't feel safe giving out
your email address or delivering a
letter...DON'T DO IT!**

Safety first!



Bucket Brigade Training and Education: Neighborhood Organizing: DIY Alternatives

3. DIY Neighborhood Organizing OPTION B

- **Start a private Facebook group for your block.**
- **Invite anyone you already know on your block to join that group.**

4. DIY Neighborhood Organizing OPTION C

- **Invite neighbors to communicate on Nextdoor**



Bucket Brigade Training and Education:

Neighborhood Organizing: DIY Alternatives

5. DIY Neighborhood Organizing OPTION D -

- Try to find one neighbor you feel safe contacting. Set up an email chain and see how it goes.
- Even one person in your group is better than nobody!
- See if you can find more people over time.



Bucket Brigade Training and Education: Neighborhood Cooperation:

1. Once a neighborhood is organized. What next?
 - Send an email connecting the group.
 - Check in once a week.
 - Everyone ok?
 - Need help?
 - If possible, set up a neighborhood coordinator
 - who is willing and able to facilitate communications.
 - Make sure there is at least one backup person for neighborhood coordination.



Bucket Brigade Training and Education: Neighborhood Cooperation:

2. Share important information with your group.

- **The resources pages from this presentation would be a good start**
- **Share updates from County Public Health, Governor Newsom, and the CDC**
- **As new resources come online, share that information with your group**



Bucket Brigade Training and Education: Neighborhood Cooperation:

3. Encourage self-quarantined people to stay in contact with a trusted neighbor, if they have one. If they don't, just let them know you are there for them in an emergency.

- Make sure they know how to get in touch with you!
 - Email - if they have access to email
 - Phone - if they don't have access to email



Bucket Brigade Training and Education: Neighborhood Cooperation:

4. Once you have good communication, consider ways you can help each other:

- **Share information: The resources pages from this presentation would be a good start.**
- **Check to see who might not be on your communication list — “That guy on the corner . . . Would he want to be asked to join?”**
- **Be as inclusive as possible while respecting people’s boundaries.**



Bucket Brigade Training and Education: Neighborhood Cooperation:

5. Consider shopping for neighbors. People who are quarantined may need your help right away and for the duration of the pandemic.

- a. Are you going shopping anyway?
- b. Why not pick up for neighbors, especially anybody who is self-quarantined?



Bucket Brigade Training and Education: Neighborhood Cooperation:

6. How to shop for neighbors

- Let people know you are going shopping (text, call, email)
- Ask them to send you a list of items they need
- Ring up their goods separately at the register.
- Bag their items separately
- Put their bagged items and receipt on their doorstep
- Request payment by Venmo or PayPal (or check or cash, if necessary)



Bucket Brigade Training and Education: Neighborhood Cooperation:

7. Helping the elderly

- **Elderly people are the most vulnerable to the coronavirus and might be really scared**
- **They might not have email, a Facebook account, or a smartphone**
- **Trusted neighbors or family and friends may be the best point of contact for them**
- **These contacts might need to call to share info**
- **Ask them how best to communicate with them**



Bucket Brigade Training and Education:

Neighborhood Cooperation in a Pandemic:

- **REMEMBER:**
 - **Stay calm**
 - **Stay safe. Don't do things that you don't feel safe doing!**
 - **Stay in communication. Don't get isolated**
 - **The most important thing is to stick together and be ready to ask for help or to give help if you can!**





SANTA BARBARA
**BUCKET
BRIGADE**

**Our community gets better for
everyone, no matter what comes next.**





SANTA BARBARA
**BUCKET
BRIGADE**

Join us!

www.sbbucketbrigade.org



Pandemic Information Resources



Public Health Resources:

LOCAL:

publichealthsb.org (S.B. County Public Health Department)

STATE:

cdph.ca.gov (California Department of Public Health)

FEDERAL FACT SHEETS:

cdc.gov (Centers for Disease Control and Prevention)



Free Media Resources:

LOCAL —

independent.com (The Santa Barbara Independent)

noozhawk.com (Noozhawk)

newspress.com (Santa Barbara News-Press)

keyt.com (Key News)

kcrw.com and [88.7 FM radio](http://88.7FMradio.com) (KCRW)

INTERNATIONAL —

nytimes.com (New York Times “The Coronavirus Outbreak”)



Financial Resources - Medical Coverage

Medi-Cal

Medi-Cal is California's version of the federal [Medicaid](#) health coverage program. Medi-Cal plays an essential role in California's health care system by ensuring that children and adults with limited income and resources can receive the medical services they need, at little or no cost to them.

COVID-19 Lab Tests are New Medi-Cal Benefits

http://files.medi-cal.ca.gov/pubsdoco/newsroom/newsroom_30339.asp



Financial Resources - Financial Assistance

- **Loss of Wages** - The EDD provides a variety of support services to individuals affected by COVID-19 in California.
https://edd.ca.gov/about_edd/coronavirus-2019.htm
- **Small Business** - Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)
<https://www.sba.gov/page/guidance-businesses-employers-plan-respond-coro>
- **2-1-1 via phone Utility assistance/Financial/Emergency info**
<http://211.org>
- **Mortgage** - If you are experiencing difficulty communicating with your mortgage company or lender about your need for mortgage relief, housing counselors are available to help you do so at no cost.
<https://www.makinghomeaffordable.gov/need-help/Pages/default.aspx>



Financial Assistance cont'd.

- **Local Financial Aid:** United Way of Santa Barbara County (UWSBC) and the Santa Barbara Foundation (SBF) are working in partnership to provide financial support to address the needs of individuals and families in Santa Barbara County as well as the nonprofits who serve them.

<https://www.sbfoundation.org/covid-19-more-information/>



Financial Resources - Food Assistance

- **CalFresh** is a supplemental program that helps limited-income individuals and families buy the food they need in order to stay healthy.
 - **How can I apply?** You can [apply online](#) (it's fast and easy) or call this toll-free automated phone number: 1-866-404-4007.
- **Foodbank of Santa Barbara County** <https://foodbanksbc.org>

The Foodbank partners with more than 300 community organizations and 92 distribution sites. In the case of an outbreak, the Foodbank will maintain as many existing food pantries and distributions as possible. The Foodbank is also preparing to open 20-25 emergency food distribution sites countywide to make healthy groceries and fresh produce accessible at the neighborhood level.



Financial Resources - Food Assistance

- **Organic Soup Kitchen** - Soup Meal delivery services require a weekly minimum donation fee of \$30 for 2 Soup Meals per week. Soup meals are \$15 per container (3 servings). All 24-oz. containers are hermetically-sealed in BPA-free packaging.

Low-income individuals must apply for a discount through an intake receptionist. Upon approval of **acceptable W2 or 1040 form**, if a client's annual income is under the HUD requirements, OSK will further discuss your options for Soup Meal services and delivery.

You can also email us: contact@organicsoupkitchen.org

or call us at (805) 364-2790

www.organicsoupkitchen.org





Access and Functional Needs - Information

About the ILRC:

The Independent Living Resource Center (ILRC) is a disability service and advocacy non-profit organization that has been headquartered in Santa Barbara for the last 44 years with offices throughout the tri-counties. We work with individuals experiencing all disabilities, of all ages, and income levels to achieve their independence goals with an overarching lifework of keeping individuals with disabilities from being isolated. We do this by providing; resources, assistance, and targeted programs to help with all the details of independence such as: affordable/accessible housing, benefits, transportation, personal assistance, assistive technology, and true peer support. We also work to create systemic change in the subjects of accessibility and disability culture.





Access and Functional Needs - Information

Emergency Specific:

As this group knows, when it comes to emergency preparedness, evacuation, and response, individuals with disabilities are disproportionately, negatively affected. ILRC offers individualized and peer-based services to individuals with disabilities to ensure they are prepared for Power Outages, Fires, Earthquakes, and other emergencies, all of which require preparation that ILRC is uniquely able to provide since we are individuals with disabilities ourselves and have experienced much of what the people we serve have or will.

Caregiving:

ILRC is working on ways to support individuals reliant on caregiving during uncertain times. We are aware that if caregivers are unable or unwilling to be present, it can be life or death for individuals with disabilities. **We are communicating with other organizations and broadly with government resources to layer backup supports.**





Access and Functional Needs - Information

Contact ILRC <https://ilrc-trico.org>

Monday - Friday 9am-12pm & 1pm-5pm

- (805) 963-0595 Voice/Text (TTY)
- (805) 284-9051 Video Phone
- (805) 963-1350 Fax
- Email: info@ilrc-trico.org

Disaster Plan AFN Links and description

- **CDC - Define, Locate, and Reach Special, Vulnerable, and At-risk Populations in an Emergency**
<https://emergency.cdc.gov/workbook/index.asp>
Planning for an Emergency: Strategies for Identifying and Engaging At-Risk Groups
<https://www.cdc.gov/nceh/hsb/disaster/atriskguidance.pdf>

