



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@hsc.cccounty.us](mailto:vballada@hsc.cccounty.us).