



Celebrate Safely: Non-traditional Halloween Activities Recommended for 2020

As fall approaches, families start to plan for the upcoming holiday season beginning with Halloween. Since some of the traditional ways in which this holiday is celebrated does not allow you to minimize contact with non-household members, it is important to plan early and identify safer alternatives. The Los Angeles County Department of Public Health would like to share information on how to take part in this holiday in a manner that reduces the risk of spreading COVID-19.

Since some of the traditional ways in which this holiday is celebrated are not permitted this year, consider some safer alternatives that are listed below.

Halloween Activities Not Permitted:

- Halloween gatherings, events or parties with non-household members are not permitted even if they are conducted outdoors.
- Carnivals, festivals, live entertainment, and haunted house attractions are not allowed.

Not Recommended:

- Door to door trick or treating is not recommended because it can be very difficult to maintain social distancing on porches and at front doors, ensure that everyone answering or coming to the door is appropriately masked to prevent disease spread, and because sharing food is risky.
- "Trunk or treating" where children

go from car to car instead of door to door to receive treats is also not recommended, particularly when part of Halloween events, since it is difficult to avoid crowding and sharing food.

Permitted and Recommended:

(all activities must comply with the public health guidance)

- Online parties / contests (e.g. costume or pumpkin carving)
- Halloween movie nights at drive in theaters.
- Halloween themed meals at outdoor restaurants.
- Halloween themed art installations at an outdoor museum.
- Dressing up homes and yards with Halloween themed decorations.
- Car parades that comply with public health guidance for vehicle based parades including:
 - a. Drive by events or contests where individuals dress up or decorate their vehicles and drive by "judges" that are physically distanced.
 - b. Drive through events where individuals remain in their vehicles and drive through an area with Halloween displays.
 - c. Drive in events where individuals can receive a treat bag (limited to commercially packaged, non-perishable treats) or a giveaway from an organizer while the participants remain in their vehicle.

Personal Protection Measures:

Regardless of how you choose to celebrate Halloween it is important to keep the following in mind:

1. Correctly wear a cloth face covering to prevent disease spread when outside your home and around others that are not part of your household.
2. Avoid confined spaces - Actively stay away from indoor spaces that don't allow for easy distancing of at least 6 ft between you and others.
3. Avoid close contact – Stay at least 6 ft away (3 or more adult steps) from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.
4. Wash/sanitize your hands often.
5. Clean frequently touched items regularly.
6. If you are sick, or you have been in contact with someone who is sick with COVID-19 or has symptoms of COVID-19 stay home, and away from others.

More info: www.bellflower.org
or www.publichealth.lacounty.gov



Bellflower's 2020 General Municipal Election Voter Information

November's general election will be the first statewide all mail-in ballot election in California's history. We will continue to keep you updated regarding any changes in voting procedures and information. To check your current voting registration status, visit: voter-status.sos.ca.gov.

There are two local items on the November ballot for consideration:

- Voters will select a new Council Member for District No. 4 within the City of Bellflower.

- Voters will vote on Measure M. This measure was placed on the ballot by a unanimous City Council on July 30th. If approved by voters, Measure M would increase local sales tax by ¾ cent. All revenues could be placed in the City's General Fund to pay for municipal services such as public safety services, addressing homelessness, youth programs, and repairing streets.

For more info on Bellflower's upcoming Municipal Election, visit www.bellflower.org/votebellflower

Emergency Cooling Centers
Visit ready.lacounty.gov/heat for more information

ready.lacounty.gov/heat

The graphic features a green background with white and yellow text. It includes a sun icon with a thermometer inside it.

Poor Air Quality

Smoke from the two major local wildfires – the El Dorado Fire burning in the San Bernardino Mountains, and the Bobcat Fire burning north of Azusa and Glendora in the Angeles National Forest – is producing substantial amounts of wildfire smoke, which can be harmful to your health. Symptoms from wildfire smoke include burning eyes, runny nose, scratchy throat, headaches and illness (i.e., bronchitis). Those with sensitive conditions can experience difficulty breathing, wheezing, coughing, fatigue and chest pain.

In any area impacted by smoke: If you smell smoke or see ash due to a wildfire, limit your exposure by remaining indoors with windows and doors closed or seeking alternate shelter, and avoiding vigorous physical activity. For more tips on protecting yourself during a wildfire, see South Coast AQMD's Wildfire Smoke & Ash Health & Safety Tips page: www.aqmd.gov/wildfire-health-info-smoke-tips.

BELLFLOWER
CHAMBER OF COMMERCE
BUSINESS EXPO

and

Ice Cream Social

THURSDAY,
SEPTEMBER 17, 2020
6:00 p.m. - 7:00 p.m.
Chamber Office
16730 Bellflower Blvd.

Chamber Members interested in networking, please drop off business materials by Friday September 11. Bring your mask and remember to practice social distancing.

For more info email: bellflowercoc@juno.com

The graphic features the Bellflower Chamber of Commerce logo in blue and green. Below it is a cartoon illustration of three ice cream treats: a cone, a sundae, and a bowl, all with faces and arms. The text is in various colors and fonts, including bold black and blue.

September is National Preparedness Month

This year's theme is "Disasters Don't Wait. Make Your Plan Today." Avoid the heat and poor air quality this weekend, stay home to learn ways to protect yourself before a disaster.

Extreme Heat

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Find places in your community where you can go to get cool while following the latest guidelines from CDC about social distancing to reduce the spread of COVID-19.

Try to keep your home cool:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or shades.
- Weather-strip all external doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat illness.

For more information visit:
www.cdc.gov/disasters/extremeheat/warning.html