

FREQUENTLY ASKED QUESTIONS (FAQ) ABOUT

STRESS

Operations at the former Exide battery recycling plant in Vernon released harmful levels of lead and arsenic into surrounding communities. To protect the public's health, specially-trained workers are cleaning affected homes and yards in these areas. It's normal to feel stress, anxiety, and fear during this time. This sheet lists actions you can take to help yourself deal with these feelings.

1. Be aware of your stress.

- Stay informed. Look to trusted sources for the latest information
- Stay focused on your personal strengths
- Keep up with your daily routine
- Make time to have fun and relax

2. Prepare yourself and your family.

- Attend community meetings for resources/education
- Give honest age-appropriate information to children
- Learn more about local medical and mental health resources in your community
- Stay calm since kids look to adults to understand confusing events

3. Connect with your community.

- Keep contact with family and friends
- Join a community or religious group
- Accept help from family, friends, co-workers, and clergy
- Reach out to neighbors and friends that may need your help

4. Reach out and help.

- Get involved in the recovery process. Helping others heal can help you heal too
- Find a charity or volunteer organization near you
- Find out what's needed and how you can be of most help
- Ask friends and family to get involved with you

If you or a loved one are having a hard time coping with this event, call:

**Los Angeles County Department of Mental Health
Access Center 24/7 Helpline 1-800-854-7771**

For More Information

**Los Angeles County,
Department of Public Health**

www.publichealth.lacounty.gov/eh/exide

1-844-888-2290

www.bloodleadtesting.com

**California Department of
Public Health**

1-844-225-3887

www.dtsc.ca.gov/HazardousWaste/Projects/UpdateExideSuspension.cfm

