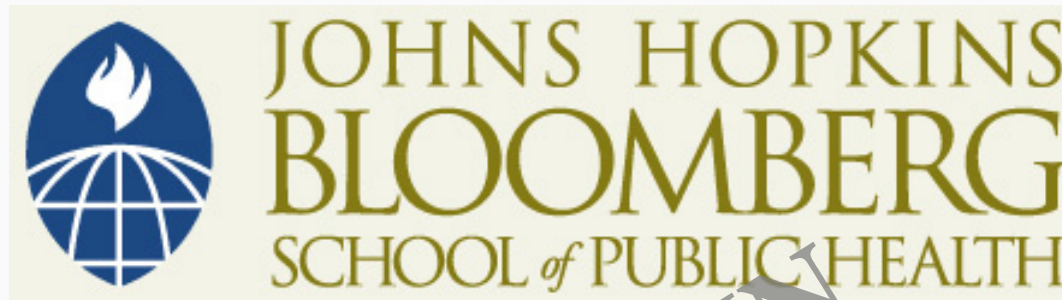


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Personal Preparedness Planning For Public Health Workers

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Make a Family Communication Plan

Part 2 of 3

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- Your family may not be together at home when an incident occurs
- Communication systems may be damaged or overwhelmed following a mass casualty event

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- Keeping your number of personal calls to a minimum is important in order to:
 - Reduce burden on the communications system
 - Increase efficiency of communication with family/friends in a crisis
 - Allow you to function more effectively in your public health emergency response roles

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- Make sure everyone knows contact numbers and how to get in touch
- Keep a list of emergency numbers near the phone at all times
 - Include list of physicians/telephone numbers
- Identify an out-of-state “point of contact” to call in case of emergency
- Establish a family “phone tree” in advance

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- Select a “safe room” in the home where everyone can gather
 - Best choice: interior room above ground with few windows and doors
- Be personally reachable by your local health department during emergencies
 - Home telephone
 - Cellular phone
 - Blackberry
 - Pager

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Learning More About Readiness

Part 3 of 3

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- **Know** where to turn for information in a crisis
- **Understand** key health care issues following mass casualty incidents and how you can prepare yourself and your family for these issues
- **Consider** individuals with special needs
- **Understand** answers to FAQs

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- Tune to local AM radio for alerts and periodic updates
- Tune to local television news channels

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- Healthcare delivery systems will quickly reach maximum capacity
- Medical advice/physical examinations may be limited
- Elective or postponable surgeries will be cancelled
- Existing health conditions may be complicated during stressful situations

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■ Things you should do:

- Have all prescriptions
- Keep 3 days of prescriptions on hand at all times
- Have your insurance information available
- Have immunization record handy
- Know style and serial number of medical devices (e.g., pacemakers)
- List known food and drug allergies
- Write down the health conditions of your immediate family

- Attend a first aid/CPR class
- Memorize two routes to the office of your health care provider
- Hospital visits should be reserved for known exposures, trauma, and other critical health events
- Donate blood to save lives; it will be critically needed

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- Children
- Elderly
- Disabled
- Pets

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- **NO!**
- A gas mask will only protect you if you are wearing it during an attack
 - It is highly unlikely that you will know when an attack is coming
- The mask must be of the right type, must fit properly, and requires training to be used effectively

- Disposable, paper masks (e.g., N95 masks) suffer from the same inadequacies as gas masks in a biological weapons attack situation—when to wear the mask, proper fit, etc.—and would likely offer little protection, if any, from a BW attack
- In addition they provide no protection against chemical attacks

- Nevertheless—they may help prevent exposure to potentially dangerous substances aerosolized after an explosion
- Any dense-weave cotton material that snugly covers your nose and mouth can help filter contaminants in an emergency
- More info at http://www.ready.gov/clean_air.html

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■ **Shelter-in-place** means:

- Selecting a small, interior room—with no or few windows
- Sealing the room off to limit airflow (e.g., duct tape/plastic) into the room
- Taking temporary cover there to reduce exposure to potentially dangerous substances in the air

■ It does **not** mean sealing off your entire home or office building

■ Additional resources:

- www.redcross.org/services/disaster/beprepared/shelterinplace.pdf
- www.ready.gov/stay_or_go.html

- Whether to shelter-in-place depends on the particular circumstances of the attack
- In a **covert biological attack**, you will not know when to seal off a room and stay in there
- Nevertheless, it is possible that circumstances could require sheltering-in-place
 - Listen to health authorities
- More info at **http://www.ready.gov/stay_or_go.html**

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■ NO!

■ Why not?

- No single antibiotic protects against all potential bio-weapons agents
- Ineffective against viruses
- Limited shelf life
- Can have serious side effects
- Should only be taken with medical guidance

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■ The most important things to do following a mass incident are:

- Remain calm
- Be patient
- Listen carefully to information from and follow the advice of medical and public health authorities
- Implement personal/family preparedness communications plan
- Be accessible and ready to serve in your public health response roles per your health department's guidance

- By U.S. mail/phone
 - U.S. Department of Homeland Security
Washington, D.C. 20528
1-800-BE-READY
- Red Cross USA
 - Visit <http://www.redcross.org/> to find your local chapter's contact information

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- <http://www.bt.cdc.gov/Agent/agentlist.asp>
- <http://www.redcross.org/services/disaster/beprepared/hsas.html>
- <http://www.ready.gov/>
- <http://www.fema.gov/areyouready/>
- http://www.dhs.gov/dhspublic/theme_home2.jsp

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Overview

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- Added security for you and your families
 - Physical
 - Psychological
- Ability to function in your public health response roles in a crisis
 - A new era of response for public health

- Natural disasters
 - Hurricane Isabel
- Naturally occurring illnesses
 - Influenza
 - SARS

■ Terrorism events

- Chemical
- Biological
- Nuclear
- Radiological
- Explosive

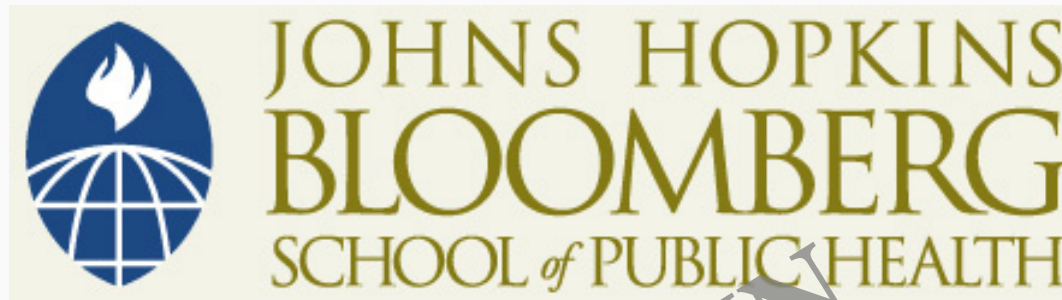
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- All of us should be able to survive comfortably on our own **for at least 3 days** following an incident
- The time to prepare is **before** an incident occurs
- Requires open discussion with family members in advance about:
 - Family response planning
 - Your needed role as public health worker in a crisis

1. Assembling an emergency kit
2. Making a family communication plan
3. Learning more about readiness

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Assembling An Emergency Kit

Part 1 of 3

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■ **Water: 1 gallon/person/day**

- 3- to 7-day supply recommended
- Store in sealed, unbreakable containers
- Note storage date and replace every 6 months

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■ Food

- Non-perishable food
- 3- to 7-day supply
- Maintain caloric intake
- Minimize preparation
- Manual can opener
- Maintain sanitation, use fresh water for cooking

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■ Shelter

- Use blankets/sleeping bags for warmth
- Pillow
- Small candle
- Waterproof matches

■ Clothing

- Change of clothes
- Comfortable shoes, socks
- Layers of clothes for comfort
- Raincoat/poncho
- Hat

■ Basic supplies

- Personal medications (at least 3 days supply)
- Battery-powered flashlight
- Spare batteries
- Pan for cooking
- Communication/ battery-powered radio
- First aid kit
- Map
- Knife/utensils

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■ Personal hygiene

- Bathroom tissue
- Deodorant
- Feminine hygiene
- Soap
- Hand-washing materials
- Sunscreen

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- Cash and credit cards
- Personal Identification
- Extra set of car keys
- Extra eyeglasses, contact lenses
- Scissors
- Duct-tape/heavy-duty garbage bags

- Should also strongly consider bringing a disaster supply kit to work or leaving one in your car

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