

Personal Emergency Preparedness (PEP)

1

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Welcome and Housekeeping

2

- Introductions
- Emergency Exits
- Restrooms
- Cell phones on vibrate please
- Breaks – as needed
- Questions - anytime

My Goal today is to convince you...

3

1. Personal Emergency Preparedness (PEP) is important...
2. PEP is important to you...
3. PEP is important enough that you are going to do something about it.

Why is Public Health involved?

4

Mission of Public Health is Population Health

- **Promote**
- **Protect**
- **Preserve Life**



Population Health includes

5

- **Community Resiliency:** the ability for individuals and communities to survive and recover from emergencies...

And Emergencies are more frequent...

6

Six recent emergencies:

- Pandemic Flu – disease outbreak
- Ice Storm in the Hill Towns – power, phones
- Tornadoes in Springfield – sheltering for a month
- Hurricane Irene – flooding, power, phones
- Snowtober last Halloween – Food? Water? Power?
- Chemical Plume from New York fire – air quality

Weather change and world travel are resulting in more weather emergencies and disease outbreaks.

What is Personal Preparedness?

7

The capability to use all our abilities and our disabilities to take care of ourselves, our families, our friends and our neighbors for at least 3 days...

How do we use our disabilities?

8

- A blind person may have a better sense of direction and able to lead in the dark or through the smoke
- A deaf person may be able to operate safely in an area with high noise levels
- A person in a wheel chair may be able to carry supplies or small children to safety

We all have abilities/disabilities to use

Why have a Plan?

9

Research shows that people with a plan are more likely to survive and thrive!

A Plan gets you moving in those critical first moments.

Your Personal Emergency Plan

10

- ❖ **KEEP A COPY IN YOUR KIT, YOUR CAR AND WITH YOUR SUPPORT NETWORK**
- ❖ **UPDATE ANNUALLY**
- ❖ **ROTATE SUPPLIES**
- ❖ **PRACTICE FIRE DRILLS AND TEST COMMUNICATIONS SYSTEMS**

Step 1: Have a Plan

11

Gather Information:

- **ID:** government issued photo ID is best
- **Medical:** prescriptions, doctors orders, medical records, durable medical equipment information
- **Contact List:** out-of-State, neighbors, caretakers, funeral, pharmacist, vet, doctor, etc.
- **Important Documents:** copies of all important papers including birth certificate, deeds,
- **Photographs:** to identify your kids, your pets, your car, your house, your goods

File of Life Cards

12

- If you have medical needs, complete a File of Life and put it on your refrigerator
- Update it regularly
- Take it with you if you have to leave your home

Build Support Networks

13

- Have plans and alternative care plans for Children, Elders, Functional Needs Support Services, Pets.
- Get to know your neighbors
- Create a 3-deep personal care network
- Identify a 100-Mile Emergency Contact
- Set up a Phone Tree
- Share your Plan
- Complete 9-1-1 Disability Indicator Form
- Volunteer with the MRC/DART/hospital

Functional Needs Planning

14

Mobility Issues

- Gloves for wheel chair users
- Canes and walkers
- Light weight wheel chairs and tire patch kits

Emotional/Mental Issues

- Calming/sensory tools/support items
- Quiet space/time
- Medications and prescriptions

Other Disability Planning

15

Sensory Issues

- National Weather Radio
- Adaptive Equipment
- Communication Tools

Development and Cognitive Issues

- Favorite Item to focus and pass the time
- Communication Tools

Breathing Issues

16

Chemical Sensitive/ Breathing Issues

- Have working CO and smoke detectors
- Avoid fumes
- Move away from smells, fumes
- Use towels, masks
- Close and seal windows and doors if needed, but maintain proper ventilation at all times
- N95 rated respirator/mask
- Bring your oxygen prescription along

Basic Disaster Response

17

- Stay calm/Get moving (this is why you have a Plan)
- Use a flashlight (not candles)
- Sniff for fumes
- Clean up spilled hazardous materials
- Stay informed: Shelter-in-place, Evacuation, Mass Sheltering
- Check on neighbors, stay-away from downed power lines, maintain proper ventilation
- 911/hospital will be overwhelmed; emergencies only

Shelter Tips

18

- Don't go to a shelter if you have other options
- Take your own pillow and blanket
- Take along special foods, medical equipment, prescriptions, comfort items
- Put ID tags on your Kit and don't take valuables
- At the Shelter Registration let them know any specific things you need to take care of yourself.

Basic Behavioral First Aid

19

Normal reactions to abnormal events:

- Anxiety, confusion
- Headaches
- Difficulty communicating
- Insomnia
- Chest Pain, heart palpitations

Using alcohol or drugs to “take the edge off” makes things worse – instead

talk, exercise, rest and volunteer

Need Help?

20

- Be calm
- Be clear
- Be brief
- Do everything you can to help yourself first
- Call 2-1-1 for more information

Only call 9-1-1 or the Emergency Room if you can't stop the bleeding, have extreme pain, can't breath or think you are having a stroke or heart attack.

Step 2: Build your Kits

21

- Include your Emergency Plan/ Contact Information
- Flash lights, batteries, whistle, radio, multi-tool
- Water source and purification system
- Non-perishable foods and manual can opener
- Prescriptions, eye glasses, hearing aids, etc.
- Cash (at least \$50), checks, credit cards
- Personal Care Items, garbage bags, camp clothing
- Child Kit, Elder Kit, Pet Kit, Medical Kit
- **Items to add as you go:** File of Life, cell, laptop, meds, glasses,

Kid Kits

22

- ID and photos
- Special toys and quiet games
- Special foods and snacks
- Personal Care Items such as diapers
- Portable cribs and strollers
- Medications and prescriptions

Elder Kits

23

- ID and photos
- Sleep aids such as ear plugs or face masks
- Special foods and snacks
- Personal Care Items and sanitary products
- Medications and prescriptions
- Hearing aids and glasses

Pet/Service Animal Kits

24

- Cage/carrier with contact information/ID attached
- Leash, muzzle
- **Immunization records** – needed in a shelter
- 3 Photos: registration, attach to the cage, keep
- ID or chip on animal
- Food, treats
- Medications
- Toys

www.wmDART.org

Your Home Kit

25

- Drinking water and strategies for alternate supplies
- Water purification – chlorine, iodine,
- Ready-to-eat foods (and manual can opener)
- First Aid Kit, Fire Ext., smokes, CO det.
- Flashlights and batteries
- Medications and supplies
- Personal Care products
- Duct tape and plastic – actually very handy to have
- Alternate power, light and heat strategies

Step 3: Stay Informed!

26

Local Radio: WSBS 860 AM. During a large scale, declared emergency WSBS has a generator and can go live 24/7 and increase their power

Weather Radio: NOAA radio with alerts

2-1-1: Call for more information posted by Responders

Websites: Towns, READY, BCBOHA, WRHSAC,

Reverse 911: Sheriff's Dept. Many towns

Town Email Lists: Modern phone trees

Other Networks: Churches, Schools, Organizations

Final Step: Volunteer

27

Information Resources:

www.westernmassREADY.org

www.mass211help.org

When you, your family and your job are safe,
volunteer.

www.wmmrc.org

www.wmDART.org

www.redcrosscwm.org

Questions?

28

Have a Plan. Build a Kit. Stay Informed

For copies of information and all the handouts:

www.bcboha.org

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For more Emergency Information:

www.mass.gov/MEMA

www.mass.gov/DPH

www.fema.gov

Today's Learning Objectives

29

- What is Public Health and what does it have to do with Emergencies?
- What is Personal Emergency Preparedness (PEP)?
- Why is PEP important to you and to us?
- What are the 3 essential elements of PEP?
 - **Have a Plan**
 - **Build a Kit**
 - **Stay Informed**
- Next Steps?