



Disaster Preparedness

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No one knows when a disaster, either natural or terrorist, will strike, but the one thing you can do is to prepare ahead. Having a family disaster plan and becoming aware of the types of disasters that can affect your area will help prevent complications in the future. Are you in a floodplain or are tornados common where you live? It is imperative to know what to expect and what supplies are needed in these events.

A very simple and effective way to be prepared for any type of disaster is to create and maintain a disaster supply kit. The kit should include

sufficient supplies to last up to three days or more. Included in the kit should be water, food, first aid supplies, tools and emergency supplies, clothing and bedding, and specialty items. Every member of the household should be familiar with the location of the kit. Water is an absolute necessity to any disaster kit, and it is critical to store adequate amounts of water for your household. Individual needs vary based upon age, physical condition, activity, diet, and climate. Nursing mothers, children, and those who are ill require more water than others. Very hot temperatures may double the amount of

water needed for each person. Because water may also be needed for cooking supplies, it is recommended to store at least one gallon of water per person per day. Food, however, may be rationed safely. Healthy people can survive on half of their usual food intake for an extended period, or without any food for many days if necessary. Be sure to store canned food, and keep boxed food items in plastic containers to keep bugs out while extending the shelf life. It is wise to check for expiration dates every 6 months to ensure your supplies are usable.

Knowing what to do in case of a disaster is not only your best protection, but it is your responsibility. Get informed about the disasters that may occur in your area, make a plan, assemble a kit, and maintain your plan and kit. Making a plan

on how your family will find one another if a disaster was to strike while you are not at home is also a good idea. Meet with your family members to create a plan, choose an “out-of-town” contact, decide where to meet, and have escape routes and safe places

prepared. These steps will all ensure that you and your family will be prepared when the unexpected happens.

Pet Preparedness

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The ASPCA discusses pet preparedness in depth on their webpage (<http://www.aspca.org/pet-care/disaster-preparedness/>). This is an excellent resource for pet owners to review before a disaster occurs. The website discusses six important steps to help prepare yourself to take care of your pets in a disaster.

Step One: Get a rescue sticker. These are available online through the ASPCA website.

Step Two: Arrange a safe haven. Do NOT leave your pets behind, if it is not safe for you, it is not safe for your pets. Red cross shelters do not accept pets be-

cause of health and safety regulations and therefore it is important to arrange ahead of time where you can take your pet in the event of a disaster.

Step Three: Prepare an emergency supply and traveling kit including: a pet first aid kit, one weeks worth of food, disposable litter trays, litter or paper towels, liquid dish soap and disinfectant, disposable garbage bags, feeding dishes, extra harness / leash, water proof two week supply of any medication, bottled water and recent photos of the pet.

Step Four: Choose designated caregivers including a permanent caregiver and a temporary caregiver.

Step Five: Evacuation Preparation. Plan for worst case scenario now. Consider implanting a microchip in your pet and always have your pets wear tags and collars with up to date identification information.

Step Six: Geographic and Climatic Considerations. Determine which rooms in the house offer safe havens and choose easy to clean areas.

Review the ASPCA website for additional preparedness information including specific recommendations for birds and reptiles.

<http://www.aspca.org/pet-care/disaster-preparedness/>

PRUDENT MATTERS

Training Opportunities and Lessons for Emergencies and All-Hazard Disasters (TO LEAD)

Following the events of September 11, 2001, and most recently, in the aftermath of Hurricane Katrina, much attention has been given to emergency preparedness and disaster readiness. The catastrophe of Hurricane Katrina has provided many lessons, and clearly demonstrates the need for mass outreach and education efforts, as well as effective all-hazards management systems that are known to, and accessible by vulnerable/at risk populations. The staff of the Prevention Research Unit (PRU) received many requests for information and/or training related to emergency preparedness and disaster readiness. These requests came from grassroots community residents and agencies that provide service to vulnerable/at risk populations (economically deprived, socially challenged, educationally chal-

lenged, ethnic minority, mentally impaired, medically impaired, etc.). In response to this pressing community need, the PRU implemented a program that trained underserved and minority populations in emergency preparedness and disaster readiness. The **Training Opportunities and Lessons for Emergencies and All-Hazard Disasters (TO LEAD)** training was presented on September 25, 2008. There were over one hundred attendees at this specialized training that was sponsored by the Greater Cincinnati Health Council and the Ohio Department of Health Hospital Preparedness ASPR Program. The TO LEAD workshop enhanced collaboration between the grassroots community, hospitals, public service providers, and private sectors of the community. Attendees received basic emergency preparedness guidelines that included topics in the fol-

lowing areas:

- * National Incident Management System (NIMS) background and objectives
- * Communication strategies in environmental risk situations
- * Effective Communication during Public Health Emergencies
- * Developing and implementing personal and family disaster plans

Each session provided the “tools” necessary for developing a comprehensive emergency readiness plan and linked the grassroots community to resources and resource providers. The workshop was a success and there are plans for a follow-up session. Notice the outcomes as detailed below:

TO LEAD PRE-TEST TALLIES (OUT OF 87 REGISTRANTS)

I REPRESENT*:

A.Grassroots	6
B.Community Service	25
C.Social Service	24
D.Medical/Healthcare Professional	7
E.Youth Service	7
F.Mental Health Service	7
G.Other	11

*REAL NUMBERS NOT PERCENTAGES

PRUDENT MATTERS

Training Opportunities and Lessons for Emergencies and All-Hazard Disasters (TO LEAD)

(continued)

T.O. L.E.A.D PRE-TEST TALLIES (OUT OF 87 REGISTRANTS)

1. I know what emergencies/disasters are most likely to occur in my community
YES 48% NO 52%
2. I know how to prepare for disasters and emergencies
YES 41% NO 59%
3. I know what an emergency preparedness kit should contain
YES 31% NO 69%
4. I can discuss the common medical concerns that occur in a disaster/emergency
YES 44% NO 56%
5. I can identify special populations that are at greater risk during a disaster/emergency
YES 54% NO 46%
6. I am aware of basic emergency evacuation situations
YES 45% NO 55%
7. I am aware of liability issues related to disasters
YES 23% NO 77%
8. I understand pet concerns in emergencies/disasters
YES 33% NO 67%
9. I know where to get accurate information re: emergency preparedness and disaster readiness
YES 41% NO 59%

T.O. L.E.A.D POST-TEST TALLIES

1. I know what emergencies/disasters are most likely to occur in my community
YES 88% NO 12%
2. I know how to prepare for disasters and emergencies
YES 97% NO 3%
3. I know what an emergency preparedness kit should contain
YES 95% NO 5%
4. I can discuss the common medical concerns that occur in a disaster/emergency
YES 93% NO 7%
5. I can identify special populations that are at greater risks during a disaster/emergency
YES 97% NO 3%
6. I am aware of basic emergency evacuation situations
YES 88% NO 12%
7. I am aware of liability issues related to disasters
YES 88% NO 12%
8. I understand pet concerns in emergencies/ disasters
YES 85% NO 15%
9. I know where to get accurate information re: emergency preparedness and disaster readiness
YES 93% NO 7%

PRUDENT MATTERS

Training Opportunities and Lessons for Emergencies and All-Hazard Disasters (TO LEAD)

(continued)

TO. L.E.A.D EVALUATION TALLIES

1. Was this training practical and relevant to your needs?

Very Satisfied 94% Neutral 6% Dissatisfied 0% Unsure 0%

2. I would recommend this training to others?

Yes 100% No 0% Unsure 0%

3. I am interested in a follow-up training

Yes 88% No 5% Unsure 7%

TO. L.E.A.D EVALUATIONS

LESSONS LEARNED*:

1. How to customize an emergency kit.
2. Have a plan initiated in case of all emergencies.
3. Accurate information re: tornadoes/earthquakes.
4. The importance of getting this information to others in the community
5. Pet concerns.
6. Becoming aware of liability issues
7. How to evacuate in an emergency
8. Importance of having a list of medication for you and your family members

* From most responses to least number of responses

TO. L.E.A.D I NEED MORE INFORMATION ON* ...

1. Emergency contacts
2. How to get and use a generator
3. How to help disaster teams in other areas
4. Homeland Security
5. More in-depth for community support
6. Insurance
7. Terrorism
8. Cost effective way to put together emergency kits
9. How to survive more than three days
10. How to spread the word in the community
11. Safety information
12. Radiation threat
13. Red Cross shelters
14. Evacuation

* From most response to least number of responses

TO. L.E.A.D FOLLOWUP

- NUMBER OF ATTENDEES: 100
- NUMBER OF PERSONS TRAINED BY ATTENDEES: 766
- IN ADDITION, THE NATION OF ISLAM DESIGNED A TRAINING OF TRAINERS SESSION FOR MULTI-CITY IMPACT. THE TRAINING OF TRAINERS IS BASED ON THE T.O. L.E.A.D MODEL.

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