



# Lesson Two

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## Personal Preparedness



# Lesson Learning Objectives

*Given a disaster or public health emergency:*

- Demonstrate knowledge of key components of a personal/family disaster plan
- Identify strategies to protect valuable personal, family, and business documents
- Identify informational resources regarding preparedness, response, and recovery
- List potential hazards to be considered before entering a scene
- List actions and precautions that are essential for preservation of safety using the all-hazards approach to disaster management

# Students as Healthcare Responders (?)

- Recognize and protect self from potential dangers and hazards
- Be willing and able to help without interfering with organized response efforts
- Know when and who to call for help
- Should know how to provide basic life support (CPR/First Aid)



# Disaster Preparedness

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*Preparedness is critical for effective disaster response*

**P**lanning and practice

**R**esilience

**E**ducation and training

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# Personal/Family Disaster Plan

## Preparation is critical

- You/Family must know how to react during a disaster:
  - Identify likely disasters and how to prepare
  - Practice disaster plan twice each year
- Inquire about disaster plans in workplace, schools, day care centers, and elder care facilities.
- For more information, visit:
  - BReady SD: [www.breadysd.com](http://www.breadysd.com)
  - FEMA: [www.ready.gov](http://www.ready.gov)
  - American Red Cross: [www.redcross.org](http://www.redcross.org)

# Example: Active Shooter Plan



Warning: Video contains simulated violence in a stressful situation..

# Key Components of Disaster Plan

- Escape and evacuation routes
- Emergency alert systems
- Utility shut-off and safety
- Family communication
- School emergency plans
- Care for pets and livestock
- First aid and safety skills



George Armstrong/FEMA

- Know local shelters
- Places to meet



# Disaster Supply Kit

- Water and food
- Clothing and bedding
- Personal items
- Medications or other special items (for 1 week)
- Contact information
- Family documents
- Additional supplies



Win Henderson/FEMA

*Every household should have adequate supplies to last for 3+ days*

# Additional Supplies

- Batteries
- Cash
- Compass
- Flashlight
- Keys
- Matches
- Radio
- Whistle



Red Cross Image

# Protection of Personal Assets

- Insurance
  - Property, health, and life
- Home inventory
  - Photos of belongings
- Make copies of important documents
- Fire safe or off site storage
- Emergency savings



Michael Raphael/FEMA

# Resilience

## Prevention – Preparedness – Wellness

- Process of successfully adapting to difficult or challenging life experiences
- Resilient individuals:
  - Ability to overcome adversity
  - Bounce back from setbacks
  - Possess excellent coping mechanisms

# Prevention – Preparedness – Wellness

- Eat a healthy diet
- Exercise regularly
- Avoid tobacco
- Adequate rest
- Maintain vaccinations
- Prevent infections



CDC/Judy Schmidt

# Education and Training

- Recognize life-threatening situations and protect personal health and safety
- Know how to contact and work with local emergency medical and public health systems
- Make decisions with limited resources and information
- Know and access reliable disaster health information, including medical, social, and mental health resources

# Personal Protective Equipment

- Simple everyday items
  - Boots
  - Work gloves
  - Long pants
  - Long sleeve shirt
  - Glasses
  - Hat
- Healthcare worker
  - Gloves
  - Respirators
  - Goggles
  - Mask
- Complex equipment
  - Level A suit



Andrea Booher/FEMA



**Potential Hazards**



# Structural Instability

- Washed-out soil around foundation
- Large cracks or gaps in foundation
- Sagging roofs or ceilings
- Floors that bounce or give when walked on
- Doors or window frames appear out of alignment



Ben Brennan/FEMA

# Electrical and Gas Hazards

- Do not touch downed power lines; beware of overhead and underground power lines
- Treat all power lines as energized; de-energized power lines may become energized
- Do not touch electrical equipment if ground is wet; any electrical equipment used in wet environments must be marked
- Use ground-fault circuit interrupters (GFCIs) in all wet locations
- Be alert for gas smell or leaking sound

# Physical Dangers

- Watch for sharp objects hidden in water or mud
- Be aware of slippery surfaces
- Use caution when lifting heavy materials
- Be alert for unstable conditions



Leif Skoogfors/FEMA

# Chemicals and Other Contaminants



FEMA News Photos



Follow guidance of public safety and public health officials when chemicals, mold, mildew, or other hazardous contaminants may pose a risk

# Wildlife

*Animals may be forced out of natural habitats and into unusual places, take precautions:*

- Identify harmful wildlife
- Be aware of animals that may carry rabies
- Watch for snakes, spiders, and other animals around debris
- Avoid sudden movement
- Wear protective gear (eg, boots or gloves)
- Use sticks or shovels to move or remove debris
- Call professionals to remove animals

# Emotional Impact of Disasters

- Fear
- Helplessness
- Worry and tension
- Anger
- Confusion
- Difficulty concentrating
- Fatigue
- Changes in sleep
- Loss of appetite
- Stress



Greg Henshall/FEMA

# Coping Strategies



Jason Pack/ FEMA

- Think positively
- Control anxiety
- Stay informed
- Stay connected
- Seek help if necessary

# National Disaster Medical System (NDMS)

- Federally-coordinated response system that can supplement state and local emergency resources during disasters
- Often based out of hospitals
- Individuals with expertise and experience in wide range of professions:
  - Clinical/public health
  - Forensics
  - Mortuary services



# SERV SD: Overview

- State program for registration and credentialing of volunteer health professionals & students
- Coordinates deployment of volunteer health professionals during public health emergencies
- Volunteers deployed by SERV SD have immunity to civil liability and are covered by State Worker's Compensation

For more information or to register, visit <http://serv.sd.gov>



