



DISASTER PREPARATION

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DISASTER

A *disaster* is any event that causes a level of destruction, death, or injury that affects the abilities of the community to respond to the incident using available resources.

The disaster event type and timing predict subsequent injuries and illnesses.



TYPES OF DISASTERS: NATURAL DISASTERS

Meteorological: Hurricanes, tornadoes/cyclones, hailstorms, blizzards, snowstorms, thunderstorms and lightning, extreme heat and cold, and droughts

Topological: Landslides, avalanches, mudslides, and flash floods

Disasters that originate underground: earthquakes, volcanic eruptions, and tidal waves (tsunamis)




Bacteriological: Pandemics and disease epidemics and insect swarms

TYPES OF DISASTERS:

HUMAN-GENERATED DISASTERS

DIRECT CAUSES ARE IDENTIFIABLE HUMAN ACTIONS-DELIBERATE OR OTHERWISE

Warfare: Conventional warfare (bombings, blockage and siege); and nonconventional warfare (nuclear, chemical, and biological); and acts of Terrorism  Radiological incident/water supply or food contamination, and critical infrastructure failure.

Civil disasters: Civil unrest, riots and demonstrations

Accidents: transportation (planes, trucks, autos, trains, and ships); structural collapse (buildings, dams, bridges, mines, & others); explosions (natural gas); fires; chemical (toxic waste, hazardous spills); and biological (sanitation) or
Pollution



PERSONAL PREPAREDNESS



INDIVIDUAL AND FAMILY PREPAREDNESS

Training in first aid- stay current

Assisting in disaster relief efforts require you be healthy as possible, both physically and mentally

Assembling a disaster emergency kit for home, workplace, and car

Making a family plan

Professionally- be knowledgeable of your

facility's & community disaster plans & evaluate performance through participating in mock disaster drills



72 HOUR EMERGENCY KIT CHECKLIST

FIRST AID SUPPLIES

Adhesive Bandages, various sizes	Alcohol based hand sanitizer
5X9 Sterile Dressing (ABD)	Scissors, Tweezers, Hemostat
Conforming roller gauze bandage	Assorted sizes of Safety pins
Triangular bandages (3)	Surgical Masks & N-95 Masks
2"X 2" sterile gauze pads	Medium grade non-latex gloves
4" X 4" sterile gauze pads	Thermometer, Petroleum Jelly
Antiseptic wipes, alcohol wipes	Cold Pack, Emergency Blanket
Adhesive tape, 2" width	First Aid Manual
Antimicrobial ointment	



72 HOUR EMERGENCY KIT CHECKLIST

Prescription/Non-Prescription Medicine kit Supplies


Aspirin and Non-Aspirin pain reliever
 Anti-diarrhea medication
 Antacid, Pepto-Bismol (for stomach upset)
 Laxative
 Benadryl, Sudafed
 Prescription Medications
 Personal Medical Supplies (syringes)
 Extra eyeglasses/ Contacts/ Contact Solution
 Hearing aides + Extra batteries



72 HOUR EMERGENCY KIT CHECKLIST

SANITATION AND HYGIENE SUPPLIES


Wash cloth and small towel	Lip balm, insect repellent, and sunscreen
Soap and personal wipes	Heavy duty plastic garbage bags, ties for personal sanitation use
Tooth paste, toothbrush and Dental floss	Toilet paper, moist wipes, paper towel
Shampoo, comb and brush	Household bleach (non-scented) + medicine dropper 1:9 or 16 drops per gallon of water
Deodorants	Water Purification Tablets
Razor, shaving cream	
Feminine supplies	



72 HOUR EMERGENCY KIT CHECKLIST

EQUIPMENT AND TOOLS

Portable battery or wind up radio/ NOAA Weather Radio or Solar chargeable Radio	Whistle, Post-it Notes and Paper, pens, and pencils
Flashlight (wind up) or extra batteries for each person	Needle & Thread (sewing kit)
Waterproof matches in container	Re-sealable bags- various sizes
Manual can opener	Battery operated alarm clock
Multi-purpose tool	Small plastic shovel
Duct tape, work gloves	Cell phone and chargers
	2-way radios & extra batteries



72 HOUR EMERGENCY KIT CHECKLIST

WATER AND NON-PERISHABLE FOOD

- | | |
|--|---------------------------------------|
| Water – (4 pints per person) | Canned or boxed juices, milk and soup |
| Ready –to-eat meats, fruits, and vegetables, dehydrated meals- (add to water carried for reconstitution) | Special foods for special diets |
| High-energy foods/snacks such as peanut butter, crackers, jelly, nuts, granola bars, energy bars and trail mix | Cookies and hard candy |
| | Cereal and powdered milk |



72 HOUR EMERGENCY KIT CHECKLIST

CLOTHES AND BEDDING

- | | |
|---|--------------------------------------|
| Complete change of clothes for 3 days. (Rotate summer clothes - shorts & tee-shirts with winter clothes - jogging suits/jeans, long-sleeves and jacket) Undergarments & socks | Blankets / sleeping bag/ camp pillow |
| Sturdy shoes or boots | Tarp and plastic sheeting |
| Rain gear (poncho), hat, sunglasses | |



72 HOUR EMERGENCY KIT CHECKLIST

DOCUMENTS AND KEYS

- Extra set of House & Car Keys
- Credit Cards
- Cash (\$300 per person- small bills no larger than \$20) and coins (\$10)
- Documents are listed in the Financial Preparedness section and copies kept in a waterproof bag in the 72 hour kit
- Map of local area, and state
- Phone numbers of places you could go



72 HOUR EMERGENCY KIT CHECKLIST

BABY OR CHILDREN

Bottles, Pacifiers. Formula and Baby Food
 Diapers, Wipes, Diaper Rash Ointment
 Books, Games for Children Activities
 Toy
 Keep current picture of children with documents

PETS

Collars, leashes, Food, Bowl, Bottled water.
 Pet carrier (required at shelters)
 Pet ID, Microchip # & manufacturer
 Pet Meds and Vaccination History- keep shots up to date
 Plastic bags for poop/ Cat Litter & Box
 Keep picture of pet in case separated



FAMILY EMERGENCY PLAN

- May or may not be together when disaster strikes
- Discuss different emergencies most likely to happen
- Know where to meet
 - Outside the house in case of fire
 - Outside neighborhood if evacuated
- Identify responsibilities of members
- Let family know you are safe;
 - Red Cross 1-800-RED-CROSS or 1-800-733-2767



FAMILY COMMUNICATION PLAN

- Download a template from RedCross.org, FEMA.gov or TDSHS.gov
- Common information:
 - Out of town Contact and information
 - Local Contact Numbers
 - Neighborhood and Out-of-Town Meeting Place
 - Family Members –DOB, SS#, Important medical information
 - Work Locations- Address, Phone #, Evacuation Location
 - School Locations- Address, Phone #, Evacuation Location
 - Places you frequent
 - Important Numbers- Doctors, Dentists, Pharmacists, Med Insurance Vet, and Home owner Insurance



INDIVIDUAL CONTACT CARD

- Contact number template at RedCross.org, FEMA.gov, and TDSHS.gov
- Each member of family must have card in wallet, purse or backpack
- Identify friend or relative out of state to notify they are safe
 - Tell all friends & family you listed them in case of an emergency
- In Case of Emergency (ICE) Program Cell phone in all family members
- Teach all members of the family how to text message
- Subscribe to alert services on your phone:
 - Instant text/emails to alert bad weather, road closings and local emergencies
 - WEA wireless app and CTIA - Imminent Threat Alerts & Amber Alerts



FINANCIAL PREPAREDNESS

- Plan to pay bills – keep copy of utility & water bill, rent
- Access important records/ accounts
- Safeguard valuables – due to damage from fires, floods, and other disasters
 - Computer storage devices (USB, CD/ DVD)
 - Waterproof Storage containers
 - Photos of family members, keepsake & treasured items
- Identify important documents/ Keep in safe place
- Make copies of important documents for Personal Kit – backup on USB/ Flash Drive – **Protect from Identity theft**



FINANCIAL PREPAREDNESS

PRE-DISASTER DOCUMENT CHECKLIST

- Vital Records (Birth, Marriage, Divorce, Adoption, Child Custody, Death Certificate)
- Passports, Drivers License, Military ID, or other IDs
- Social Security Cards
- Property leases, Deeds, Mortgages, & Records
- Financial Documents- copy of Pay Stub, Bank Accounts
- Legal Titles (Homes, Cars)
- Insurance Policies (Home, Car)
- Wills, Living Wills and Power of Attorney
- Recent Tax Returns
- Medical Records (History/ Conditions/ Current Meds/ Providers- contact information/ Health Insurance/Medicare/ Medicaid/ Dental)



FINANCIAL PREPAREDNESS

PRE-DISASTER DOCUMENT CHECKLIST

- Debit/Credit Card Numbers (Contact phone # for each)
- Home/ Bank/ Safety Deposit Information/Keys
- Records of Passwords/ Personal Identification # (PINS)
- Family Photos, Keepsakes, Jewelry or other mementos
- Photographic/ Data Inventory of Valuables (Photos, Videos, CD/DVD, Flash Drive)
- Professional License, CPR Card, Employee ID Badge
- Other (e.g. CHL License, Military Discharge Papers)



NATIONAL STRATEGY FOR HOMELAND SECURITY (STRATEGY) FOUR GOALS

1. Prevent and Disrupt Terrorist Attacks
2. Protect the American People and our infrastructure and key resources
3. Respond to and recover from incidents that do occur
4. Continue to strengthen the foundation to ensure our long-term success



NATIONAL RESPONSE FRAMEWORK (NRF) (HOMELAND SECURITY'S 2008 VERSION)

- Guide to how the Nation conducts all-hazards response
- Links all levels of Government, Non-governmental Organizations (NGO) and the Private Sector
- Five Key Principles:
 - Engaged Partnerships
 - Tiered Response
 - Scalable, Flexible, & Adaptable Operational Capabilities
 - Unity of efforts through Unified Command (ICS- Incident Command System)
 - Readiness to Act



INCIDENT COMMAND SYSTEM (ICS)

- Team effort unified command
- Allows all agencies with different legal, jurisdictional and functional responsibilities to:
 - Coordinate
 - Plan
 - Interact effectively on scene
- Provide Joint support through mutually developed incident objectives and strategies established by the Command level
- Each participating agency maintains its own authority, responsibility, and accountability
- Framework employs National Incident Management System (NIMS)



NATIONAL INCIDENT MANAGEMENT SYSTEM (NIMS) (COMPANION DOCUMENT TO NRF)

- A unified, all-discipline and all-hazards approach to domestic incident management
- Established a common language and structure enabling all those involved in disaster response the ability to communicate together more effectively and efficiently



NIMS AND ICS FREE ON-LINE TRAINING

COURSES FROM FEMA

- IS- 100 HC (Healthcare providers):
<http://training.fema.gov/EMIWeb/IS/is200HCa.asp>
- IS- 200 HC (Healthcare Providers):
<http://www.training.fema.gov/EMIWeb/IS/is100HCb.asp>
- IS- 700
<http://training.fema.gov/EMIWeb/IS/is700a.asp>



EMERGENCY SUPPORT FUNCTIONS (ESF)

- Lead by Secretary of Health and Human Services (HHS)
- Provides coordinated federal assistance to **declared** disasters
- ESF Departments include: Transportation, Communication, Infrastructure, Hazard Materials, Search and Rescue, Agriculture, Resource, Energy, Community Resources and **ESF 8**- Responds to Public Health, Medical Care Needs, Mental Health, and Mass Fatality Management.



EMERGENCY SUPPORT FUNCTION ESF-8

- Scope:
 - Assessment of Public Health and Medical Needs
 - Health Surveillance
 - Health/ Medical/ Vet Equipment and Supplies
 - Patient Evacuation (with assistance of Department of Defense (DOD), VA, and FEMA)
 - Patient Care
 - Safety and Security of Drugs, Biologics, and Medical Devices
 - Blood and Blood Products
 - Food Safety and Security- Agricultural Safety & Security
 - All-hazard Public & Medical Consultation, Technical support & Assistance
 - Behavioral Health care
 - Public Health and Medical Information
 - Vector Control
 - Potable Water/Wastewater and Solid Waste Disposal
 - Mass Fatality Management, Victims Identification and Decontamination of Remains
 - Veterinary Medical Support

VOLUNTEER ORGANIZATIONS AFTER DISASTER (VOAD)

- Founded in 1970 and is Non-profit
- 50 of the country's most respectable national organizations (faith based, community-based and other non-governmental orgs)
- 55 state/ territories
- Emergency Service Organization:
 - Provide wide range of skills
 - Service to fellow man, communities, and our nation
 - Promote collaborative relationships & practices throughout the disaster cycle
 - Represents thousands of professional staff & volunteers with unique skills and resourceful spirit
- Website: www.nvoad.org for volunteering



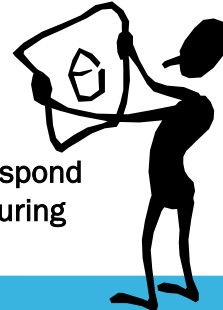
NURSES NEED TO ...

- ... be involved in all stages of prevention and related activities
- ... research the community disaster plan and how it has been used in past incidences
- ... become active in one of the voluntary organizations to train, practice in mock drills, and become proficient in teaching the skills
- ... educate others about disasters and how to prepare for and respond to them
- ... keep up-to-date on latest recommendations and advances in life-saving measures



QUESTIONS NURSES SHOULD ASK

1. What kind of disasters threaten the communities where I live?
2. What injuries should I expect from different disaster scenarios?
3. What are the evacuation routes?
4. Where are shelters located?
5. What warning systems are used so I can respond effectively, personally, and professionally during different types of disasters?



ROLE OF THE NURSE IN COMMUNITY DISASTER RESPONSE

- Maintain health, license, CPR certification
- Good physical assessment skills are vital for success
- Triage skills are used during the impact stage of the disaster
- Knowledgeable about teamwork & interdisciplinary effort utilizing ICS Command System and NIMS Communication skills
- Working with the media to inform and educate, the use of public health interventions to minimize risks from communicable diseases, and the securing of community resources for victims

DISASTER TRAINING OPPORTUNITIES



DIVISION OF CIVILIAN VOLUNTEER- MEDICAL RESERVE CORPS (MRC)

DALLAS COUNTY MRC

Sponsored by Dallas Co Health
and Human Services

2377 N. Stemmons Freeway
Suite 500

Dallas, TX 75207

Contact: Jess Wade

214-819-1922

Total Volunteers: 1687

TARRANT COUNTY MRC

Sponsored by TC Public Health

1101 South Main Street

Suite 2506

Fort Worth, TX 76104

Contact: Monica Tipton, M.Ed

817-321-5319

Total Volunteers: 1778



AMERICAN AND INTERNATIONAL RED CROSS DISASTER SERVICES

American Red Cross (ARC) is a humanitarian organization led by volunteers and guided by the Congressional Charter and the Fundamental Principles of the International Red Cross Movement (ARC, 2008)

The ARC provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.



NATIONAL DISASTER MEDICAL SYSTEM (NDMS)

- Uses Disaster Management Assistance Teams (DMATs)
- DMAT – multidisciplinary rapid response element that supplements local medical care until other resources can be mobilized or situation resolved
- Deploy with 72 hours of medical supplies and equipment providing medical care to victims: Triage, providing care in adverse/austere conditions, and preparing patients for evacuation
- Under NDMS, when activated, become an intermittent federal employee and nursing licenses are recognized by all states.
- NDMS recruits personnel for training opportunities and are hired by geographical areas.



REGISTERED NURSE RESPONSE NETWORK (RNRN)

- Formed by National Nurses Organizing Committee (NNOC) & California Nurses Association (CAN) and coordinated by National Nurses United (largest union & professional association of RNs in US)
- RN disaster response network
 - Provides support for volunteer nurses when disaster strikes
 - Focus on providing patient care to victims in disaster stricken areas
 - Provides airfare, lodging and facilitates out-of-state licensure
 - Conducts educational courses on
 - Universal healthcare
 - Disaster preparedness/ response standards

WEBSITES THAT OFFER ONLINE TRAINING

Red Cross www.redcross.org TDSHS www.tdshs.gov

FEMA www.fema.gov

CDC www.cdc.gov

FEMA www.ready.gov

Emergency Management Courses for the Community: (EMI website)

IS-248 Integrated Public Alert and Warning Systems (IPAWS) for the American public

IS-909 Community Preparedness- Simple Activities for Everyone (Neighbors helping neighbors –rely on first 72 hours after a disaster)



VICTIMS WITH FUNCTIONAL NEEDS SUPPORT SERVICES (FNSS)

- Disability –too broad, not always medical, but functionally based. No longer calling it “Special Needs”
- Framework to maintain functional independence= **Functional Preparedness**
- ADA, Fair Housing and Civil Liberties/ Civil Right’s Requirement are not waived in disaster situation
- Emergency managers and shelter planners have the responsibility to ensure that sheltering services and facilities are accessible
- Functional Need’s Support Services (FNSS) can be incorporated into existing Shelter Plan and Resources



FUNCTIONAL NEEDS SUPPORT SERVICES (FNSS)

- Diversity of Community needs during disaster is a significant part of the population
- Match resources to needs before, during and after Public Health emergencies and disasters
- FNSS needs: physical, sensory, mental health and cognitive/ intellectual disabilities affecting their ability to function independently without assistance/supervision.
- Others that may benefit from FNSS are: Women in late stage of pregnancy, seniors, and people whose body mass requires special equipment



FUNCTIONAL NEEDS SUPPORT SERVICES (FNSS)

- Most individuals with access and functional needs can be accommodated in a general population shelter with support
- Match responses to needs:
 - **Communication**- limited ability to read, speak, write or understand English. LEP- Limited English Proficiency LEP.gov is a website with interpretation/translator services
 - **Medical/ Mobility** –Chronic medical condition (ERSD, AIDs) or access to care (dialysis) or access to a medication
 - **Independence**- Maintain as much as possible, may just need volunteers for personal assistance with ADL
 - **Supervision**- needing supervision not medical care
 - **Transportation**- if patient has wheelchair, does he have his own vehicle or is there a need to obtain

REMEMBER: DOING THE RIGHT THING DOES NOT GUARANTEE A GOOD OUTCOME



ARE YOU PREPARED?

