



SOUTHWEST UTAH  
**PUBLIC HEALTH**  
D E P A R T M E N T  
P R E V E N T • P R O M O T E • P R O T E C T

# **PERSONAL AND FAMILY PREPAREDNESS**

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PREPAREDNESS AND RESPONSE**  
**SOUTHWEST UTAH PUBLIC  
HEALTH**



# TYPES OF HAZARDS

## **NATURAL HAZARDS**

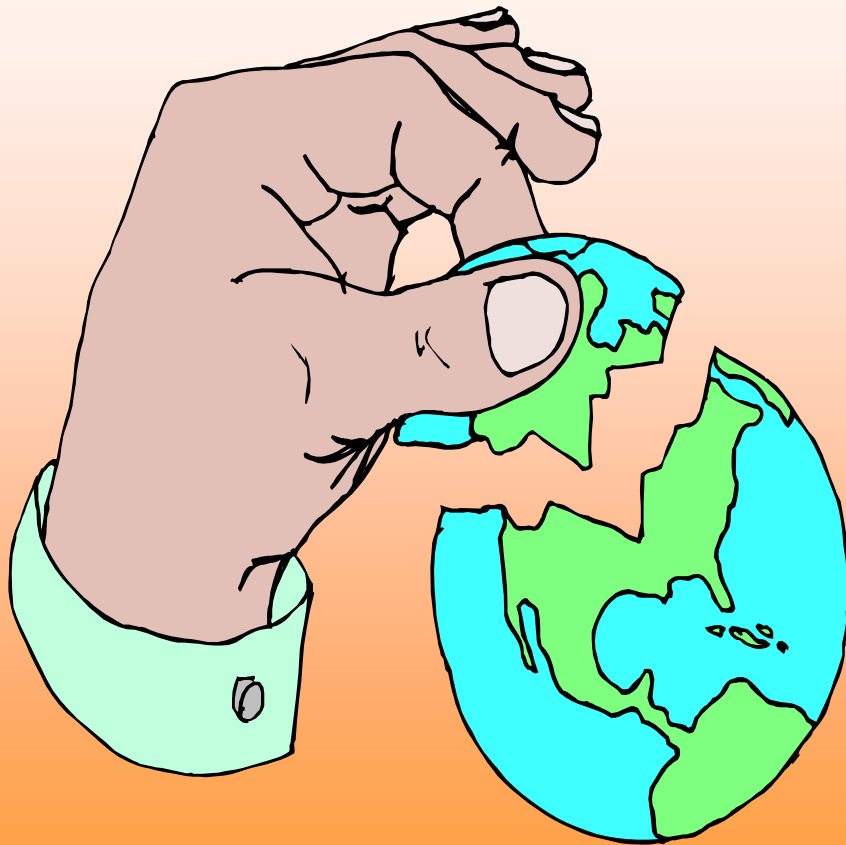
- ✓ FLOODS
- ✓ EXTREME HEAT/COLD
- ✓ EARTHQUAKES
- ✓ HURRICANES
- ✓ LIGHTNING
- ✓ TORNADOES
- ✓ FIRES

## **TECHNOLOGICAL/ MAN-MADE HAZARDS**

- ✓ HAZMAT INCIDENTS
- ✓ TRANSPORTATION  
ACCIDENTS
- ✓ NUCLEAR POWER  
PLANT EMERGENCIES
- ✓ UTILITY FAILURES



# TERRORIST ACTS



- **CHEMICAL**
- **BIOLOGICAL**
- **RADIOLOGICAL**
- **NUCLEAR**
- **EXPLOSIVE**



# WHEN DISASTER STRIKES...



Local government  
& disaster-relief  
organizations will  
mobilize to help.  
BUT...



# When disaster strikes ..... WE MUST BE PREPARED TO HELP OURSELVES

Local Responders  
May Not Be Able  
To Reach Us  
Immediately, or  
They May Need  
to Focus Their  
Efforts  
Elsewhere.





# ALL EMERGENCIES ARE LOCAL

**WHAT DO WE  
NEED TO DO  
TO PREPARE?**

**#1- GET  
INFORMED**

- **LOCAL PLANS**
  - **SCHOOL  
PLANS**





# MAKE A BACK-UP PLAN FOR YOUR CHILDREN



- Explain that there may be times they'll be kept at school for extended periods during an emergency
- Explain that in your absence, you've arranged for them to stay with relatives, neighbors, or friends
- Instill confidence by teaching them simple, age-appropriate tasks they can perform before, during, and after an emergency



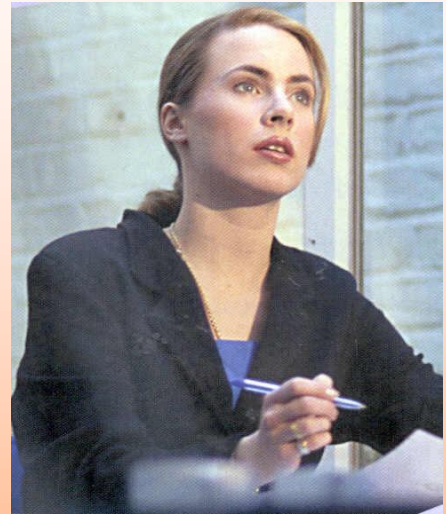
# **#2 WRITE OUR OWN PERSONAL EMERGENCY RESPONSE PLAN**

## **Rationale:**

- 1. Mitigates concern for family.**
- 2. Helps us feel comfortable to respond to the emergency.**
- 3. Helps our loved ones in a crisis - it brings organization not chaos.**
- 4. Potential Emergencies.**

**How To Respond.**

**What To Do In An Evacuation.**



# **TALK ABOUT EMERGENCIES WITH YOUR FAMILY**





# PREPAREDNESS

*Buddy*



# VULNERABLE POPULATION

- **FOCUS**

- IS THERE SOMEONE WHO WILL CHECK ON YOU IF AN EMERGENCY HAPPENS
- WHAT DOES THIS PERSON NEED TO KNOW
- CALL THEM SO THEY ARE AWARE OF





# *IF SEPARATED DURING A DISASTER*

## **IDENTIFY TWO MEETING PLACES:**

- 1. NEAR YOUR HOME**
- 2. AWAY FROM  
IMMEDIATE  
NEIGHBORHOOD**
- 3. OUT OF TOWN**





# PLANS FOR ALL HAZARDS

- FIRE —
- EARTHQUAKE —
- FLOOD-
- POWER OUTAGE-
- CHEMICAL/RADIATION —
- POWER OUTAGE —
- EXPLOSIONS —
- BIOTERRORISM —
- DISEASE -





# **MAINTAIN & PRACTICE YOUR PLAN.**



## **FAMILY COMMUNICATION PLAN**

- **KEEP CALLS TO A MINIMUM**
- **EVERYONE KNOW CONTACT NUMBERS.**
- **EMERGENCY NUMBERS BY THE PHONE.**
- **LOCAL AND OUT-OF-STATE CONTACTS.**
- **FAMILY “PHONE TREE” IN ADVANCE.**



# #3 GET PREPARED

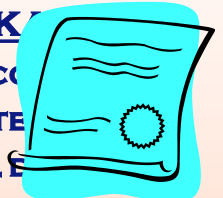
## DOCUMENT PACKAGE

- WILLS, ESTATE PLANS
- DEEDS, TITLE CERTIFICATES
- MORTGAGES AND CONTRACTS
- INSURANCE POLICIES
- VETERANS PAPERS
- PASSPORTS
- ZIP DRIVE RECORDS



## FAMILY/PERSONAL PACKAGE

- FAMILY HISTORY RECORDS
- DIPLOMAS, AWARDS, CERTIFICATES
- BIRTH CERTIFICATES, PERSONAL IDENTIFICATION
- CASH IN SMALL DENOMINATIONS
- LIST OF KEY PHONE NUMBERS
- CREDIT CARDS AND CHECKBOOK
- LAPTOP COMPUTER



## MEDICAL PACKAGE

### PLAN

- MEDICAL PACKAGE
- NON-PRESCRIPTION DRUGS NORMALLY USED
- TESTING EQUIPMENT — DIABETES PHONE.
- ANTI-BACTERIAL LIQUID/GEL OR WIPES CONTACTS.
- BASIC FIRST AID KIT
- COOLER WITH “BLUE ICE” IF MEDS TO BE CHILLED FOR ALL TO GATHER.
- EXTRA EYE GLASSES/CONTACTS



## FAMILY COMMUNICATION

- KEEP CALLS TO A MINIMUM
- EVERYONE KNOW CONTACT
- EMERGENCY NUMBERS BY THE PHONE
- LOCAL AND OUT-OF-STATE
- FAMILY “PHONE TREE” IN ADVANCE.
- SELECT “SAFE ROOM” IN HOUSE





# STAY HEALTHY

- **WASH YOUR HANDS**
- **WASH YOUR HANDS**
- **WASH YOUR HANDS**
- **BE HEALTHY**
- **EAT LESS, EXERCISE MORE**
- **GET PLENTY OF REST**
- **AVOID STRESS**
- **GET VACCINATED**



# 72-HOUR KIT

- **PLAN 9 – BROCHURE**
- **REVIEW HANDOUTS**





# BEING A RESILIENT COMMUNITY

- HAVING
  - KNOWING
  - DOING
  - SHARING
  - CARING
- 
- ARE WE A ZION PEOPLE?



# **SWUPHD – 1<sup>ST</sup> RESPONDER**

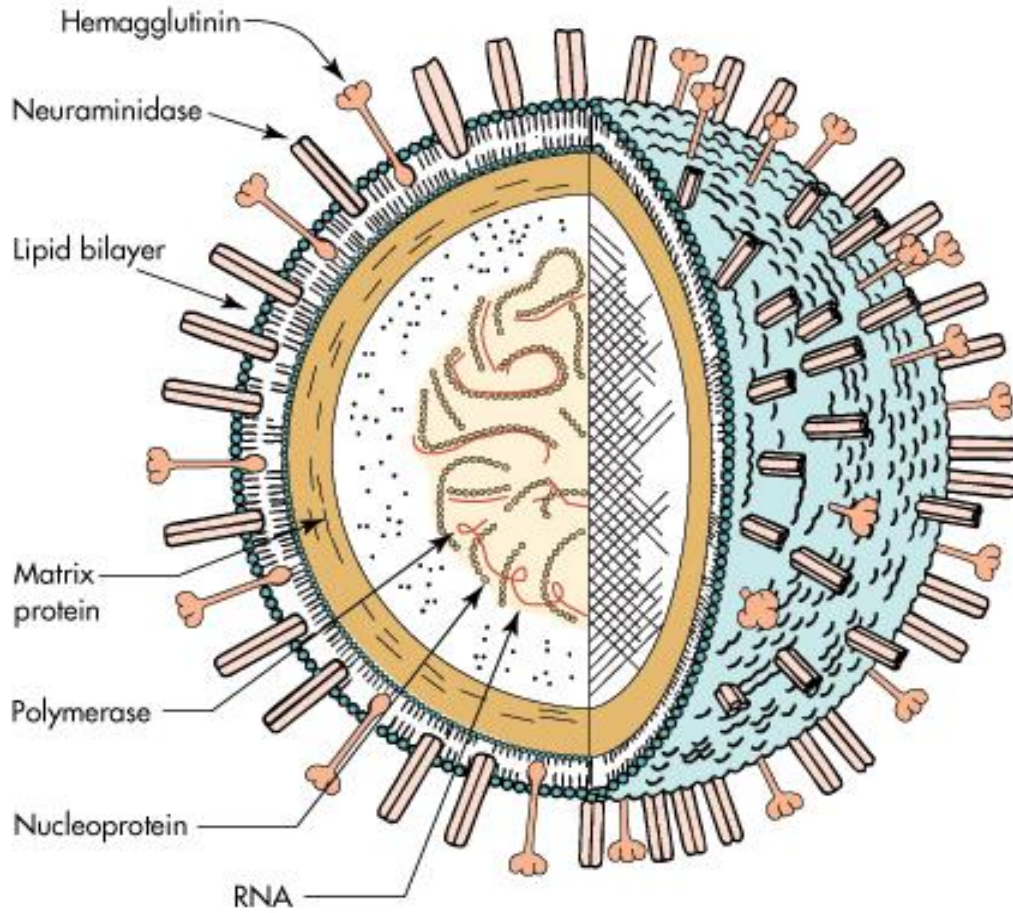
- **BE PREPARED FOR DISEASE  
RELATED EMERGENCIES**

**D & C 84:97**

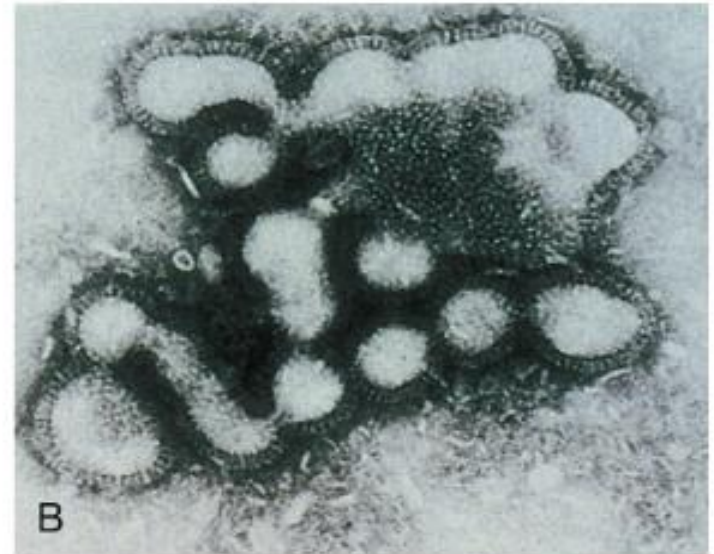
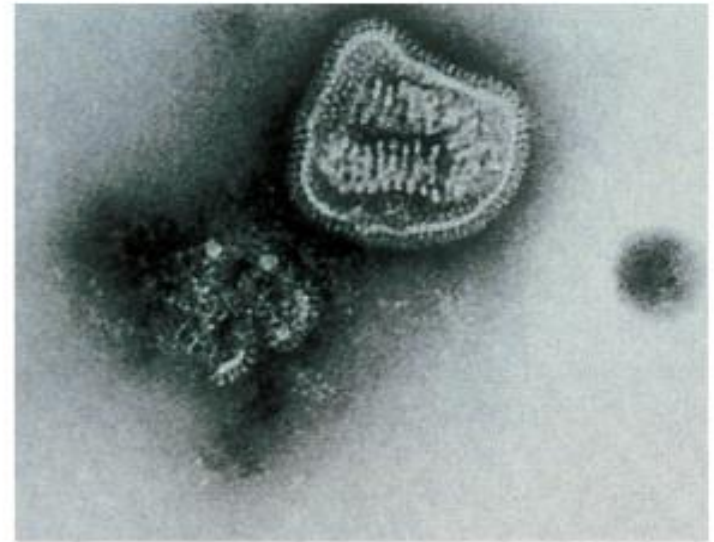
**“AND PLAGUES SHALL GO FORTH,  
AND THEY SHALL NOT BE TAKEN  
FROM THE EARTH UNTIL I HAVE  
COMPLETED MY WORK”**



# INFLUENZA VIRUS



A





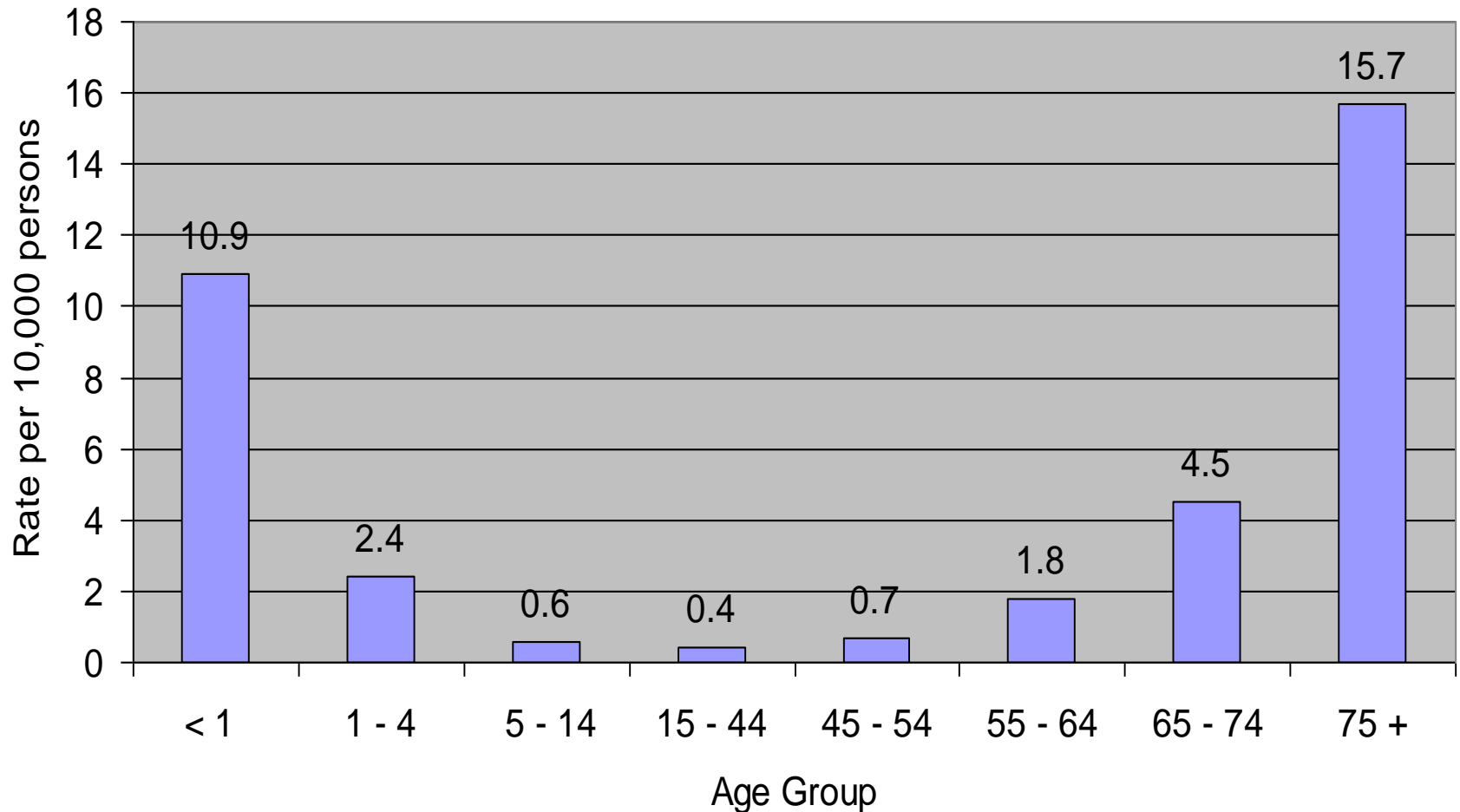
# WHAT IS SEASONAL INFLUENZA?



- **“ANNUAL” SEASONAL EPIDEMICS**
  - **ATTACK RATES AVERAGE 5-20%**
  - **ESTIMATED 20-40,000 DEATHS IN U.S. ANNUALLY**
  - **GREATEST EFFECT ON VERY YOUNG AND OLDER ADULTS**
- **RESULT OF ANTIGENIC “DRIFT”**
  - **ONGOING CHANGES OF INFLUENZA VIRUSES THAT ALLOW PEOPLE TO BE INFECTED MORE THAN ONCE**

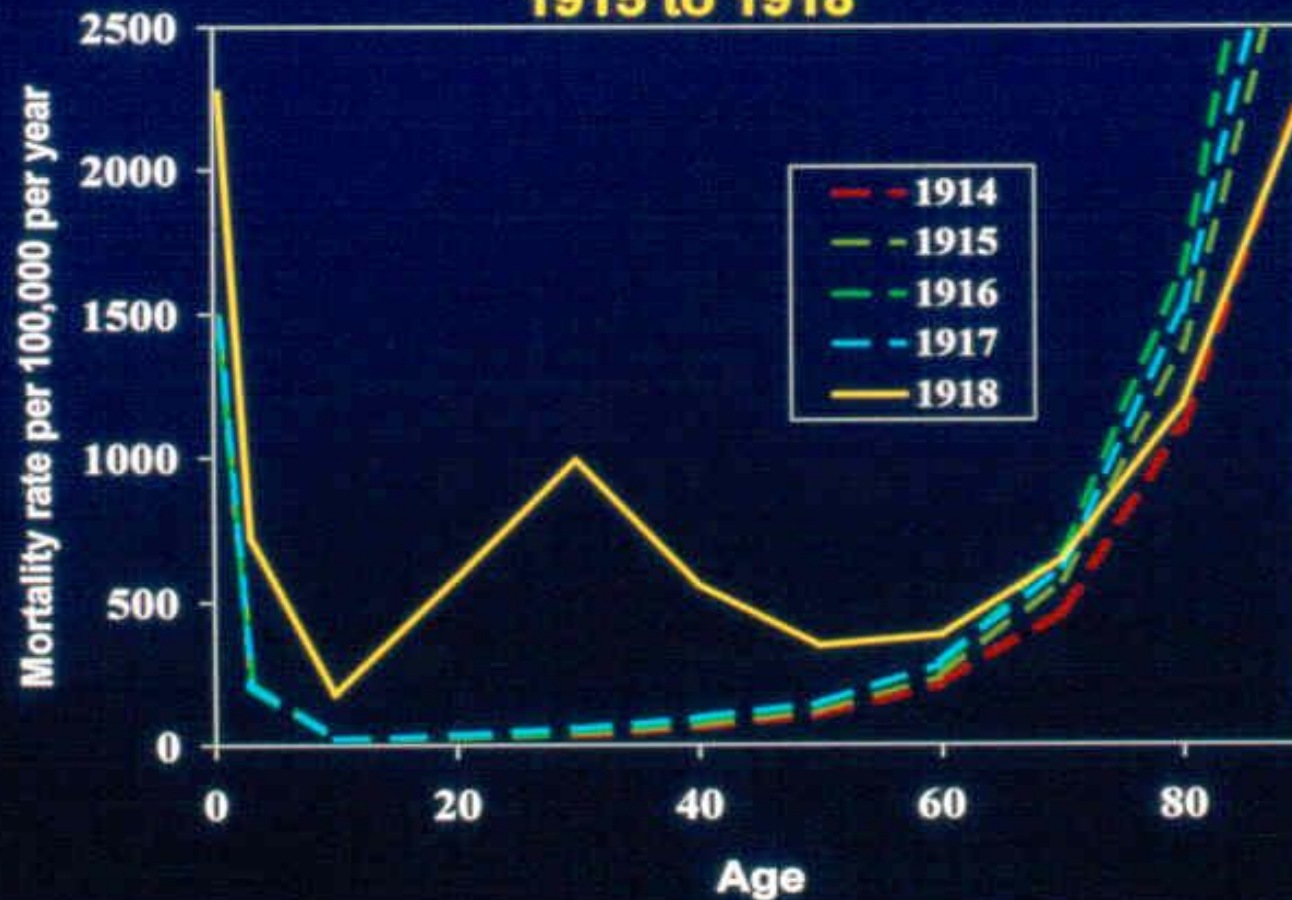


# AVERAGE INFLUENZA- ASSOCIATED HOSPITALIZATIONS UTAH





## Age-specific pneumonia and influenza mortality, 1915 to 1918





SOUTHWEST UTAH  
**PUBLIC HEALTH**  
DEPARTMENT  
PREVENT • PROMOTE • PROTECT

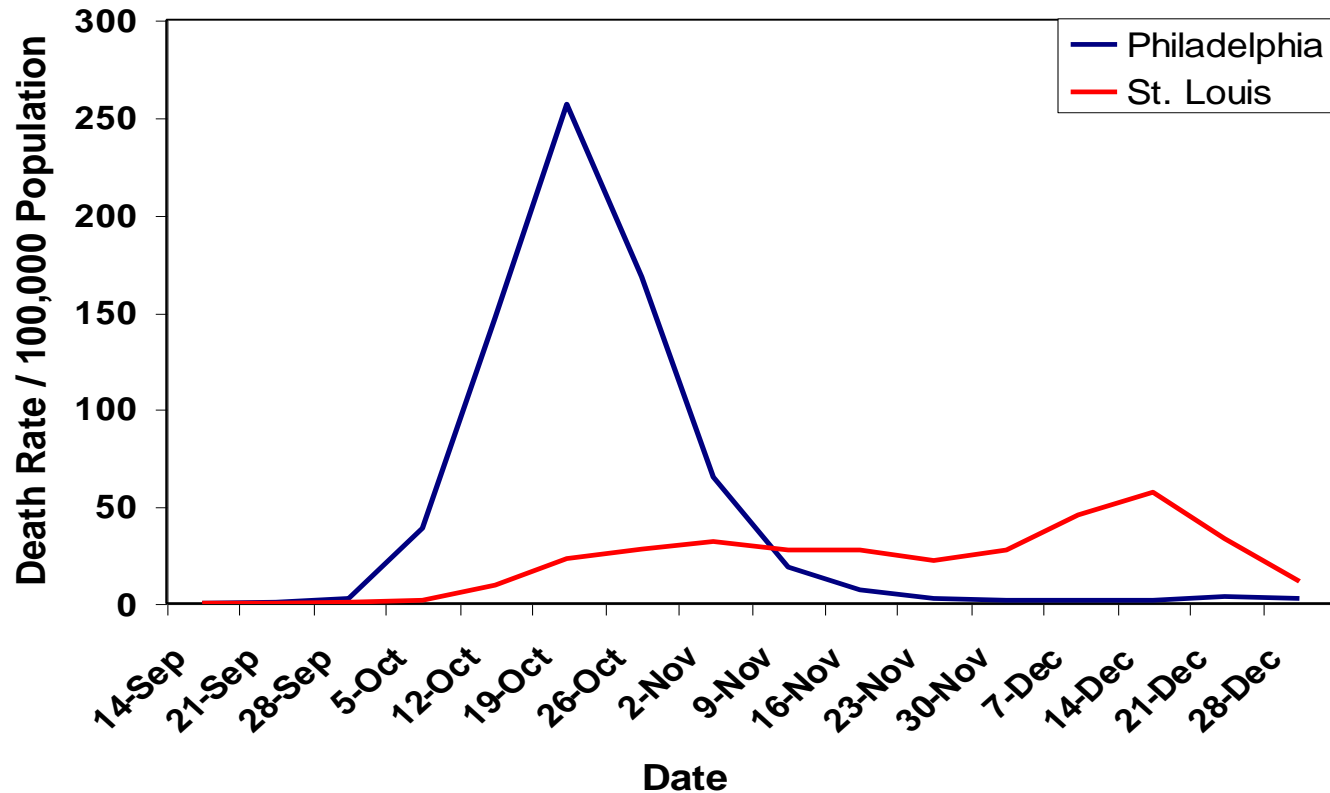
# **PANDEMIC – H1N1 (SWINE FLU)**

## **NICE DRESS REHEARSAL**





# Excess mortality over 1913-1917 baseline in Philadelphia and St. Louis



Source: Hatchett, Mecher, & Lipsitch. Public health interventions and epidemic intensity during the 1918 influenza pandemic. PNAS Early Edition. April 6, 2007





# SCARLET FEVER

THESE PREMISES ARE UNDER TOWNSHIP QUARANTINE

No person shall be permitted to enter, leave or take any article from this house without written permission from a legally authorized agent of the Board of Health, excepting physicians, nurses in charge of the sick or the clergyman.

Animals must not be permitted to leave these premises.

No person, other than those authorized by the Board of Health, shall remove this placard. Any person or persons defacing, covering up or destroying this placard render themselves liable to the penalties of the law.

Penalty for removing, defacing or covering up this card is punishable by a fine of not less than **\$10** or more than **\$100** or to be imprisoned for a period of not less than **10** days or more than **30** days or both at the discretion of the Court.

By order of **BOARD OF HEALTH** OF LOWER MERION  
TOWNSHIP

Date \_\_\_\_\_ Signature \_\_\_\_\_  
Health Officer

If this notice is removed, defaced or covered up, notify Health Officer, Ardmore, Pa.



# EMERGING DISEASES



- **H5N1**
- **H7N9**
- **CORONAVIRUS (MERS)**
- **SARS**



SOUTHWEST UTAH  
**PUBLIC HEALTH**  
DEPARTMENT  
PREVENT • PROMOTE • PROTECT

# **BIOLOGICAL DISEASE - PANDEMIC**

## **AGREEMENT WITH LDS CHURCH PODS - CISC**



# POD TRAINING

- **POINT OF DISPENSING TRAINING**
- **WARD EMERGENCY COORDINATOR  
AND TEAM WITH/STAKE  
REPRESENTATIVE**
- **LIABILITY INSURANCE – MEDICAL  
RESERVE CORPS - THROUGH  
[UTAHRESPONDS.ORG](http://UTAHRESPONDS.ORG)**





# STRATEGIC NATIONAL STOCKPILE





# CAN YOU HELP?



- **MEDICAL  
RESERVE CORPS**
- **MRC**
- **UTAHRESPONDS.  
ORG**
- **SOUTHWEST  
UTAH**



## WHAT CAN WE DO TO PREPARE?

### WHAT SHOULD WE DO?

- UTILIZE THE SOUTHWEST UTAH INFORMATION AT [WWW.SWUHEALTH.ORG](http://WWW.SWUHEALTH.ORG)
- EDUCATE OTHERS— FAMILY MEMBERS, HOME & VISITING TEACHERS CAN SHARE INFORMATION
- DEVELOP COMMUNICATION PLAN TO NOTIFY OTHERS.
- PRACTICE INFECTION CONTROL MEASURES. WASH YOUR HANDS!



# THIS IS THE JUMPING OFF POINT!

- **GET OUR FAMILIES IN ORDER.**
- **GET OUR COMMUNITY IN ORDER.**
- **PRACTICE WHAT WE PLAN.**

