



Indiana State  
Department of Health  
Division of Emergency Preparedness

# PREPAREDNESS POST



Plan. Prepare. Respond.



## Special Edition for Preparedness Month

SEPTEMBER 2019

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Indiana State  
Department of Health

Division of Emergency  
Preparedness

*To mitigate the loss of life, the Division of Emergency Preparedness assists Public Health entities, Healthcare Providers, and Hoosiers to respond to and recover from all hazard incidents by identifying, developing, refining, and executing plans in a timely manner.*

## Personal Health Preparedness

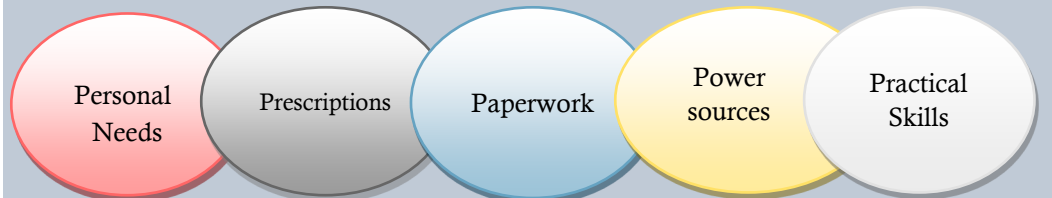


PREPARE YOUR HEALTH:  
PERSONAL HEALTH PREPAREDNESS

The Indiana State Department of Emergency Preparedness is partnering with Centers for Disease Control and Prevention (CDC) for National Preparedness Month (NPM) in September. The goal is to bring awareness to preparedness and response partners in government, private and public health sectors, and academia. In this special edition, you find information to assist with your plans to prepare for disasters, disease outbreaks and human-caused emergencies.

## What is Personal Health Preparedness?

Personal health preparedness means caring and protecting your health and wellness in the aftermath of an emergency or disaster. This could be large scale events, power outages, disrupted supply chains, and public health and healthcare systems. How can you protect yourselves? Well, it is imperative to have an emergency supplies kit that contains items from five categories below:



# Personal Needs



### Basic

- Water
- Nonperishable and ready to eat food (don't forget pets)
- Change of clothes
- Medical supplies
- First aid supplies
- Childcare, baby and pet supplies
- Medical equipment

### Quick Tips

- Evacuate at a moment's notice
- Shop for canned food
- Store 1 gallon of water per day for each person
- Update supplies every 6 months
- Explain emergency preparedness to your children

### Resources

- <https://www.cdc.gov/ncbddd/hemophilia/documents/familyemergencykitchecklist.pdf>
- <https://www.cdc.gov/childrenin disasters/checklists/kids-and-families.html>
- <https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>

# Prescriptions



### Basic

- 7 to 10 day supply of prescription stored waterproof container
- Up to date list of prescription medications
- A cooler or chemical ice pack for storing/keeping cold in a power outage

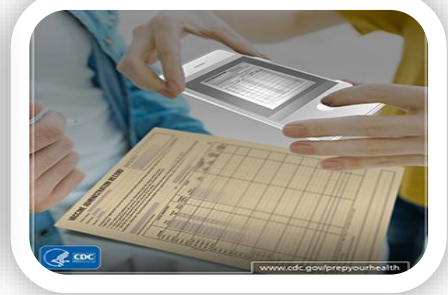
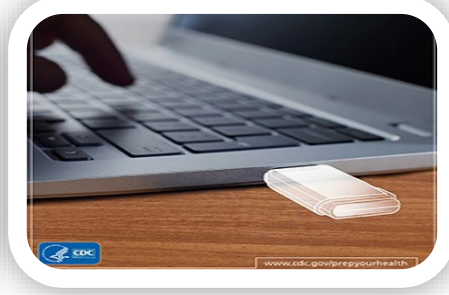
### Quick Tips

- Keep prescription medication somewhere easy to get to
- Know the shelf lives and proper storage temperature
- Find out laws in your state permit pharmacies dispense a 30-day refill on medications.
- Pet owners prepare a two-week supply for medications

### Resources

- <https://blogs.cdc.gov/publichealthmatters/2017/10/preparing-your-medicine-cabinet-for-an-emergency/>
- <https://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/emergencypreparedness/index.html>
- <https://www.fda.gov/drugs/information-healthcare-professionals-drugs/emergency-preparedness-keeping-medications-safe-feb-2016>

## Paperwork



### Basic

- Copies of medical documents and advance directives.
- Personal identification (passport, Driver's License, Social Security card, green card)
- Current Care Plan
- User manuals

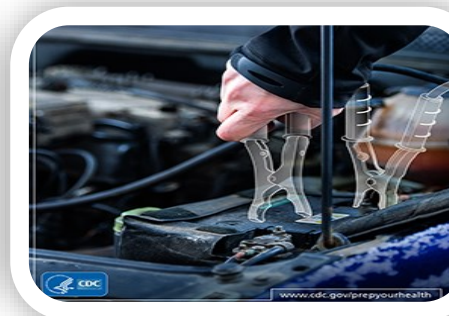
### Quick Tips

- Keep an up-to-date list of all prescription medications.
- Save electronic copies of important papers in a fireproof/waterproof container or safe.
- Store flash drives and hardcopies of important papers in a fire-proof/waterproof container or safe.

### Resources

- <https://www.cdc.gov/disasters/disease/immunizationqa.html>
- <https://www.cdc.gov/disasters/disease/vaccrecdisplaced.html>
- <https://www.cdc.gov/disasters/disease/responderimmun.html>
- <https://www.us-cert.gov/ncas/tips/ST04-019>

## Power sources



### Basic

- A flashlight or head lamp
- Extra batteries
- Hearing aid batteries
- Jump starter and cables
- A surge protector power strips
- Battery smoke alarms and carbon

### Quick Tips

- Pack flashlights or a battery-powered lantern for emergency lighting.
- Create an Emergency Power planning checklist for medical devices.
- Place plastic bags filled with water in the freezer to keep food cold.
- Fully charge electronic devices if you know disaster is coming.

### Resources

- <https://www.cdc.gov/disasters/poweroutage/needtoknow.html>
- <https://www.cdc.gov/disasters/electricalgenerators.html>
- <https://www.energy.gov/ceser/emergency-preparedness/community-guidelines-energy-emergencies/homeowners-respond-power>

DID YOU KNOW?



**A sneeze travels about 100 miles per hour!**

# Practical Skills



### Basic

- Wash hands for 20 seconds rubbing/lathering together
- Never use a generator inside home or garage. Only use outside 20 feet away from your home.

### Quick Tips

- Throw away food that may have come in contact with flood or storm or water
- Use bottled water if you suspect your water might be contaminated with fuel or toxin
- Never touch a fallen power line
- Avoid contact with flood waters with open wound

### Resources

- Find a course (American Heart Association)  
[http://cpr.heart.org/AHA/ECC/CPRAndEC-C/FindACourse/UCM\\_473162\\_Find-A-Course.jsp](http://cpr.heart.org/AHA/ECC/CPRAndEC-C/FindACourse/UCM_473162_Find-A-Course.jsp)
- Take a class (American Red Cross)  
<https://www.redcross.org/take-a-class>

The Indiana Department of Homeland Security (ISDH) and National Guard still have a few more dates available for the Force Multiplier 2019. Please attend if you are interested.

[RSVP HERE](#)

**Time:** 9:30 a.m.-12:30 p.m.

**Why:** To build relationships and networks to help Hoosiers

**Dates:**

- **Sept 20:** Ft. Wayne Ivy Tech Regional Public Safety Academy, 7602 Patriot Crossing Ft. Wayne IN
- **Oct. 3:** Lawrence Indiana National Guard Armory 9920 E. 59th St., Indianapolis, IN
- **Oct. 9:** Evansville Indiana National Guard Armory 3000 E. Division St., Evansville, IN
- **Oct. 10:** Scottsburg Mid America Science Park 821 S. Lake Road, Scottsburg, IN



### From the director ...

Thank you all for reading this special edition of the Preparedness Post. Wednesday marked the 18th anniversary of 9/11, a day we will never forget. Those events 18 years ago greatly influenced both of our federal programs in public health emergency preparedness and the hospital preparedness program.

Please share this edition with your colleagues, but also please especially share this edition with your family and friends to help us spread the word of personal preparedness.

**Thank you,**  
**JAMES "BILLY" BREWER,**  
**MPA, MS**

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