

EMERGENCIES CAN HAPPEN ANYTIME. ARE YOU READY?

www.medisysprepares.org | medisysem1@jhmc.org

NATIONAL PREPAREDNESS MONTH

is observed every year in September. It is a sponsored effort by the Federal Emergency Management Agency (FEMA) to encourage individuals to prepare for emergencies in their homes, businesses, schools, and communities. FEMA (Ready Campaign) disseminates information to help the general public prepare for and respond to emergencies, including natural disasters and potential terrorist attacks.



WHY PREPARE Preparedness can reduce fear, anxiety, and losses that accompany disasters. You can also decrease the impact of disasters (for example, by flood proofing, elevating a home out of harm's way) and sometimes avoid the danger completely!

As team member of a healthcare network, your level of personal and family preparedness helps enhance the overall preparedness efforts at the workplace. During an emergency, the health network relies on you to help sustain normal operations and to continue serving patients.

1. MAKE A PLAN

Before drafting a plan, ask yourself the following questions:

- Do I have an emergency support network (such as friends or family) I/we might be able to stay with or rely on for help, including out of state contacts?
- Have I documented emergency lifesaving and health related info including allergies, medications, special conditions, etc. for each of my family members?
- Do we have alternate transportation plans in case there are road closures or public transportation isn't running?
- Do my family and I know how to evacuate our home, school or workplace?
- Do my family and I have an agreed upon meeting point in case we are unable to call each other?
- Do we know where our local city or county shelters are located?

2. GATHER SUPPLIES

Assemble a **Go Bag & Emergency Supply Kit**. Your Go Bag should be readily accessible so that you can grab it and go during an emergency, such as during a fire. An Emergency Supply Kit is useful for when you need to shelter-in-place or stay home, such as during a snowstorm.

Be sure to consider the different needs of each one of your family members. Here are some ideas for what you can include:

- Copies of important documents in a waterproof container (e.g., insurance cards, photo IDs, proof of address, marriage and birth certificates, copies of credit and ATM cards).
- Flashlight, battery-operated AM/FM radio, and extra batteries or wind up radios that do not require batteries.
- List of medications taken, complete with dosage information.
- Contact information for household and members of your support network.
- Aerosol tire repair kits and/or tire inflator to repair flat wheelchair or scooter tires.
- Supplies for your service animal or pet (e.g., food, extra water, bowl, leash, cleaning items, vaccination records, and medications).
- Back-up medical equipment (e.g., glasses, batteries, oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, gloves).
- One gallon of drinking water per person per day for at least three days.
- Non-perishables, ready-to-eat canned foods, and a manual can opener.
- Whistle or bell.
- Style and serial numbers of medical devices (such as pacemakers) and usage instructions.

You may want to consider fueling your vehicles to maximum capacity before an impending snowstorm in case there are gas shortages afterwards. It is also a good idea to keep a thorough contact information sheet for your fellow colleagues up to date, as you may need to reach out to them.

DID YOU KNOW? Emergency Response Guides or 'Yellow Books' are available in key areas around the hospital such as nursing stations, etc. These are quick reference guides providing information about the facility's disaster plans and color codes, along with key phone numbers.

In addition, all employee IDs include an attachment which tell you what the different color codes mean.



BEFORE

Know the risks and danger signs.
Purchase insurance, including flood insurance, which is not part of your homeowner's policy.
Develop plans for what to do.
Assemble a disaster supplies kit.
Volunteer to help others.

DURING

Put your plan into action.
Help others.
Follow the advice and guidance of others in charge of the event.

AFTER

Repair damaged property.
Take steps to prevent or reduce future loss.

Source: 'An In-depth Guide to Citizen Preparedness'
www.fema.gov

3. BE INFORMED

The following websites provide valuable information and resources to enhance your disaster preparedness efforts.

- o MediSys Emergency Management Website www.medisysprepares.org
- o Federal Emergency Management Agency (FEMA) www.ready.gov
- o NYC Office of Emergency Management www.NYC.gov/oem
- o Ready New York Preparedness Information www.NYC.gov/readyny
- o Notify NYC – Emergency Updates www.NYC.gov/notifynyc
- o NYC 311 – <http://www1.nyc.gov/311/index.page>
- o American Red Cross in Greater NY www.nyredcross.org
- o Con Edison www.coned.com
- o LIPA www.lipower.org
- o National Grid www.nationalgridus.com
- o Centers for Disease Control Emergency Preparedness and Response www.bt.cdc.gov

4. GET INVOLVED

Get involved before a disaster occurs! Statistics show individuals who have community support during disasters recover faster. There are many ways to help.

- o Check in with your supervisor before a severe weather event (i.e. impending blizzard) to see if you can provide staffing coverage.
- o Visit www.medisysprepares.org or email MediSys Health Network Emergency Management (medisysem1@jhmc.org) to find out how you can help with disaster recovery efforts within the health network.
- o To support disaster efforts in your community, volunteer to receive training for your local Community Emergency Response Team, Medical Reserve Corps unit and/or other Citizen Corps Partner Program or affiliate organization. You can also look into your local faith-based or community organizations to find active programs which assist with disasters.
- o Become connected with and collaborate with your community planning process. Link up with your local emergency planning group, Citizen Corps Council or local emergency management agency.
- o Join or start a preparedness project. Find an event or identify local resources, build a team, choose a project, set goals and serve your community by improving the preparedness of your friends, colleagues and neighbors.
- o Support major disasters by donating cash or goods which may help meet the needs of your community in times of disaster.

HURRICANE EVACUATION ZONES

Do you know that NYC hurricane evacuation zones were updated after Hurricane Sandy? Find out which zone your home, business, and/or school falls into. The New York City Office of Emergency Management has resources available on its website including an overview on hurricanes, a zone finder section, evacuation information, safety tips and more. Visit http://www.nyc.gov/html/oem/html/hazards/storms_evaczones.shtml