

THE PREPAREDNESS POST

UTAH DEPARTMENT OF HEALTH

September is National Preparedness Month

Compiled by Charla Haley

Large-scale events, such as recent earthquakes in California, remind Utah residents how important it is to be prepared for what comes after the shaking stops.

A natural disaster or unexpected emergency can severely limit access to food, safe water, medication, and medical supplies for days, weeks, or even longer. Make plans to protect your family’s health and wellbeing by having the personal needs, prescriptions, paperwork, power sources, and practical skills you need to respond.

Personal needs: Gather enough food, water, and medical supplies to last at least three days.



Prescriptions: Make sure you have at least a 7- to 10-day supply of prescription medications on hand for everyone in the family who has prescribed medicine.

Paperwork: Collect and protect important documents and medical records.

And, don’t forget about Fluffy and Fido. Consider your pet supply needs when making an emergency kit. Learn more: <https://www.cdc.gov/cpr/prepareyourhealth/#NatlPrep>

You’ll also want to keep your pet in a carrier or on a leash in tense situations to prevent injury to yourself, your pet, and others. A typically calm cat or dog may act differently under stress. <https://www.cdc.gov/cpr/prepareyourhealth/PersonalNeeds.htm>



Power sources: According to the U.S. Energy Information Administration, the average U.S. electricity customer was without power for 250 minutes in 2016. Prepare for possible power outages with emergency light, alternative heat, and backup power sources. And, if you or someone you love is among the more than 2.5 million people who rely on electric-powered medical equipment, make sure you include a provision for an alternate power source in your

emergency plans.



U-TRAIN

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Plan to be Prepared

According to the Federal Emergency Management Agency (FEMA), more than 60 percent of people do not have an emergency plan they have discussed with their household. To get you started, here are five simple things you can do to start your Emergency Action Plan:

Find phone numbers for your physician, pediatrician, pharmacist, and veterinarian. Other important numbers you should know include:

Poison Control Center: 800-222-1222

Animal Poison Control Helpline: 888-426-4435

Disaster Distress Helpline: 800-985-5990 or text TalkWithUs to 66746

Ask a friend or relative who lives outside the immediate area—preferably in another state—to be your family’s Out-of-Town Contact.

Identify a shelter-in-place location inside your home, two (2) emergency meeting places outside your home where your family can reunite in an emergency, and at least two (2) ways out of every room in your home.

Ask your child’s school or daycare about their emergency communication and family reunification plans.

Update your Emergency Action Plan whenever your family moves, your child changes schools, you change jobs, have a child, or experience some other significant life event.



BeReadyUtah.gov
Family Preparedness Series

Disaster Supply Kit



REMEMBER:

- ▶ Store in a backpack, wheeled suitcase, or other portable container in an easy-access location, as near as possible to an exit
- ▶ Have a separate kit for each family member
- ▶ Items susceptible to water damage should be in plastic bags
- ▶ Check kit twice a year and replace items that have expired or don't work

Cover all 12 Areas of Emergency Preparedness in your disaster supply kits.

ADD ADDITIONAL ITEMS TO KITS TO FIT INDIVIDUAL NEEDS

<p>1) Shelter & Fire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof poncho <input type="checkbox"/> Emergency reflective blanket <input type="checkbox"/> Wool or fleece blanket or sleeping bag <input type="checkbox"/> Tent or tarp <input type="checkbox"/> Windproof/waterproof matches <input type="checkbox"/> Alternate fire-starter <input type="checkbox"/> Hand and body warmer packets <p>2) Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-2 gallons of water in a refillable container <input type="checkbox"/> Water tablets and/or filter <p>3) Food</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 days supply of ready-to-eat, nonperishable food <input type="checkbox"/> Hard candies <p>4) Sanitation & Hygiene</p> <ul style="list-style-type: none"> <input type="checkbox"/> Personal hygiene kit: soap, toothbrush, toothpaste, comb, toilet tissue, feminine items, razor, lip balm, wash cloth, etc. <input type="checkbox"/> Garbage bags <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Baby wipes 	<p>5) Light & Power</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Light sticks <p>6) First Aid</p> <ul style="list-style-type: none"> <input type="checkbox"/> First aid kit: Adhesive bandages, rolled gauze and pads, disposable gloves, antibiotic cream, burn gel, antiseptic towelettes, tweezers, triangle bandage, etc. <input type="checkbox"/> First aid instruction booklet <input type="checkbox"/> Personal medications <input type="checkbox"/> Scissors and sewing kit <input type="checkbox"/> Insect repellent <input type="checkbox"/> Sunblock <p>7) Communication</p> <ul style="list-style-type: none"> <input type="checkbox"/> Multi-power AM/FM radio <input type="checkbox"/> Notepad and pencil <input type="checkbox"/> Plastic whistle with neck cord <input type="checkbox"/> Extra mobile phone charger <p>8) Safety & Security</p> <ul style="list-style-type: none"> <input type="checkbox"/> Work gloves <input type="checkbox"/> Dust mask <input type="checkbox"/> Mace/pepper spray <input type="checkbox"/> Spare house/car keys 	<p>9) Clothing, Tools & Personal Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Clothing for warm/cold weather <input type="checkbox"/> Extra socks and underwear <input type="checkbox"/> Ball cap and/or bandanna <input type="checkbox"/> Extra glasses or contacts <input type="checkbox"/> Compass <input type="checkbox"/> Multifunction pocket knife <input type="checkbox"/> Duct tape and 50-ft nylon rope <input type="checkbox"/> Stress relief item: book, toy, etc. <p>10) Cooking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camp cup, plate, and utensils <input type="checkbox"/> Lightweight stove and fuel <input type="checkbox"/> Paper towels <input type="checkbox"/> Can opener (may be on knife) <p>11) Important Documents & Money</p> <ul style="list-style-type: none"> <input type="checkbox"/> Copies of: emergency plan, birth certificates, marriage license, will, insurance info, financial info, vehicle title, family photos, ID, emergency contact list, etc. <input type="checkbox"/> At least \$200 in small bills <p>12) Transportation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sturdy walking shoes or boots <input type="checkbox"/> Wagon, stroller, or wheelchair as needed
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✔ Make a Plan ✔ Get a Kit ✔ Be Informed ✔ Get Involved

For more preparedness information: BeReadyUtah.gov



dem.utah.gov



Bureau of Epidemiology – Advancing Preparedness

By Melissa Stevens Dimond

In April, the Utah Department of Health Bureau of Epidemiology held an innovative “Advance” focusing on preparedness. Staff from throughout the Bureau, along with key support staff from areas such as Finance and Preparedness, participated in the day-long event. The primary goal for the exercise was to ensure attendees came away with a better understanding of preparedness and response principles, along with a sense of what an emergency response might look like for them from beginning to end.



Key staff spent several months planning the event, even asking staff from various programs to develop presentations on preparedness

concepts. It gave those staff members a chance to learn more about preparedness and gain a better understanding as they informed attendees about what they learned.

Following those presentations attendees were asked to put what they learned to the test by participating in an exercise. The scenario was prepared and executed to stimulate thinking and learning about how preparedness principles and concepts would be practically applied within the Bureau during a “real life” event. Thoughtful, sometimes spirited sessions, coupled with realistic scenarios, prompted rich discussion and learning for all staff, from those who were new to preparedness, to those who’ve participated in responses for many years. One interesting element of the Advance was using a UNIS alert to initiate the exercise piece, giving everyone a chance to identify gaps in notifications, and in many

instances, staff were able to remedy the issues immediately.

Among the many outcomes of the exercise, not the least of which was some key learning, an After-Action Report was generated highlighting opportunities for further improvement within the Bureau. As a result, the Bureau is working earnestly to establish a training plan for staff, and also on a Bureau-specific Emergency Operations Plan and communications annex. By focusing on preparedness, the Bureau will continue to build capacity, ensuring staff are personally prepared, informed, and able to rapidly deploy and support emergency response in a meaningful and helpful way.



The Utah Health Emergency Response Team

By Michelle Hale

Several cars and trucks towing cargo trailers pulled in to Sand Hollow State Park about 2:00 p.m. Friday, May 3, 2019. Passengers gathered near the lakeshore to be briefed on plans for the afternoon. Within ninety minutes, medical shelters had been put up and were operational with HVAC and power. The interiors were set up with cots, warming stations, and medical supplies. A command center with white boards, staff logs, and radios was setup nearby.

This is how the Utah Health Emergency Response Team (UHERT) prepared for the Iron Man 70.3 in St George, Utah. Every year, UHERT partners with the Southwest Utah Public Health Department and Dixie Regional Medical Center to provide medical support for the 2,600 athletes who compete in the triathlon. The UHERT staffed medical stations at Sand Hollow Reservoir and the finish line in downtown St. George to care for participants affected by hypothermia, heat exhaustion, sports-related injuries, or medical conditions.



The Utah Department of Health, Bureau of Emergency Medical Services and Preparedness (BEMSP) created the UHERT to supplement local medical response during disasters or other medical surge events. The team's 75 members are employed by BEMSP with medical oversight provided by the State EMS Medical Director. The task force consists of physicians, pharmacists, mid-level nurse practitioners and physician assistants, registered nurses, paramedics, advanced EMTs, and logistical and administrative specialists. Sixteen UHERT members are also members of the UT-1 DMAT with deployment experience to two national disasters and one national security event.

The mission of the UHERT is to be a rapid-response (deploy within 2-4 hours of notification) medical resource capable of self-sustainment up to 72 hours in a

fixed or temporary location. Objectives include:

- Mass Casualty Event
- Urban Search and Rescue Medical Support
- Emergency Department Decompression
- Medical Sheltering
- Federal Coordinating Center Support
- Outbound Patient Movement Support
- Mass Antibiotic Dispensing
- Special Event Coverage

The Utah Health Emergency Response Team (continued)

Each year, UHERT members participate in more than 40 hours of training and exercises. Training includes NIMS and specialty clinic care for disaster response, pediatrics, burn/blast, trauma, and CBRNE. Exercises such as Iron Man, SST ShakeOut, and HAFB Air Show test rapid personnel and supply deployment, equipment operation, and patient triage and treatment. In addition to personnel, BEMSP maintains supplies and equipment to support UHERT operations or for individual deployment:



- Mobile Field Hospitals (4)
- Rapid Deploy Shelters (5)
- Mass Casually Trailers (9)
- Response Personnel Support Trailers (3)
- Mass Fatality Response Equipment
- 800 MHz and VHF Radio Kits
- Ventilators (2)

Supplies and equipment are prepositioned across the state and are available for pre-planned events, pre-Stafford Act emergencies, and declared disasters. To request assets for staging during a pre-planned event, complete the Logistics Request Form located on the BEMSP website at <https://bemsp.utah.gov>. To request resources during a pre-Stafford Act emergency, call the UDOH Disaster Line at 1-866-364-8824 and follow up that request with an email to udohdoc@utah.gov. During a declared emergency local emergency operation centers (EOC) should work through their ESF 8 personnel to request resources through the state EOC.

PREPARED
NOT SCARED

FEMA Ready

National Preparedness Month 2019

Calendar

2019–2020 Training

Date	Event	Location	Information
<p>September 4-6</p> <p>10:00 a.m. to 7:00 p.m.</p> <p>10:00 a.m. to 7:00 p.m.</p>	ICS-300 Intermediate ICS for Expanding Incidents	<p>Washington County Sheriffs Office</p> <p>620 S. 5300 W, Hurricane, UT</p>	<p>FREE</p> <p>**Prerequisites: IS-100 (ICS Introduction), IS-200 (ICS Basic), IS-700 (National Incident Management System), IS-800.B (National Response Framework). On-line independent study classes at http://training.fema.gov/is/crslist.asp NOTE: ICS-300 must be completed 30 days prior to attending ICS-400.**</p> <p>To Register: UTRAIN Course #1011051 dpsdemtrainex@utah.gov 801-538-3400</p>
<p>September 11, 18, 25, and October 2</p> <p>10:00 a.m. to 7:00 p.m.</p> <p>(Four single-day sessions)</p>	Framework for Healthcare Emergency Management/ FRAME / AWR-900	<p>Intermountain Center for Disaster Preparedness</p> <p>LDS Hospital</p> <p>NW entrance</p> <p>8th Ave. "C" Street</p> <p>Salt Lake City, UT</p>	<p>FREE</p> <p>Course #1059930 barb.clark@imail.org 801-408-7061</p>
<p>September 13 7:00 p.m. to 11:00 p.m.</p> <p>September 14 10:00 a.m. to 7:00 p.m.</p> <p>September 20 7:00 p.m. to 11:00 p.m.</p> <p>September 21 10:00 a.m. to 7:00 p.m.</p>	Community Emergency Response Team (CERT) Train-the-Trainer Course (G428)	<p>Scipio Community Center</p> <p>Main Street</p> <p>Scipio, Utah</p>	<p>PREREQUISITES</p> <p>_The prerequisites for attending the CERT T-T-T course include: Must have a referral from a CERT sponsoring agency. The CERT sponsoring agency could be a local, regional, or state government agency.</p> <p>If the CERT T-T-T course is sponsored by a State CERT coordinating agency, must have approval from that agency as well.</p> <p>Must have taken the CERT Basic Training course.</p> <p>To Register: UTRAIN Course #1033034 kkraudy@utah.gov 801-538-3427</p>
<p>September 23-24</p> <p>8:00 a.m. to 5:00 p.m.</p>	Public Health and Disasters Conference	<p>Viridian Event Center</p> <p>West Jordan, UT</p>	<p>https://medicine.utah.edu/dfpm/public-health/professional-edu/public-health-disasters-conference/</p>



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Bureau of Emergency Medical Services and Preparedness

Calendar

2019-2020 Training

Date	Event	Location	Information
September 26-27 10:00 a.m. to 7:00 p.m.	ICS-400 Advanced ICS Command & General Staff- Complex Incidents	Washington County Sheriffs Office 620 S. 5300 W, Hurricane, UT	FREE Prerequisites: Must have completed ICS-300 30 days or more prior to ICS-400. To Register: UTRAIN Course #1011057 dpsdemtrainex@utah.gov 801-538-3400
October 9-10	Basic Public Information Officer Course (G290)	Saratoga Springs Fire/EMS 995 W. 1200 N. Saratoga Springs, UT	FREE To Register: UTRAIN Course #101053 dpsdemtrainex@utah.gov 801-538-3400
October 22-24 10:30 a.m. to 7:00 p.m.	ICS-300 Intermediate ICS for Expanding Incidents	State Capitol Building State Emergency Operations Center 350 N. State Street Salt Lake City, UT	FREE **Prerequisites (Same as above entry)** To Register: UTRAIN Course #1011051 dpsdemtrainex@utah.gov 801-538-3400
October 30 10:30 a.m. to 7:00 p.m.	Joint Information System/Joint Information Center Planning for Tribal, State and Local Public Information Officers (G-291)	Saratoga Springs Fire/EMS 995 W. 1200 N. Saratoga Springs, UT	FREE This training is designed on the assumption that participants will have completed the following courses:(G289) Public Information Officer Awareness Training, and G290, Basic Public Information Officer (PIO). To Register: UTRAIN Course #1020466 jdougherty@utah.gov 801-538-3738
November 8 8:00 a.m. to 5:00 p.m.	Annual Disaster Symposium	Intermountain Center for Disaster Preparedness LDS Hospital NW entrance 8th Ave. "C" Street Salt Lake City, UT	FREE To Register: UTRAIN Course #1065094 barb.clark@imail.org 801-408-7061



Calendar

2019-2020 Training

Date	Event	Location	Information
November 12-13 10:30 a.m. to 7:00 p.m.	ICS-400 Advanced ICS Command & General Staff-Complex Incidents	Unified Fire Authority- EOC Building 3380 S. 900 W. Salt Lake City, UT	FREE Prerequisites: Must have completed ICS-300 30 days or more prior to ICS-400. To Register: UTRAIN Course #1011057 dpsdemtrainex@utah.gov 801-538-3400
November 13-14 10:00 a.m. to 7:00 p.m.	ICS-400 Advanced ICS Command & General Staff-Complex Incidents	Cache County Sheriff's Office (933.6 miles away) 1225 W. 200 N. Logan, UT	FREE Prerequisites: Must have completed ICS-300 30 days or more prior to ICS-400. To Register: UTRAIN Course #1011057 dpsdemtrainex@utah.gov 801-538-3400
December 17-18 10:00 a.m. to 7:00 p.m.	ICS-400 Advanced ICS Command & General Staff-Complex Incidents	Davis County Sheriff's Building 800 W. State Street Farmington, UT	FREE Prerequisites: Must have completed ICS-300 30 days or more prior to ICS-400. To Register: UTRAIN Course #1011057 dpsdemtrainex@utah.gov 801-538-3400
January 6-8 10:30 a.m. to 7 p.m.	ICS-300 Intermediate ICS for Expanding Incidents	City of Orem: Training Room Public Safety Building 95 East Center Street Orem, UT	FREE **Prerequisites: IS-100 (ICS Introduction), IS-200 (ICS Basic), IS-700 (National Incident Management System), IS-800.B (National Response Framework). All of these courses are on-line independent study classes at http://training.fema.gov/is/crslist.asp NOTE: ICS-300 must be completed 30 days prior to attending ICS-400.** To Register: UTRAIN Course #1011051 dpsdemtrainex@utah.gov 801-538-3400

Newsletter produced by Charla Haley



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Bureau of Emergency Medical Services and Preparedness

Calendar

2019-2020 Training

Date	Event	Location	Information
February 3-4 8:00 a.m. to 5:00 p.m.	ICS-400 Advanced ICS Command & General Staff- Complex Incidents	City of Orem: Training Room Public Safety Building 95 East Center Street Orem, UT	FREE Prerequisites: Must have completed ICS-300 30 days or more prior to ICS-400. To Register: UTRAIN Course #1011057 dpsdemtrainex@utah.gov 801-538-3400

PREPAREDNESS & RESPONSE: BY THE NUMBERS



\$612 M

In annual PHEP funds awarded to 62 jurisdictions for 2017.



\$8 M

Funding for public health preparedness and response research to improve the ability of CDC and its partners to effectively respond to a wide range of public health emergencies and disasters.



1,786

Total CDC deployments for Zika.



530

CDC staff, including staff deployed to the field, during the responses to Hurricanes Harvey, Irma, and Maria.



181

Inspections of laboratories registered to handle select agents and toxins conducted by the Federal Select Agent Program (FSAP) in 2016.



3,758

Federal, state, territorial, and local emergency responders trained on how to receive and distribute products from the Strategic National Stockpile.



90

CDC field staff assigned to 58 different PHEP awardee locations in 2017.



19

Countries sent public health leaders to CDC headquarters for emergency management training.



69

Peer-reviewed publications and Morbidity and Mortality Weekly Reports authored by OPHPR staff.



22,776

Incoming calls to CDC's Emergency Operations Center responded to from the public, state health departments, clinicians, and hospitals.



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

CS2017108

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