



# Personal & Family Preparedness

CSHCS REGIONAL MEETING, KENT COUNTY HEALTH DEPARTMENT  
PAT DRAPER  
MAY 19, 2015

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Text to: 22333

Message: PATRICIADRAP172

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The time to repair the roof  
is when the sun is shining.

~ John F. Kennedy

[www.greatquotes.com](http://www.greatquotes.com)




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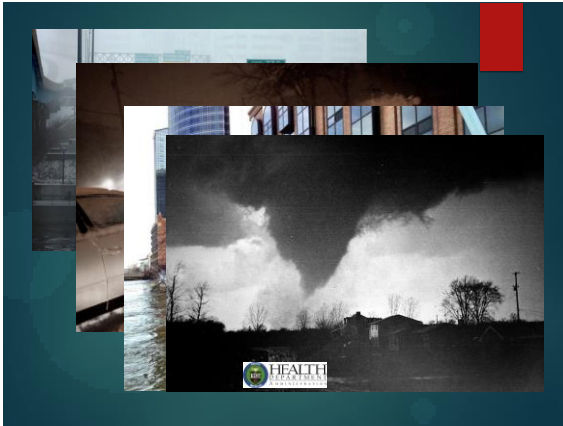
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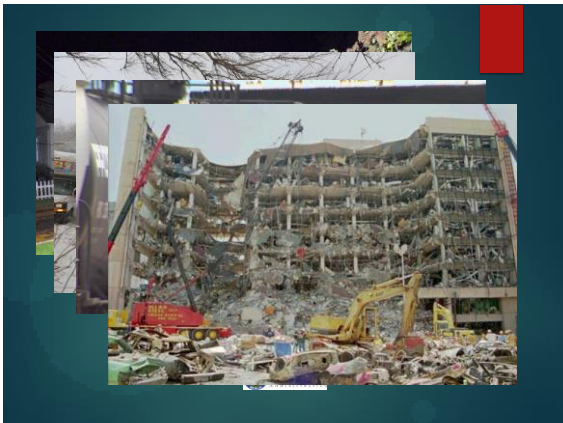
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## Preparedness & Public Health Mission




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## Kent County Disaster Mental Health & Human Services Committee (DMHHS)

- ▶ Established June, 2007
- ▶ Encourage collaborative emergency planning between agencies
- ▶ Assess resource needs and capabilities
- ▶ Build partnerships




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People with special needs are more likely to experience negative impacts from emergencies and disasters.



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How prepared are your families?



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POLL

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## Maintain a Plan

FAMILY COMMUNICATION  
EMERGENCY TRANSPORTATION  
EMERGENCY CHILD CARE

[illegible]

## Care Plan

35) Mdx Data:	36) Phone:	37) Fax:
38) Fax:	39) Phone:	40) Fax:

**Section 2 - Functional Status and Therapies**

41) Age (1) Infant	42) Independent (1) Dependent	43) Cooperative (1) Non-Cooperative	44) Sex (1) Male (1) Female
45) Language (1) Verbal (1) Non-Verbal	46) Handed (1) Left (1) Right (1) Ambidextrous	47) Vision (1) Normal (1) Impaired	48) Risk (1) High (1) Low
49) LanguageCommunicationLiteracy (1) None (1) Basic (1) Hearing, Speech)		50) Height	51) Weight

**THERAPIES**

52) Name of Therapy (1) Chelation (1) Chelation (1) Parent	
53) Name of therapy	54) Type of Therapy (1) Treatment Plan
Click to Select	Click to Select
Click to Select	Click to Select

55) Comments:

**Section 3 - Areas of Concern:** (if checked, comment below:

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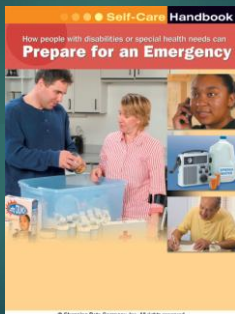
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## Planning Resources



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## POLL

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## Keep an Emergency Kit

- ▶ FOR YOUR DESK
- ▶ FOR YOUR CAR
- ▶ FOR YOUR HOME




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## BASIC KIT CONTENTS

- **WATER:** One gallon per person per day for at least three days
- **NON-PERISHABLE FOOD:** At least a three-day supply
- **RADIO:** Battery-powered or hand crank AND a NOAA Weather Radio with tone alert and extra batteries for both
- **FLASHLIGHT** and extra batteries
- **FIRST AID KIT**
- **WHISTLE** to signal for help
- **DUST MASK** to help filter contaminated air and plastic sheeting and duct tape to shelter in place
- **PERSONAL SANITATION SUPPLIES:** Moist towelettes, garbage bags and plastic ties
- **WRENCH OR PLIERS** to turn off utilities
- **MANUAL CAN OPENER** for food
- **LOCAL MAPS**
- **CELL PHONE** with chargers, inverter or solar charger




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## Access and Function




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## Medications & Durable Medical Equipment

- ▶ Keep a list of all medications, pharmacy, doctor
- ▶ Know the settings on your DME (i.e., CPAP)
- ▶ Keep extra hearing aid batteries
- ▶ Extra pair of glasses, set of contact lenses




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## What about you?




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## POLL

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How do you take care of yourself?



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Plan, Communicate, Practice



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## Stress & Coping




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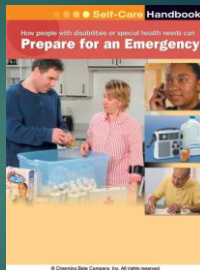
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Preparedness planning guides are available for your family, neighbors and friends from KCHD Emergency Preparedness




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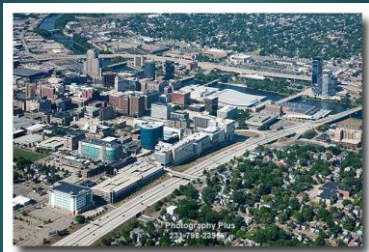
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## What about my agency?




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## POLL

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Continuity of Operations  
Plan (COOP)

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## Get connected!

- ▶ Training
- ▶ Exercises
- ▶ Invite EP to your support groups, business meetings



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## POLL

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Tell us what's on your mind.



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Let's keep in touch.

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