

# **Prepare Yourself...Prepare Your Family!**

## **An All-hazards Approach to Preparedness**

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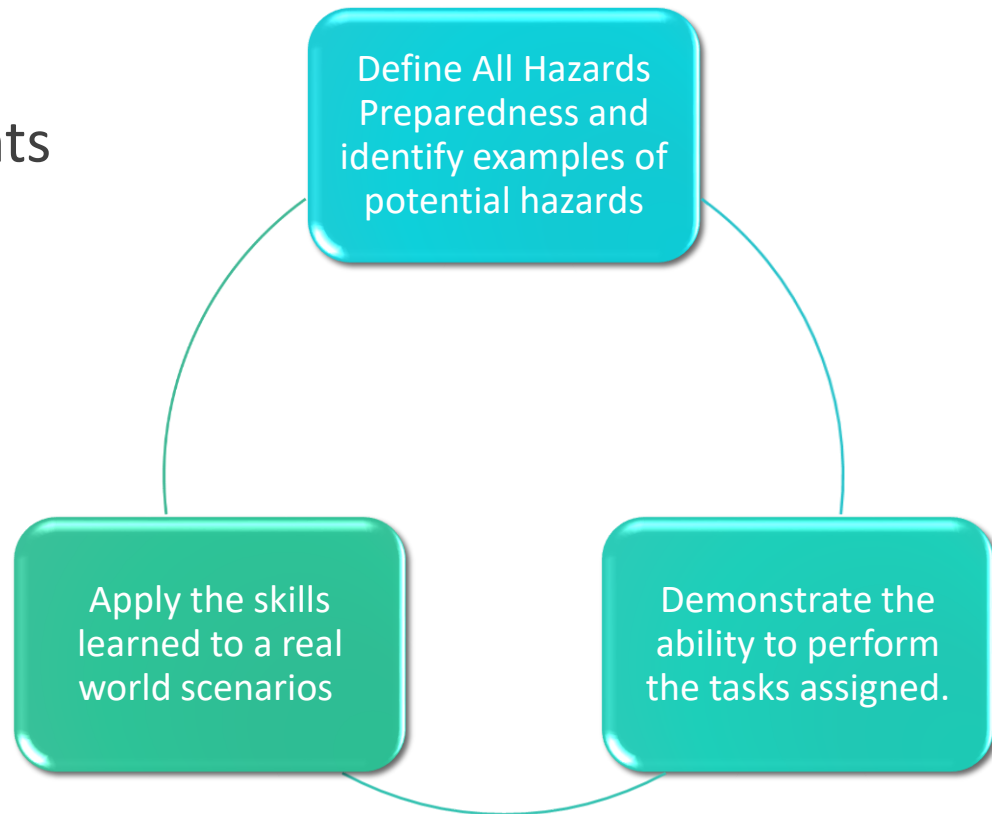
BUREAU OF COMMUNITY PREPAREDNESS  
OFFICE OF PUBLIC HEALTH  
LOUISIANA DEPARTMENT OF HEALTH



# Objectives

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By the end of this training, participants will be able to:



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**Be Prepared.**

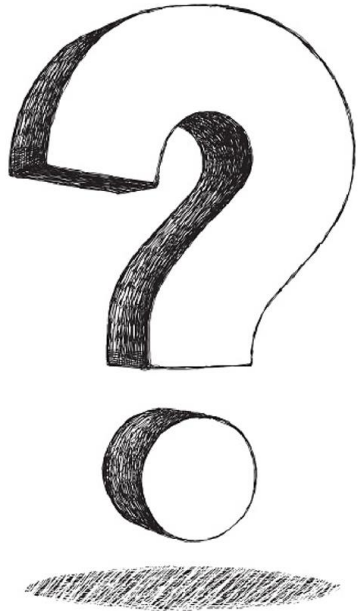
**Motto: Girls Scouts of America**



**GIRL SCOUTS**

# Are You Prepared?

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Do you have a plan for your family when activated?

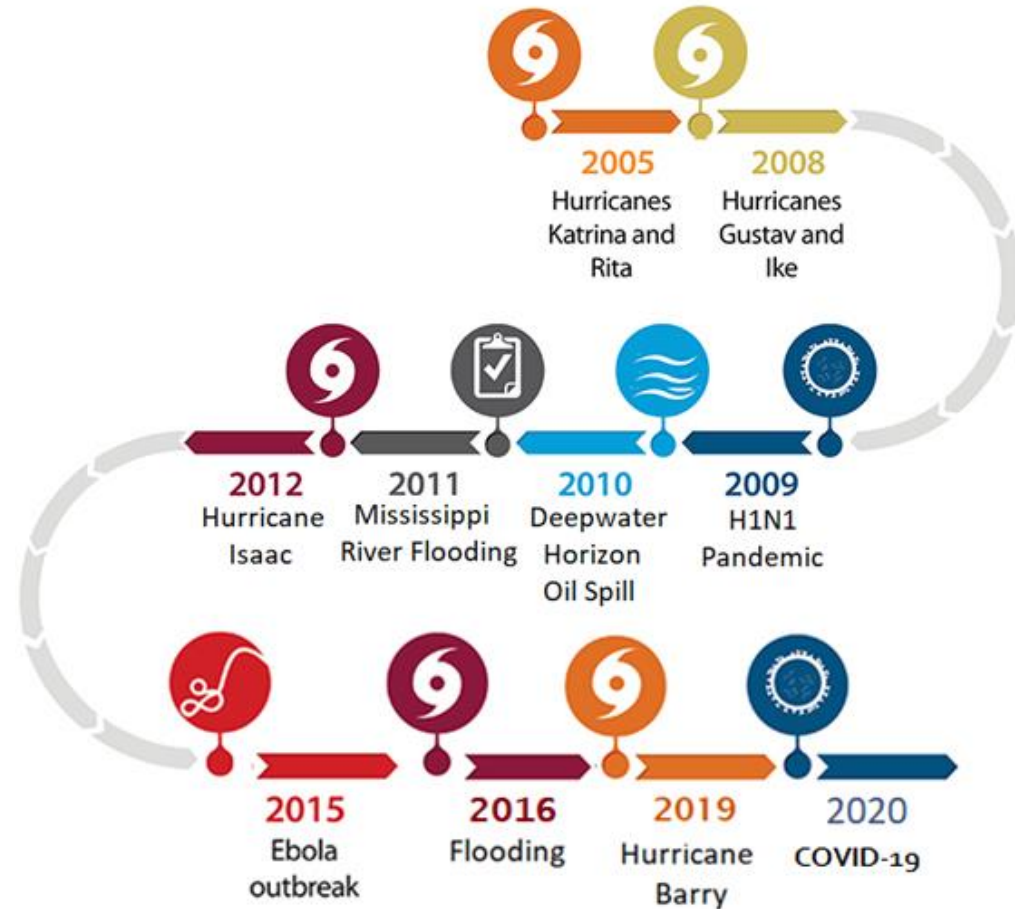
Do you have a plan for your pets?

Do you have a supply kit in your car?

Do you have a supply kit in your office?

# All-Hazards Preparedness

- Pandemic Influenza
- Novel Coronavirus-19
- Flooding
- Tornadoes
- Hurricanes
- Hazardous Materials



# Flu Defined

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## **Seasonal (or Common) Flu**

- Respiratory illness that can be transmitted person to person. Most people have some immunity; vaccine available. What is left over from previous pandemics.

## **Avian (or Bird) Flu**

- A respiratory disease caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. No human immunity and no vaccine.

## **Swine Flu**

- A respiratory disease of pigs caused by type A influenza viruses.

## **Pandemic Flu**

- A virulent human flu (often from mutation of an avian flu) that causes a global outbreak (pandemic) of serious illness. Since little natural immunity, the disease can spread easily from person to person.

# Flu & Severe Respiratory Disease Pandemics

- **2020 – COVID-19**
  - More than 93,500 deaths in the U.S.
  - 329,000 deaths worldwide
- **2009 – H1N1 Flu**
  - 12,469 deaths in the U.S.
- **1968 – Hong Kong Flu**
  - 34,000 deaths in the U.S.
- **1957 – Asian Flu**
  - 70,000 deaths in the U.S.
- **1918 – Spanish Flu**
  - Over 6,000,000 deaths in the U.S.
  - Up to 100 million deaths worldwide.



# Pandemic Influenza

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- Pandemic – global disease outbreak
- Serious illness
- Spreads easily person to person
- Prolonged and widespread
- Waves

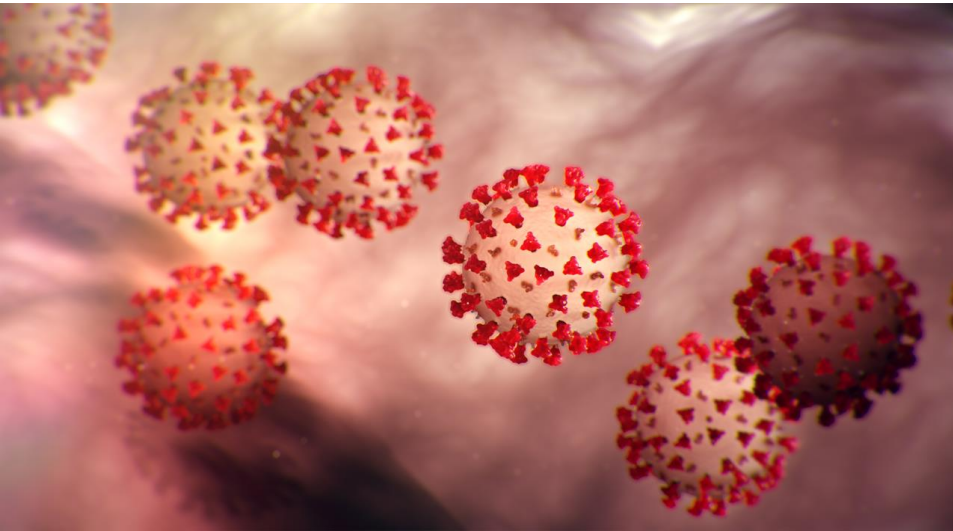


# Protecting Yourself from Influenza

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners (60% alcohol) are effective.
- Try to avoid close contact with sick people.

# Novel Coronavirus 2019 (COVID-19)

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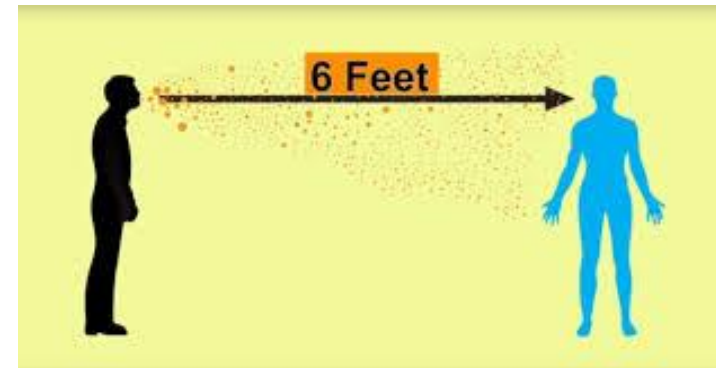


- COVID-19 is an illness caused by a virus that can spread from person to person.
- The virus is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

# Novel Coronavirus 2019 Spread

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- Close contact (about 6 feet or two arm lengths) with a person who has COVID-19.
- COVID-19 is primarily spread from person-to-person.
  - Through respiratory droplets when an infected person coughs, sneezes, or talks.
  - By touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



# Novel Coronavirus 2019

## Signs and Symptoms

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- The signs and symptoms in people are similar to the symptoms of seasonal flu:
  - Fever
  - Cough
  - Sore Throat
  - Body Aches
  - Headache
  - Chills
  - Fatigue



❖ Persons may also experience **shortness of breath** and **loss of taste or smell**.



# Protecting Yourself from COVID-19

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There is **currently no vaccine** to protect against COVID-19.

Stay home as much as possible and avoid close contact with others.

- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



# Great Resources

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- **LOUISIANA DEPARTMENT OF HEALTH (LDH)**
  - Flu: <http://ldh.la.gov/index.cfm/subhome/8>
  - COVID-19: <http://ldh.la.gov/Coronavirus/>
- **CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**
  - Flu: <https://www.cdc.gov/flu/>
  - COVID-19: <https://www.cdc.gov/media/dpk/diseases-and-conditions/coronavirus/coronavirus-2020.html>
- **U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES**
  - Pandemic Flu: <https://www.hhs.gov/about/agencies/oga/global-health-security/pandemic-influenza/index.html>
  - COVID-19: <https://www.coronavirus.gov/>



# Flooding Defined

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**Flood/Flash Flood Watch** - High flow or overflow of water from a river is **possible** in the given time period.

**Flood/Flash Flood Warning** - Flooding conditions are **actually occurring or are imminent** in the warning area.



# Flooding Facts

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**66%** of flood deaths occur in vehicles, and most happen when drivers make a single, fatal mistake trying to navigate through flood waters.

**6"** of rapidly moving flood water can knock down a person.

**2'** of water can float a large vehicle.

# Preparing for Flooding

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- Know the area around you.
- Insure your home.
- Understand weather terminology.
- Learn local warning signals.
- Keep stock of emergency supplies.
- Have a personal and family preparedness plan.



# Tornadoes

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- Origin: Descends from cumulonimbus cloud.
- Funnel cloud can be observed before it touches the ground.
- The most destructive of all weather phenomena.
- Some known to travel over 200 miles!



# Tornado Alerts

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- **Tornado Watch:**  
Conditions are favorable for the development of tornado in a given area. Stayed tuned to local radio and TV stations for further information.
- **Tornado Warning:** A tornado has been sighted and may be headed for your area. Proceed immediately to a safe place.



# Preparing for a Tornado

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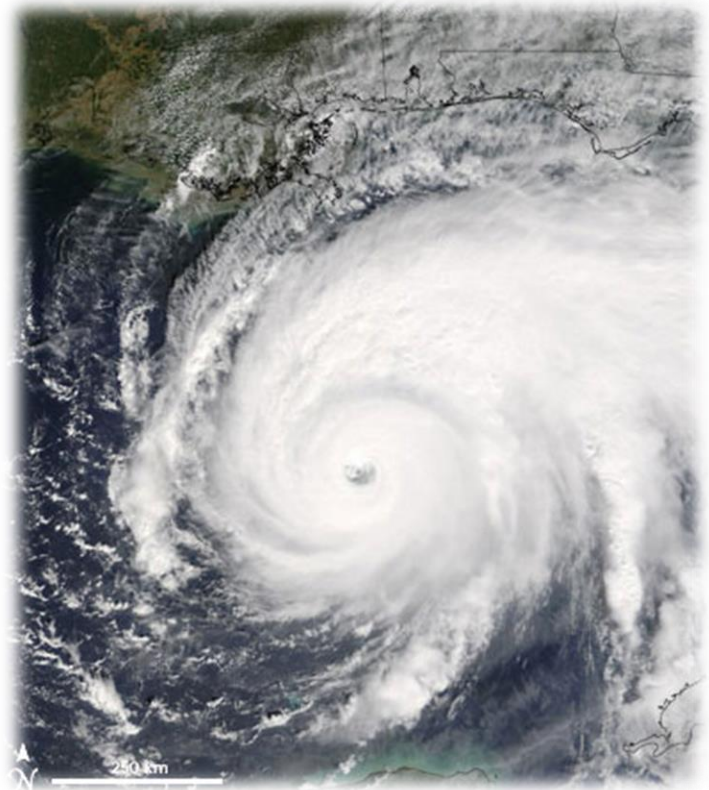
- Have a personal and family preparedness plan.
- Conduct periodic drills with family members.
- Have a family gathering place.
- Get and maintain a first-aid kit.
- Hurry inside if outside.
- Lie in ditch If no building is available.
- Get out and head for safety if in a vehicle.
- Keep stock of emergency supplies.



# Hurricanes

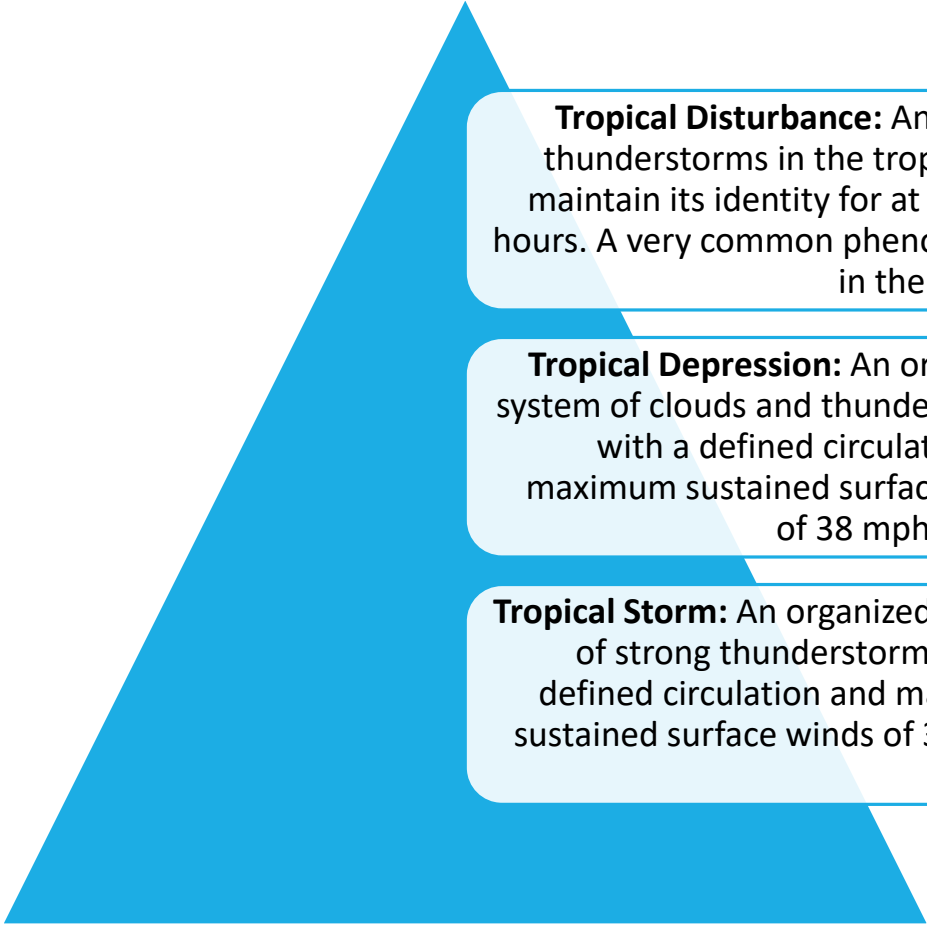
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- Tropical cyclones (large systems of rotating winds).
- Powered by heat from the sea.
- Sweep the ocean inward.
- Waves can reach 50 feet or more.
- June through November is official Hurricane Season.



# Hurricane Alerts

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**Tropical Disturbance:** An area of thunderstorms in the tropics that maintain its identity for at least 24 hours. A very common phenomenon in the tropics.

**Tropical Depression:** An organized system of clouds and thunderstorms with a defined circulation and maximum sustained surface winds of 38 mph or less.

**Tropical Storm:** An organized system of strong thunderstorms with a defined circulation and maximum sustained surface winds of 39 to 73 mph.

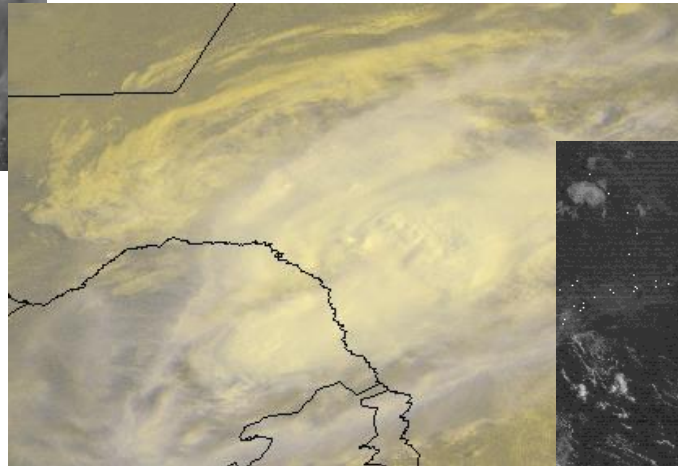


# The Life of a Developing Hurricane

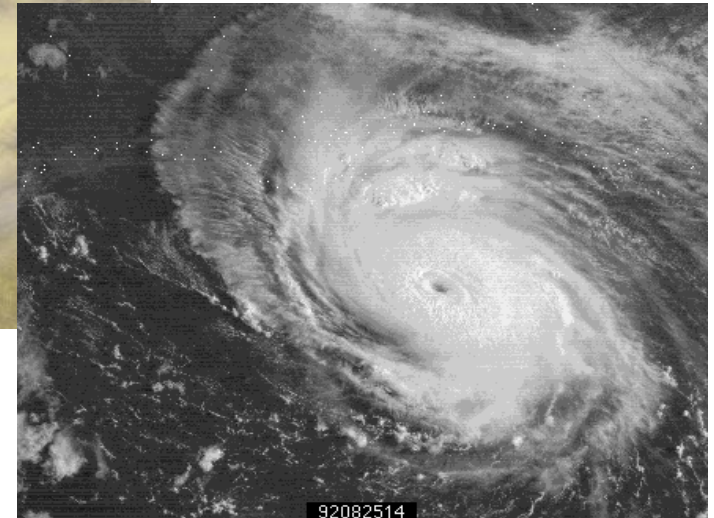
**Tropical Disturbance**



**Tropical Depression**



**Tropical Storm**



**Hurricane**

# Hurricane Advisories

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## WATCH:

Conditions are **possible** in the specified area of the watch, usually within 36 hours.

## WARNING:

Conditions are **expected** in the specified area of the warning, usually within 24 hours.



# Hurricane Scale

## Saffir-Simpson Hurricane Wind Scale

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Category	Property Damage Estimate	Speed
1	Minimal	74-95 MPH
2	Moderate	96-110 MPH
3	Extensive	111-129 MPH
4	Extreme	130-156 MPH
5	Catastrophic	>157 MPH

# Hurricane Preparedness

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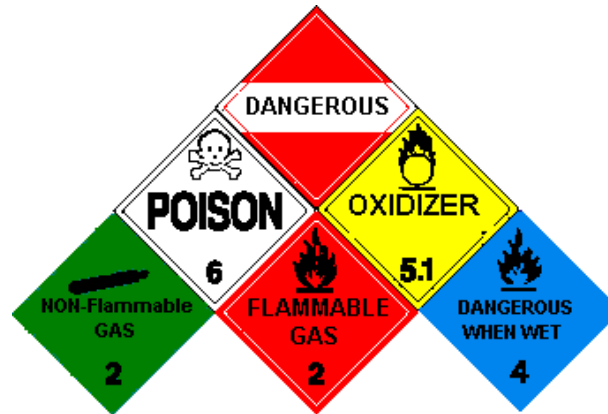
- Have a personal and family preparedness plan. Include your pets and service animals.
- Have and practice an evacuation plan.
- Obtain and maintain a first-aid kit.
- Keep stock of emergency supplies.



# Hazardous Materials

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- Forms include liquid, gas, or solid.
- Exposure can cause serious illness or death.
- Hazardous materials are manufactured, used or stored at approximately **4.5 million facilities.**



# Hazardous Materials Preparedness

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- **If you are told to protect your breathing:** Cover your nose and mouth with a large wet bath towel or cloth.
- **If you are told to stay indoors:** Remain Indoors until further notice.
- **If you are told to evacuate:** Lock all doors and windows. Turn off appliances (except refrigerator) and faucets.
- Maintain stock of emergency supplies.
- Have a personal and family preparedness plan.

# Review....

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PREPARE YOURSELF...PREPARE YOUR FAMILY!

# Influenza

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- Practice good health habits.
  - Eating a balanced diet.
  - Exercising daily
  - Getting sufficient rest.
  - Get the flu shot.
- Stop the spread of germs.
  - Wash hands frequently with soap and water.
  - Cover coughs and sneezes.
- Have a personal and family preparedness plan.



# Flooding

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- Learn local warning signals.
- Keep stock of emergency supplies.
- Have a personal and family preparedness plan.



# Tornadoes

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- Have a family gathering place.
- If outside – hurry inside.
- If no building available, lie in ditch.
- If in car, get out and head for safety.
- Conduct periodic drills with family members, pets, and service animals.



# Hurricanes

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- Have an evacuation plan.
- Have a first-aid kit.
- Keep stock of emergency supplies.
- Have a family preparedness plan.

# Hazardous Materials

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**If you are told to protect your breathing...**Cover your nose and mouth with a large wet bath towel or cloth.

**If you are told to stay indoors... Remain Indoors until further notice.**

**If you are told to evacuate...**Lock all doors and windows.

Keep stock of emergency supplies.

Have a personal and family preparedness plan.

# Common Thread...

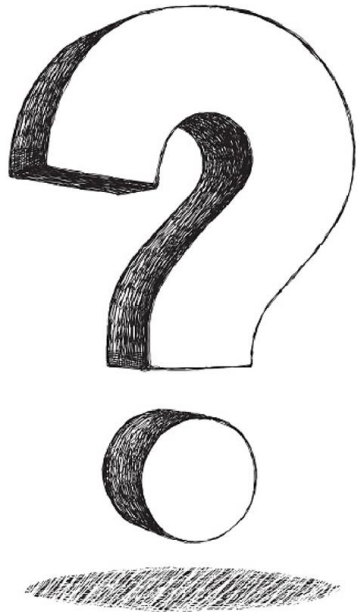
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**Be prepared - Have a plan - Practice your plan**

# What's in Your Kit?

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# Waterproof container:

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Driver's license or personal identification

Social Security card

Proof of residence (deed or lease)

Insurance policies

Birth and marriage certificates

Stocks, bonds and other negotiable certificates

Wills, deeds, and copies of recent tax returns



# Pieces of your plan

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Names of everyone in your household

- DOB
- Medical Concerns
- Picture if Possible
- Include Pets

Neighborhood Meeting Place

- Address and phone number

Regional Meeting Place

- Address and phone number

Tertiary contact information for each person in your household



# Personal & Family Preparedness Plan – Key Parts

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Names of everyone in your household

- DOB
- Medical Concerns
- Picture if Possible
- Include Pets

Neighborhood Meeting Place

- Address and phone number

Regional Meeting Place

- Address and phone number

Tertiary contact information for each person in your household

Medicines, durable medical equipment

Emergency kit



# The New Normal

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# For More Information...

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- **Louisiana Department of Health (LDH)**
  - [www.ldh.la.gov](http://www.ldh.la.gov)
- **Louisiana Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP)**
  - [gohsep.la.gov](http://gohsep.la.gov)
- **U.S. Centers for Disease Control and Prevention (CDC)**
  - [cdc.gov](http://cdc.gov)
- **U.S. Department of Homeland Security**
  - [ready.gov/prepare](http://ready.gov/prepare)
- **Pandemic Flu Information**
  - [www.pandemicflu.gov](http://www.pandemicflu.gov)
- **World Health Organization (WHO)**
  - [www.who.int](http://www.who.int)

# Questions?

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For more information, contact:

**Bureau of Community Preparedness**

**Office of Public Health**

**Louisiana Department of Health**

**Telephone: 225-354-3500**

