



12 Months of Preparedness



November Newsletter

MAKE A PLAN

During this winter season, continue your preparedness plan or if new to the program begin with this month's activity and information. Make a plan. Start a kit. Be informed.

Information for Seniors from the American Red Cross

"The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on them in an emergency to ensure their wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. It is suggested that a minimum of three people are identified at each location where one regularly spends a significant part of their week, for example; at work, home, school or volunteer site.

There are seven important items to discuss, give to and practice with a personal support network:

- Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
- Exchange important keys.
- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree and practice a communications system regarding how to contact each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when you are going out of town and when you will return.
- The relationship should be mutual. Learn about each other's needs and how to help each other in an emergency. You could be responsible for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

CONTINUE TO BUILD A "GO KIT & STAY KIT"

For November, add any special personal items to your kits. Consider items that may change throughout the year such as glasses, house keys, or a new favorite snack. For infants and children, add larger sized diapers, a sippy cup, books or toys. For adults, add playing cards, books, a cell phone charger or specialty equipment.

A “Go Kit” for the car is recommended. Refer to the January newsletter for additional information.

BE INFORMED

Special needs planning

As learned in Katrina, a shelter may not be able to accommodate the functional or medical needs of all individuals. Milwaukee County Emergency Management in conjunction with the Department of Health and Human Service is addressing the shelter needs of individuals that may need additional supports if a large scale emergency occurs. (This is in the planning stages and may be ready in late 2011.) Again, it will be only mobilized for large scale emergencies, so it is vital for individuals with disabilities or special needs requiring assistance to have a detailed plan, assistance and backups if an evacuation is needed.

Isolation and Quarantine

The goal of public health preparedness is to protect and assist the community in the event of terrorism, infectious disease outbreaks, natural disasters and any other emergency that may impact the community.

In an outbreak of a highly contagious infectious disease, the Health Officer may use isolation and/or quarantine strategies. These methods can stop the spread of disease by confining an individual to their home or a designated facility.

Isolation is for a person who is sick and has a contagious disease. It removes a person from the public and restricts their activities. This is commonly used in hospitals for people with certain diseases such as tuberculosis.

Quarantine is for a person who is not sick at the moment but was exposed to a contagious disease. This person may be infectious and possibly spread the disease to others before they become sick. Quarantine can apply to a group that has been exposed at a public event or while traveling. It may involve a building, cargo, or animal thought to have been exposed to a dangerous contagious disease agent and it is closed off/kept apart from others.

These measures, along with public health surveillance, early detection, rapid diagnosis, treatment with antibiotics or antiviral medication and good hygiene practices can control the spread of a contagious disease. In these events, please listen to the radio/TV/other for directives and information from public health officials.