

PI Newsletter: Emergency Preparedness

Volume 1, Issue 1

What can you do to protect yourself and prevent the spread of H1N1 Flu

- 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 are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick. This is to keep from infecting others and spreading the virus further.

- www.cdc.gov

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What is the Charter Oak Health Center doing for Communicating Emergency Preparedness and Life Safety ?

The Charter Oak Health Center (COHC) is preparing their staff and community for known and emerging health threats by establishing an upgraded administrative and clinical protocol to deal with H1N1 Flu, Pandemic Flu and other communicable health threats.

COHC has also established liaisons and partnerships with the Community Health Center Association of Connecticut, Hartford Hospital and Saint Francis Hospital which directly contributes to the COHC's ability and efforts to prepare for and prevent public health disasters before they occur.

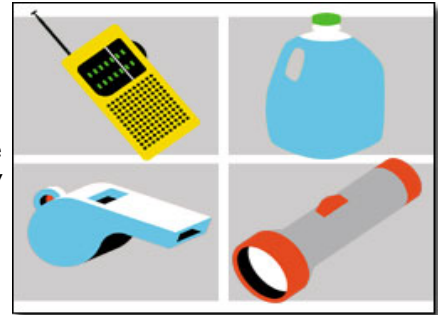
The COHC has improved communication system with state, federal and local agencies by utilizing the "Health Alert Network" which directly impacts COHC's ability to enhance strategic direction, coordination and support of all emergency preparedness and emergency

response.

During emergencies our first line of communication is utilizing walkie-talkies to ensure information is smoothly and correctly delivered throughout our agency. The contingency plan to walkie-talkies is to utilize cell phones. As a last resort the internal intercom system can be used but information must be screened before making updates to minimize patient and staff panic or confusion.

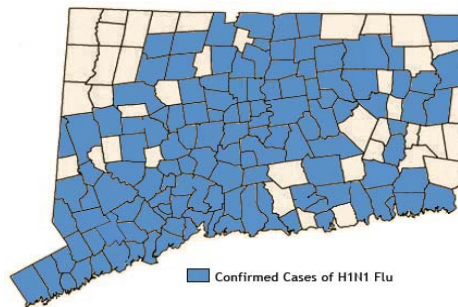
The COHC also utilizes quarterly staff training sessions and orientation sessions with new employees to emphasize Life Safety protocols such as R.A.C.E and P.A.S.S. which cover the importance of safely and correctly combating fire casualties.

In closing, the COHC continues to prepare for eminent health



threats by utilizing effective drills such as Shelter in Place, Emergency Preparedness Table-top discussions and scheduled emergency preparedness to prepare our staff and patients. We also have expanded our orientation for new employees to include an introduction to emergency preparedness protocols and policies. We also continue to maintain an effective and ongoing training program that emphasizes Life Safety and Emergency Preparedness.
—Submitted by Cameron Rice

H1N1 Update from the CDC:



According to the Center for Disease Control, novel H1N1 is a new influenza virus causing illness in people. This new virus

was first detected in people in the United States in April 2009. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or

stuffy nose, body aches, headache, chills and fatigue. As of July 29, 2009, 1872 Connecticut residents have tested positive for novel H1N1. 131 patients have been hospitalized for H1N1 related illnesses and 9 people have died.

Patients for whom home address is known are from the following counties: Fairfield (633), Hartford (341), Litchfield (29), Middlesex (25), New Haven (673), New London (38), Tolland (48), Windham (21);

“Knowing what to do in an emergency can make all the difference when seconds count”

Safety Tips for Your and Your Family:



1. MAKE A KIT of emergency supplies

- Water
- Food
- First Aid Kit/Medication
- Battery-powered radio
- Flashlight
- Extra Batteries
- Cell Phone/Charger
- Plastic Bags/Sheeting
- Whistle
- Duct Tape/Wrench/Pliers
- Filter Mask

2. MAKE A PLAN for what you will do in an emergency

- Develop a family communication plan
- Create a plan to shelter-in-place
- Create a plan to get away.
- Know Emergency plans at school and work.

3. BE INFORMED about what might happen .

- Listen to your battery powered radio for news and instructions.

What Are My Responsibilities When:

There is an emergency event in the Center? Remain calm and seek to calm the patients/visitors. Provide Assistance when requested by the Safety Officer or your supervisor.

The normal communication system (telephone) is disrupted? - Use cellular

phone systems as per organization instructions

There is a medical code? If you are a member of the code team, respond immediately. If not, remain clear of the area, assist patients in remaining calm, escorting them clear of the area as necessary. Stand by to render specific assistance as

may be required.

There is a general community disaster or emergency? Remain at your work station and be prepared to provide such assistance as requested by the safety officer.



For Additional Info. On Emergency Management and Safety contact **Cameron Rice**, COHC's Facility Site Director and Safety Officer (860) 550 - 7500 or crice@thecharteroak.org

Do you know COHC's Emergency Codes and Your Response to Each?

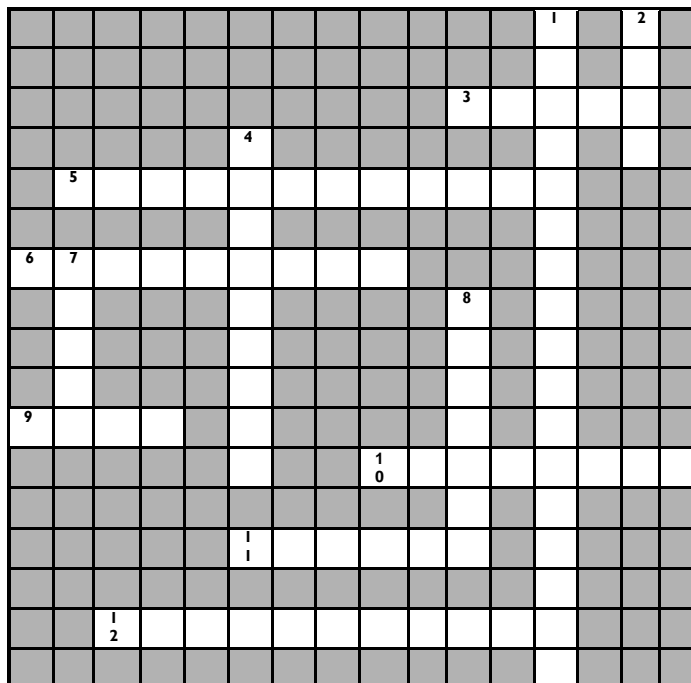
Code Blue – followed by location – Medical Emergency

Code Red – followed by location – Fire

Dr. Armstrong – followed by location – Staff Assistance with a Patient

Amber Alert – Child/Infant Abduction

Emergency Preparedness Crossword Puzzle



ACROSS

- 3 Practice exercise
- 5 COHC's first line of communication during an emergency (2 words)
- 6 Make a call
- 9 Where to find chemical information
- 10 Get everyone out
- 11 Help
- 12 Name of COHC's safety officer

DOWN

- Used to put out flames (2 words)
- 2 Prepare
- 4 Micro-organism risks
- 7 Ways out
- 8 Get in touch with