Prepare Yourself...Prepare Your Family!
An All-Hazards Approach to Preparedness

Bureau of Community Preparedness
Office of Public Health
Be Prepared.

Motto: Girls Scouts of America
All-Hazards Preparedness

Pandemic Influenza
Novel Coronavirus-19 (COVID-19)
Flooding
Tornadoes
Hurricanes
Hazardous Materials
Flu and Severe Respiratory Disease Pandemics

- **2022 – COVID-19**
  - 1.02 million deaths in the U.S.
  - 6.35 million 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.
Novel Coronavirus 2019 (COVID-19)

- COVID-19 is an illness caused by a virus that can spread from person to person.
  - By respiratory droplets when an infected person coughs, sneezes, or talks.
  - By touching a surface or object that has the virus on it, then touching your mouth, nose, or eyes.
- 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
Signs and Symptoms

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

- People may also experience **shortness of breath** and **loss of taste or smell**.
Protecting Yourself from COVID-19

There are vaccines for children and adults to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

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

• Wear a cloth face or face mask 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.

• Practice social distancing.

• Stay at least 6 feet away from others and disinfect items you must touch.

• Stay home if you are sick, except to get medical care. Separate yourself from other people and pets in your home.

• Seek medical care to help relieve your symptoms. If you need medical attention, call ahead.

• Everyone is at risk of getting COVID-19!

• Older adults and people of any age who have serious underlying medical conditions may be at higher risk.
Resources

- **LOUISIANA DEPARTMENT OF HEALTH (LDH)**

- **CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)**
  - Flu: [https://www.cdc.gov/flu/](https://www.cdc.gov/flu/)

- **U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES**
Flooding

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

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

• Sixty-six percent of flood deaths occur in vehicles.
  • Most happen when drivers make a single, fatal mistake trying to navigate through flood waters.

• Six inches of rapidly moving flood water can knock down a person.

• Two feet of water can float a large vehicle.
Flooding Preparation

• 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

• 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

• **Tornado Watch:** Conditions are favorable for the development of a 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.
Tornado Preparedness

- 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.

LOUISIANA DEPARTMENT OF HEALTH
Hurricanes

- 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

**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

**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

<table>
<thead>
<tr>
<th>Category</th>
<th>Property Damage Estimate</th>
<th>Speed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Minimal</td>
<td>74-95 MPH</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>96-110 MPH</td>
</tr>
<tr>
<td>3</td>
<td>Extensive</td>
<td>111-130 MPH</td>
</tr>
<tr>
<td>4</td>
<td>Extreme</td>
<td>131-155 MPH</td>
</tr>
<tr>
<td>5</td>
<td>Catastrophic</td>
<td>&gt;155 MPH</td>
</tr>
</tbody>
</table>
Hurricane Preparedness

- 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

• 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

• 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....
PREPARE YOURSELF...PREPARE YOUR FAMILY!
Influenza

• Practice good health habits.
  • Eat a balanced diet.
  • Exercise daily
  • Get the flu shot.
  • Get sufficient rest.
  • Wash hands frequently with soap and water.
  • Cover coughs and sneezes.

• Have a personal and family preparedness plan.
Flooding

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

• 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

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

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...

Be prepared!
Have a plan!
Practice your plan!
Community Partnerships and Preparedness

The collaboration of faith-based and community organizations with public health agencies are essential in protecting the public’s health and safety in an emergency:

- Community Services – Outreach
- Meals
- Housing
- General Shelters
- Continuity of Operations Planning (COOP)
Personal & Family Preparedness Plan – Key Parts

Names of everyone in your household
- Date of Birth
- Medical Concerns
- Picture (if possible)
- Pets and/or Service Animals

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
For More Information...

- **Louisiana Department of Health (LDH)**
  - www.ldh.la.gov

- **Louisiana Governor’s Office of Homeland Security and Emergency Preparedness (GOHSEP)**
  - gohsep.la.gov

- **U.S. Centers for Disease Control and Prevention (CDC)**
  - cdc.gov

- **U.S. Department of Homeland Security**
  - ready.gov/prepare

- **Pandemic Flu Information**
  - www.pandemicflu.gov

- **World Health Organization (WHO)**
  - www.who.int
Questions?

For more information, contact:

Bureau of Community Preparedness
Office of Public Health
Louisiana Department of Health
Telephone: 225-354-3500