

Prepare Yourself...Prepare Your Family!

An All-Hazards Approach to Preparedness

Bureau of Community Preparedness

Office of Public Health





GIRL SCOUTS

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)
 - 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

- **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 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

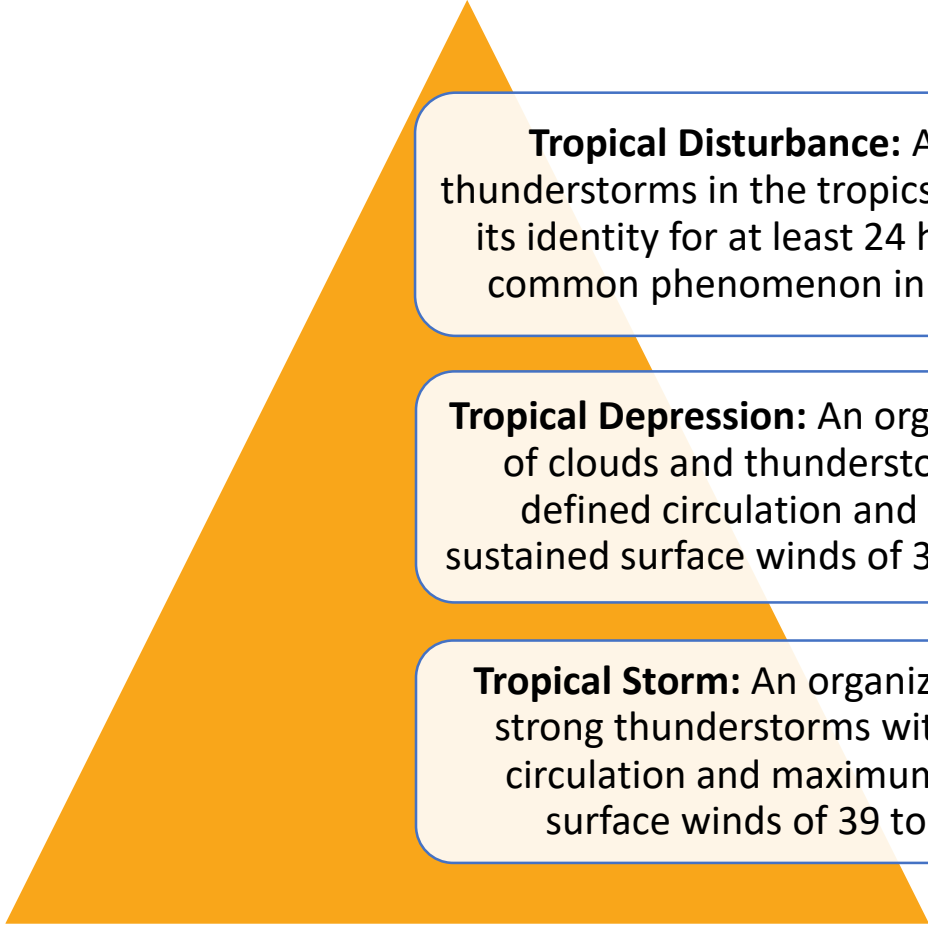
- Have a personal and family preparedness plan.
- Conduct periodic drills with family members.
- Have a family gathering place.
- Get and maintain a first-aid kit.
- Hurry inside if outside.
- Lie in ditch If no building is available.
- Get out and head for safety if in a vehicle.
- Keep stock of emergency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

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.

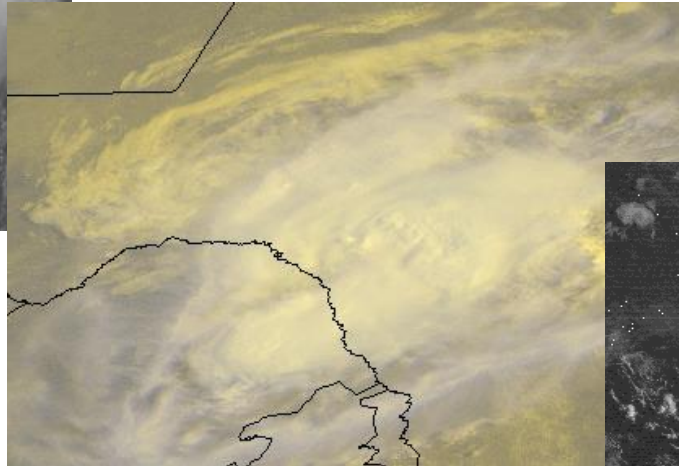
Tropical Storm: An organized system of strong thunderstorms with a defined circulation and maximum sustained surface winds of 39 to 73 mph.

The Life of a Developing Hurricane

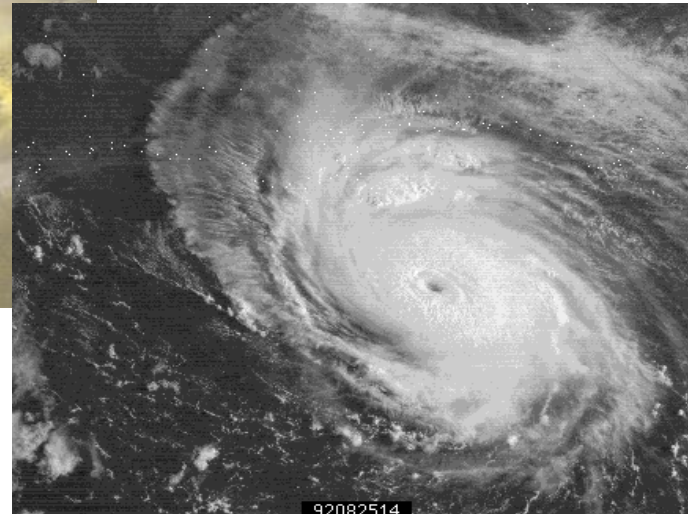
Tropical Disturbance



Tropical Depression



Tropical Storm



7/31/2022

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

Category	Property Damage Estimate	Speed
1	Minimal	74-95 MPH
2	Moderate	96-110 MPH
3	Extensive	111-130 MPH
4	Extreme	131-155 MPH
5	Catastrophic	>155 MPH

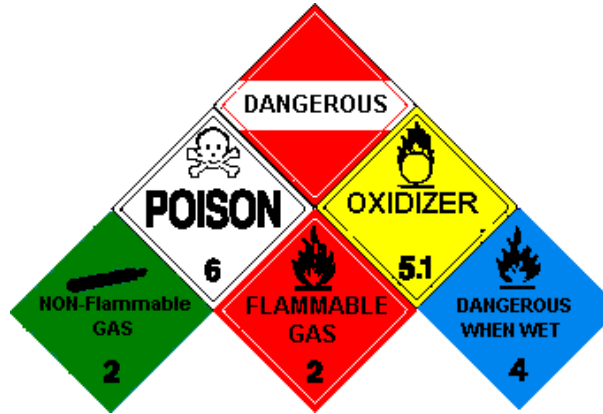
Hurricane Preparedness



- 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**