



Get Ready, Stay Ready Guilford

Checklist for an Emergency Supply Kit

- Water, one gallon of water per person per day, for drinking and sanitation
- Canned, dried and ready-to-eat food, at least a three-day supply such as:
 - Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter or nuts
 - Dried fruit
 - Crackers
 - Canned juices
 - Bottled water
 - Infant formula, jarred or canned baby food and diapers if you have a baby
 - Food for persons with special nutritional needs
 - Battery-powered radio and extra batteries
 - Flashlight and extra batteries

Get Ready, Stay Ready Guilford

- First-aid kit
- Whistle to signal for help
- Dust mask, cotton T-shirt, handkerchief or towel to help filter air
- Moist towelettes or wipes
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Plastic sheeting and duct tape to shelter-in-place
- Garbage bags and plastic ties

Clothing and Bedding:

North Carolina residents must prepare for cold weather months. It is possible that power will be out and there will be no heat.

Pack one complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeved shirt
- Socks
- Flannel or long underwear
- Sturdy shoes
- A hat and gloves

- A sleeping bag or warm blanket for each person

Other Items to Consider:

- Emergency reference material such as first aid book
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Prescriptions
- Over-the-counter medicines/vitamins and medical supplies
- Anti-diarrheal medicine
- Personal hygiene items, toilet paper

Get Ready, Stay Ready Guilford

- Feminine supplies
- Disinfectant (e.g. Lysol®)
- Household chlorine bleach – *Bleach can be used as a disinfectant to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color-safe or bleaches with added cleaners.*
- Soap or alcohol-based hand sanitizer
- Thermometer
- Keep important family documents such as insurance policies, identification and bank account records in a readily accessible waterproof, portable container.

For your Pets:

- Medications
- Medical records (*include medical conditions, behavior problems*)
- Leashes, harness and/or carriers
- Current photo
- Food, water, bowls, cat litter and pan
- Feeding schedule
- Veterinarian's name and phone number
- Pet bed and/or toys, if space allows

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Emergency Planning Information for Families and Individuals



**Brought to you by
Guilford County Department of
Public Health
Preparedness & Response Program**



Useful Information. Keep for your reference!





To the residents of Guilford County:

In partnership with the community we serve, the Guilford County Department of Public Health is committed to protecting, promoting, and enhancing the health and well being of all people and the environment of our county. This is our mission, which we take very seriously.



We have been working since 1996 to prepare for a large-scale public health incident in our county, whether this incident be a disease outbreak, weather related or a man-made terrorist event. The Department of Public Health has developed Standard Operating Guidelines for Emergencies as well as a Bioterrorism Preparedness and Response Plan. We have and will continue to test our capacity to respond to events in cooperation with our local, state and federal partners.

While Guilford County will use all resources at our disposal to prepare for and respond to a public health emergency, we cannot do this alone. This effort requires the full participation and coordination by all segments of society. Perhaps most importantly, it will require active participation by individual citizens in each of our communities throughout this county.

This publication was written to help our residents understand what some of the potential public health threats are and what your local and state responders are doing to prepare for a public health emergency. More importantly, we want you to be empowered by this information, able to take steps now to protect yourself and your family. Together, we will be ready for any emergency that comes our way.



If you have comments or questions regarding this document, please feel free to contact us directly.

Sincerely,

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Public Health: On the Front Line of Preparedness & Response

North Carolina's public health system has been the state's first line of defense against disease outbreaks since it was established in 1877. Over the years, public health has evolved to deal with new issues – in the 1980's it was AIDS, in the 1990's it was West Nile virus. On September 11, 2001, a new threat emerged – the possibility that someone would intentionally attack the people of the United States by any means. Since 9/11, our nation and the world have faced anthrax attacks, SARS and now Avian Flu (bird flu) as possible worldwide threats.

Public health has responded effectively, but vulnerabilities in the system have been revealed. Since then, new expertise has been gained and infrastructure has been improved. Public health has developed working relationships with traditional first responders (e.g., fire, police, etc.) and new partners, such as agriculture, animal and wildlife groups. Public health has built our state's capacity to detect early and respond rapidly to all diseases and public health hazards, whether natural or man-made, including:

- Establishing Public Health Regional Surveillance Teams,
- Enhancing communications and information technology systems,
- Adding expertise in the Office of Public Health Preparedness and Response,
- Expanding public health laboratory capacity,
- Developing emergency medical supply systems,
- Funding local Health Department preparedness plans, and
- Strengthening early detection and response systems.

In 2002, North Carolina created the Office of Public Health Preparedness and Response as part of the Department of Health and Human Services, Division of Public Health. This office is specifically charged with:



- addressing biological attacks,
- formulating bioterrorism preparedness, and
- revitalizing the department's disease prevention and detection infrastructure.

In addition, this office includes the seven Public Health Regional Surveillance Teams (PHRST) that provide support to county and district health departments. Guilford County is the host county for PHRST 5, which provides services to fifteen counties.

**On the Web:
www.epi.state.nc.us/epi/phpr**

Special thanks to North Carolina's Office of Public Health Preparedness and Response for allowing us to use portions of the document READY North Carolina! Public Health: Protecting You in this publication.

Important Numbers for Quick Reference

Local	Telephone	Website
Guilford County Department of Public Health Guilford County Emergency Management Disaster Hotline	641-7777 641-2278 641-5494	www.guilfordhealth.org www.guilford-em.com
Storm Damage Hotline Guilford County Animal Response Team (CART)	641-5550 641-2685	
State NC Department of Health and Human Services Care-Line	800-662-7030 (voice) 877-452-2514 (TTY Dedicated)	www.dhhs.state.nc.us
Governor's Emergency Hotline, English and Spanish * (TTY)	888-835-9966 877-877-1765	www.ncgov.com
Citizen Corps (Volunteer Services) NC State Animal Response Team (SART) State Bureau of Investigation	800-820-4483 888-989-SART 800-334-3000	www.citizenscorps.gov www.ncsart.org www.ncsbi.gov
American Red Cross Chapters (North Carolina) NC Emergency Preparedness Centers for Disease Control and Prevention (CDC)	704-376-1661 (Hotline-English) 888-246-2675 (Hotline-Espanol) 888-246-2857 (Hotline-TTY) 866-874-2646	http://northcarolina.redcross.org www.readync.org www.cdc.gov
Federal Pandemic Flu Information AvianFlu.gov Ready.gov		www.pandemicflu.gov www.avianflu.gov www.ready.gov
International World Health Organization (WHO)		www.who.int

**This line only activated during emergencies*

Continued from page 5

Family Preparedness

2. Assemble A Portable Pet Disaster Supplies Kit

Your pet disaster supplies kit should include:

- Medications and medical records (stored in a waterproof container).
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, water, bowls, cat litter/pan.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

3. Know What To Do As Disaster Approaches

At the first hint of disaster, act to protect your pet.

- Call ahead and confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready at a moment's notice.
- Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.

- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy a temporary tag or put adhesive tape on the back of your pet's ID tag, adding information with an permanent pen.
- Outside your home and in the car, keep dogs securely leashed.
- Transport cats in carriers.
- Don't leave animals unattended anywhere they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch.

On the Web:
www.redcross.org www.ready.gov www.hsus.org

Step Three: Make A Kit

Prepare a kit for your family that will last for a minimum of three days; longer is better.

While there are many things that might make you more comfortable, think first about fresh water, food and clean air. Consider putting together two kits. In one, put everything needed to stay where you are. The other should be a lightweight, smaller version you can take with you.

Start by gathering basic emergency supplies.



To the residents of Guilford County:

No one really knows if or when the avian flu will become a worldwide epidemic or pandemic. Pandemic diseases have occurred periodically throughout human history. Since we know that, we have an advantage. We can begin the task of planning and preparing for the next one, whenever it might be. In the years since past pandemics, we as public health officials have vastly improved our ability to detect and control infectious diseases, disseminate and communicate emergency public health information, and we've become more vigilant. We'll know when a new and serious strain of flu emerges and we'll be able to take precautions to reduce its impacts.

Public health officials in Guilford County and across the State have been preparing for a pandemic flu for several years. The Guilford County Department of Public Health has a Pandemic Flu Response Plan that addresses the actions the county has taken to prepare for a pandemic, as well as the actions we'll take to respond to one. Although a pandemic flu would present many challenges for our citizens and for our health-care system, the goal of our plan is to minimize the impacts of pandemic disease on the citizens of Guilford County. But no government plan can be successful without the support and action of its community. You have a role to play!

The U.S. Department of Homeland Security is designating September as National Preparedness Month. I encourage you to visit www.ready.gov or call 1-800-BE READY for helpful information on general emergency preparedness.

Help Us, Help You! Get Ready, Stay Ready!

Eric J. Ireland, MPH, RS

Guilford County Department of Public Health Helping You

Bioterrorism, hurricanes and flooding, pandemic disease – how would any of these affect you, your family or your business? Most people naturally have lots of questions about what would happen locally if we had some type of devastating emergency. Today, we can answer your questions.

How will I know if something happens in my community?

A key component in effective preparedness and response is communication. The ability to quickly notify the appropriate individuals and agencies at the local, regional and state level is critical to a successful response. The North Carolina Health Alert Network (NCHAN) began operating in October 2002. This secure internet-based alerting system provides a 24 hour a day, 7 day a week flow of information between North Carolina's state and local health departments, hospital emergency departments and law enforcement officials. This system has already helped protect our community. Officials were able to respond quickly to North Carolina's SARS case, West Nile Virus outbreak and a past flu epidemic by using NCHAN.

As public health officials become aware of a disease outbreak or bioterrorist event, accurate information will be passed on to you as quickly as possible so you can take appropriate actions to protect yourself and your family. Information gathered through NCHAN will be broadcast and printed by the state's media.

On the Web: www.dhhs.state.nc.us
By telephone: NC Department of Health and Human Service Careline
1-800-662-7030 TTY 1-877-452-2514

What is Guilford County doing to prepare?

Guilford County has been preparing for major public health emergencies for several years. Ongoing preparations include the following:

- Developing a countywide emergency operations plan for handling large-scale emergencies, involving public health, hospitals, fire, police and others.
- Working with local surveillance partners and other agencies to help detect human and animal disease outbreaks and respond to a pandemic, if one begins.
- Preparing for the receipt and distribution of treatment medications and vaccines.
- Supporting federal, state and local agencies' efforts to prepare for and respond to public health emergencies.
- Working with state and local agencies to prepare and encourage communities, businesses and organizations to plan for a public health emergency. These efforts have included realistic exercises with other first responders.

On the Web:
www.guilford-em.com
www.guilfordhealth.org

Emergency Preparedness



Hurricanes, floods, ice storms and tornadoes are just a few examples of the natural disasters North Carolina has dealt with throughout its history. The good news is that our residents have become very good at taking the steps necessary to protect themselves and their families. Fortunately, the steps people should take to prepare for a natural disaster are essentially the same steps they should take to prepare for acts of bioterrorism, other man-made catastrophes or disease outbreaks such as a pandemic.

Influenza Pandemic

A pandemic is a worldwide outbreak of a disease. An influenza (flu) pandemic occurs when a new type of influenza virus appears that people have not been exposed to before or have not been exposed to in a long time. The pandemic virus can cause serious illness because people do not have immunity to the new virus. An influenza pandemic would be different from the seasonal outbreaks of influenza we see every year. Seasonal influenza is caused by virus types to which people have already been exposed. The impact on society is less severe than a pandemic and influenza vaccines (flu shots, nasal spray) are available to help prevent widespread seasonal illness.

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last six to eight weeks, separated by months. The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Influenza Pandemic Questions and Answers

What could cause the next influenza pandemic?

A lot of attention has been given to a particular type of influenza called avian influenza or bird flu. Avian influenza is a disease of wild and farm birds caused by avian influenza viruses. Bird flu viruses do not usually infect humans, but since 1997 there have been a number of confirmed cases of human infection from bird flu viruses. Most of these have resulted from direct or close contact with infected birds. It is important not to handle, play with or pick up dead birds.

The spread of bird flu viruses from an infected person to another person has been reported very rarely and has not been reported to continue beyond one person. A worldwide pandemic could occur if a bird flu virus were to change so that it could easily be passed from person to person. Experts around the world are watching for changes in bird flu viruses that could lead to an influenza pandemic.

On the web:
www.pandemicflu.gov

Is it safe to eat poultry?

Yes, it is safe to eat properly cooked poultry. Cooking destroys germs, including bird flu viruses. The United States has standards in place to protect food products that come into our country, including poultry. There are also standards for food products raised or produced in the U.S. Below are some every day tips for the safe preparation of poultry:

- Wash hands before and after handling food.
- Keep raw poultry and its juices away from other foods.
- Keep hands, utensils and surfaces, such as cutting boards, clean.
- Use a food thermometer to ensure food has reached the safe internal temperature in all parts of the bird. Cook poultry to at least 165°F to kill food-borne germs that might be present, including the avian influenza virus.

On the web:
Poultry Preparation Fact Sheets
www.fsis.usda.gov/Fact_Sheets/Poultry_Preparation_Fact_Sheets

What types of birds can carry bird flu viruses?

The viruses can infect chickens, turkeys, pheasants, quail, ducks, geese and guinea fowl, as well as a wide variety of other birds, including migratory waterfowl.

Will the seasonal flu shot protect me against avian influenza?

No, it won't protect you against avian influenza. But flu shots can help you avoid seasonal flu.

Is there a vaccination to prevent avian flu?

No, not at this time. However, our federal government and vaccine-producing companies are working on this.

If a person gets avian flu, is there any treatment?

A number of drugs are approved by the U.S. Food and Drug Administration to treat and prevent seasonal influenza. Some of these medications may be effective in treating avian influenza.

These drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected. However, it is unlikely that these medications alone would effectively contain the spread of an avian influenza pandemic. The federal government is stockpiling medications that would most likely be used in the early stages of an influenza pandemic. These drugs are available by prescription only.

Public Health Emergency Challenges

As you and your family plan for a possible public health emergency, including an influenza pandemic, think about the challenges you might face, particularly if a pandemic is severe.

Essential services may be disrupted.

- Plan for the possibility that usual services may be disrupted. These could include services provided by hospitals and other healthcare facilities, banks, restaurants, government offices, telephone and cellular phone companies, and post offices.
- Stores may close or have limited supplies. The planning checklist at the end of this publication can help you determine what items you should stockpile to help you manage without these services.
- Transportation services may be disrupted and you may not be able to rely on public transportation. Plan to take fewer trips and store essential supplies.
- Public gatherings, such as sporting events and worship services may be cancelled. Prepare contact lists including conference calls, telephone chains and email distribution lists to access or distribute necessary information.
- If there are fuel shortages, travel may be limited.
- You should talk to your family about where they will go in an emergency and how they will receive care, in case you cannot communicate with them.
- Banks and ATM's may be closed. Keep a small amount of cash or travelers checks in small amounts for easy use.

Food and water supplies may be interrupted and limited.

Food and water supplies may be interrupted; temporary shortages could occur. You may also be unable to get to a store. To prepare for this possibility, at a minimum, you should store a three to seven day supply of non-perishable food and fresh water per person for emergencies.

**For additional recommendations:
On the web: www.redcross.org www.readync.org**

Work may be difficult or impossible.

- Ask your employer how business will continue if there is a pandemic or other public health emergency.
- Discuss staggered shifts or working at home with your employer. Discuss telecommuting possibilities and needs, accessing remote networks and using portable computers.
- Discuss possible flexibility in leave policies. Discuss with your employer how much leave you can take to care for yourself or a family member.
- Plan for possible loss of income if you are unable to work or the company you work for temporarily closes.



**On the web: Business Checklist
www.pandemicflu.gov/plan/businesschecklist**

Schools and childcare centers may be closed for an extended period of time.

Schools, and potentially, public and private preschools, childcare centers, trade schools, and colleges and universities may be closed to limit the spread of flu in the community and to help prevent children from becoming sick. Other school-related activities and services, such as clubs, sporting events, music activities and school meals, could also be disrupted or cancelled. Most likely, school closings would begin very early in a pandemic and could occur on short notice.

- Talk to the teachers, administrators and parent-teacher organizations at your child's school or childcare center about an emergency plan.
- Plan now for children staying at home for extended periods of time. Their school closings may occur along with restrictions on public gatherings, such as at malls or movie theaters.
- Plan activities your children can do at home. Have materials, such as books, school supplies and educational computer activities and movies on hand.
- Talk to teachers, administrators and parent-teacher organizations about possible lessons children can do at home.

**On the web: Childcare, School and University Checklist,
www.pandemicflu.gov/plan/tab5**

Medical care for people with chronic illness may be disrupted.

In a pandemic, hospitals, clinics and doctors' offices may be overwhelmed.

- If you have a chronic disease, such as heart disease, high blood pressure, diabetes, asthma or depression, you should continue taking medication as prescribed by your doctor.
- Make sure you have medical supplies such as glucose and blood pressure monitoring equipment, if needed.
- Talk to your healthcare provider to ensure having enough medicines on hand in case you cannot get to a drugstore or pharmacy.
- If you receive ongoing medical care, such as dialysis, chemotherapy or other therapies, talk with your health care provider about plans to continue care during a pandemic.

**On the web: Family Emergency Health Information Sheet
www.pandemicflu.gov/planguide/familyhealthinfo**

Family Preparedness



Step One: Keep Everyone Healthy

Here are some tips to help prevent the spread of respiratory illnesses such as the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away immediately after you use it. If you don't have a tissue, cough or sneeze into your bended elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze into them.
- If soap and water are unavailable, use an alcohol-based (60-95%) hand sanitizer.
- Avoid close contact with people who are sick.
- When you are sick, stay home from work, school or social gatherings. You will help prevent others from catching your illness.
- Try not to touch your eyes, nose, or mouth. Don't give germs a direct route into your body.
- Get an annual flu shot.
- Make sure your family's immunizations are up-to-date.
- Eat healthy and exercise daily.
- Get plenty of sleep.

Step Two: Make Plans

Here are some items for consideration in developing your plans:

A. Family Communication

- Think through how your family will communicate with each other in times of emergency.
- Review what you would do in different situations.
- Remember during some types of emergencies, it may be easier to make a long distance phone call than to call across town, so an out-of-state contact may be in a better position to communicate among separated family members.
- Also, during large-scale emergencies, cellular phones may not work. Land lines may also be in limited operation or may not function at all.

B. Sheltering in Place

There may be circumstances when you must stay put and create a barrier between yourself and potentially contaminated air outside. This is known as "sheltering-in-place."

To shelter-in-place, do the following:

- Choose an interior room or one with as few windows and doors as possible.
- Precut plastic sheeting to seal windows, doors and air vents. Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits.
- Store your plastic and tape in a safe, but accessible place.

During or following an event:

- If you see large amounts of debris in the air or if local authorities say the air is badly contaminated, begin sheltering-in-place.
- Quickly bring your family and pets inside, lock doors and close windows, air vents and fireplace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers.
- Take emergency supplies into the room you designated.
- Seal all windows, doors, and vents.
- Watch TV, listen to radio or check internet for instructions.

C. Evacuation

- Plan in advance how you will assemble your family and anticipate where you will go if you must evacuate.
- Choose several destinations in different directions so you have options in an emergency.
- Keep at least a half tank of gas in your car at all times.
- Become familiar with alternate routes as well as other means of transportation out of your area.
- Take your emergency supply kit and lock the door behind you.
- Drive with your windows and vents closed and keep the air conditioning and heater turned off if you believe the air is contaminated.
- Listen to the radio for instructions.

D. Don't Forget Your Pets

In the event of a disaster, if you must evacuate, the most important thing you can do to protect pets is to evacuate them too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost or worse. So prepare now for the day when you and your pets may have to leave your home.

1. Have A Safe Place To Take Your Pets

- It may be difficult, if not impossible to, find shelter for your animals in the midst of a disaster, so plan ahead.
- Pets are generally not accepted at shelters. The exception may be service animals.
- Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.
- Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have as well as those displaced by a disaster, so this should be your last resort.