

## 20 Weeks to Preparedness Presentation

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### Introduction

I would like to start off our time with a 13 minute video, titled “The Plan”. It is a reality based movie that evaluates if one family, the Hagens, is prepared for a possible pandemic. I know you will find the next 13 minutes both entertaining and motivating.

### PLAY DVD

Are You Prepared or are you like the Hagens? In February of 2007 the American Public Health Association conducted an on-line National Opinion Survey to determine the Levels of Preparedness for a Public Health Crisis. Over 1000 individuals (general public, employers, school superintendents/principals, and local food bank, food pantry and soup kitchen managers) participated in the survey. It was found that:

- 32% have not taken any steps to prepare
- 87% have not done enough to prepare
- 14% have a 3-day supply of food, water, and meds
- 46% do not have a disaster supply kit
- 27% believe that the area where they live is likely to be affected in the next 1-2 years

Let’s do a quick self assessment. Ask yourself these questions:

1. In the last year have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?
2. In the last year, have you prepared a disaster supply kit with emergency supplies, like water, food, medicine that is kept in a designated place in your home?
3. In the last year, have you established a specific meeting place to reunite in the event you and your family cannot return home or are evacuated?

Are you Ready? These three questions were taken from the Red Cross Ready Quotient survey. If you are interested in finding out how you would do in comparison to those in your zip code and those in the rest of the county, you can take the full 10 question Ready Quotient survey online at the American Red Cross website.

How do you think you would compare to the national average? We as health care providers, emergency responders, public health professional and essential business providers have to be prepared. If you are not, then you will not be able to provide the assistance that the citizens of Plymouth County need during the time of an emergency.

This is why, we at Floyd Valley Hospital, have taken the initiative to help you prepare.

As of July 7, 2008 we will be implementing a program called “20 Weeks to Preparedness”. Over the next 20 weeks you will have the opportunity to prepare yourself and your family for an emergency. Explain the program:

- You will be given a 20 weeks to Preparedness Calendar. (Pass these out & explain).
- Every Monday you will be given a small yellow shopping card with that week’s list of items to gather/purchase or ways to prepare (pass around week 1 cards).
- Thursday/Friday – a reminder email will be sent to you.
- Our goal is to get as many employees personally prepared as possible – we realize that not all are going to do everything on the calendar, but if most of you follow through on some of the steps, then we will have made strides to improve the health and wellbeing for you and your family, our workplace, and our community during an emergency.

By participating in this 20 Weeks to Preparedness program:

- You and your family will be prepared for any emergency.
  - You will develop an emergency kit (home and vehicle)
  - You will develop a family communication plan
  - You will develop/test your home evacuation plan
  - You will have copies of important documents and document contents of your home.
- You will be self-sufficient during an emergency.
- You will be available to respond/ participate in your employers emergency response plan.
- You will improve your health, your families health and the health and well-being of our community during an emergency.

There are a variety resources that are out there and available for your use. Here are a few website you can go to for further information:

[www.protectionowahealth.org](http://www.protectionowahealth.org)

[www.ready.gov](http://www.ready.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.RedCross.org](http://www.RedCross.org) & their Safe and Well website

[www.contactlovedones.org](http://www.contactlovedones.org)