

Preparedness at a Glance

December 2019



Kentucky Public Health
Prevent. Promote. Protect

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**Preparedness
Semi – Joint
Preparedness
Meeting Date
May 21, 2020
@ KCTCS
Versailles,
KY**

Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults and animals.

Take These Steps for Your Home

Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly and replace them twice a year.
 - Identify a safe alternate heating source. Keep alternate fuels on-hand and stored safely.
 - Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you to the presence of this deadly, odorless, colorless gas. Check batteries when you change your clocks in fall and spring.
 - Learn the symptoms of CO poisoning; headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

Service the radiator and maintain the antifreeze level.

- Check the tread on your tires or, if necessary, replace tires with all-weather or snow tires.
- Keep your gas tank full to avoid ice in the tank and fuel lines.
- Use a winter-time formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include the following
 - cell phone, portable charger, and extra batteries;
 - blankets;
 - water and nonperishable food;
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - compass and maps;
 - flashlight, battery-powered radio, and extra batteries;
 - first-aid kit; and
 - plastic bags (for waste).

[CLICK HERE TO LEARN MORE](#)

Other News and Resources:

Opioid Exposure Safety Training For First Responders

The increase in fentanyl use in Kentucky within the past couple of years through illicit drug trafficking has caused concern among the state's first responders, who might accidentally be exposed to the dangerous agent in the course of performing their duty. Recently, the Division of Public Health Protection and Safety contracted with staff of the Kentucky Board of Emergency Medical Services (KBEMS) to produce an on-line module for training first responders on how to protect themselves. The content for the training was developed by Gary Hall of the KCTCS Fire Commission and it was adapted for the on-line module by Robert Andrew of KCTCS. The module has been available on the Kentucky's TRAIN system (<https://www.train.org/ky/home>) since early October. All of Kentucky's active, emergency medical services personnel have taken course already and it has been getting the attention of first responders from several other states as well. The course is currently being promoted to Kentucky's law enforcement personnel. The course title and number are: First Responder Opioid Awareness and Exposure Training – 1085051; "This course will provide unified, scientific, evidence-based recommendations to first responders so they can protect themselves when the presence of opioids is suspected during the course of their daily activities."

Local Health Departments Attend Social Media Trainings

The Office of Public Affairs at the Cabinet for Health and Family Services were fortunate to host two social media trainings for interested local health department and hospital staff in Frankfort on December 4 and 5. The trainings, entitled Social Media Engagement Strategies and Advanced Social Media Tools and Techniques were taught by instructors with the National Disaster Preparedness Training Center at the University of Hawaii. The courses provided participants with knowledge and skills to implement strategies to better engage individuals and partner organizations using social media tools that adapt to changing needs and strategies through all phases of emergency management. These trainings were a one-time only event and will not be held in the near future because of their limited availability.



Training Opportunity-Save the Date

The Cabinet for Health and Family Services (CHFS)/Kentucky Department for Public Health (DPH) will be hosting the two-day MGT-318 Public Information in an All-Hazards Incident on April 21-22, 2020 at Berry Hill Mansion State Historic Property in Frankfort. This course will be listed on TRAIN in the next few weeks. If interested, you will need to sign up for the course through TRAIN. If you don't have an account through TRAIN you will need to set one up in order to register at <https://train.org/ky>. There will be CE's given for the course upon successful completion of the two-day training. The training is free of charge and a free working lunch will be provided for the training. We will need a minimum of 20 committed registrants for the course to happen (maximum of 30). You must complete both days of the training to receive credit for the course. If you have any questions, please contact Barbara Fox at BarbaraJ.Fox@ky.gov.

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