

April 17-20
2018

PREPAREDNESS
SUMMIT

Atlanta Georgia
HYATT REGENCY ATLANTA



@PREPSUMMIT #PREP18

PREPAREDNESSUMMIT.ORG

Get Ready, Be Safe, Stay Healthy: A Holistic Approach to Community Resilience



Get Ready Be Safe Stay Healthy

Introduction



Nancy B. Smith, BS
Program Manager
Community Resilience &
Engagement



Stacey Kokaram, MPH
Director
Office of Public Health
Preparedness

About BPHC's OPHP

Our Vision:

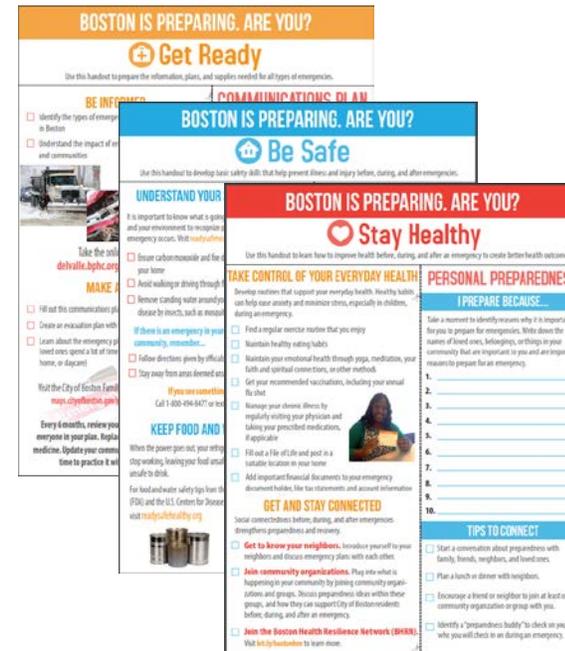
A resilient Boston through healthy, informed, and connected communities that are supported every day and during emergencies by strong, integrated public health and healthcare systems.

- Community fares better after an emergency
- Equitable access to health and human services during & after emergencies



Program Overview

- Started in 2013
- Supported by PHEP funding
- Focused on promoting people and health
- Built on lessons learned from previous disasters



readysafehealthy.org

COMMUNITY PREPAREDNESS BASICS



BOSTON IS PREPARING...ARE YOU?

This course provides best practices, tips, and resources for community preparedness basics. Engage in interactive preparedness activities and learn about City of Boston programs that will help you and your loved ones to get ready, be safe, and stay healthy before, during, and after an emergency.

[Take the Course >>](#)



delvalle.bphc.org

Program Overview

- Approx. 20,000 residents with 5,497 this past year.
- Workshops, host tables at existing events across the City
- Efforts focused on neighborhoods with highest social vulnerabilities
- Partnerships
 - Climate Ready Boston Leaders Program
 - Boston MRC volunteers



Train-the-Trainer Program

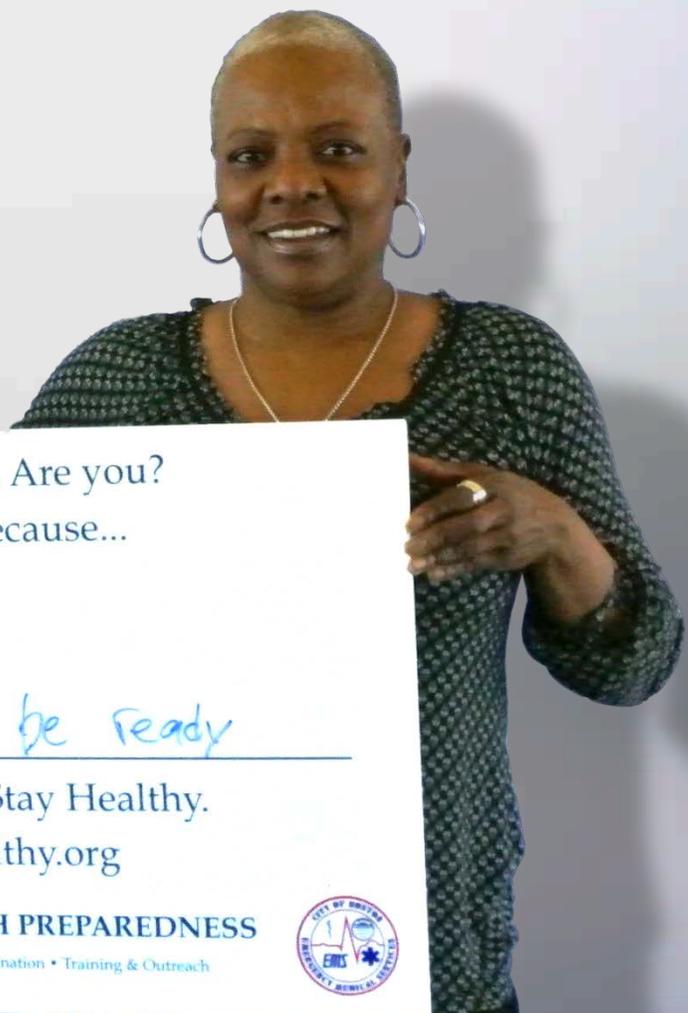


- Funding from the DHS Urban Area Security Initiative (UASI)
- Training, materials, and technical assistance
 - Materials available in top 10 languages spoken in the Metro Boston Region, Braille, and Large Print
- 45 trainers from 2 TtT sessions



I am preparing because...

“So my family
will be ready”



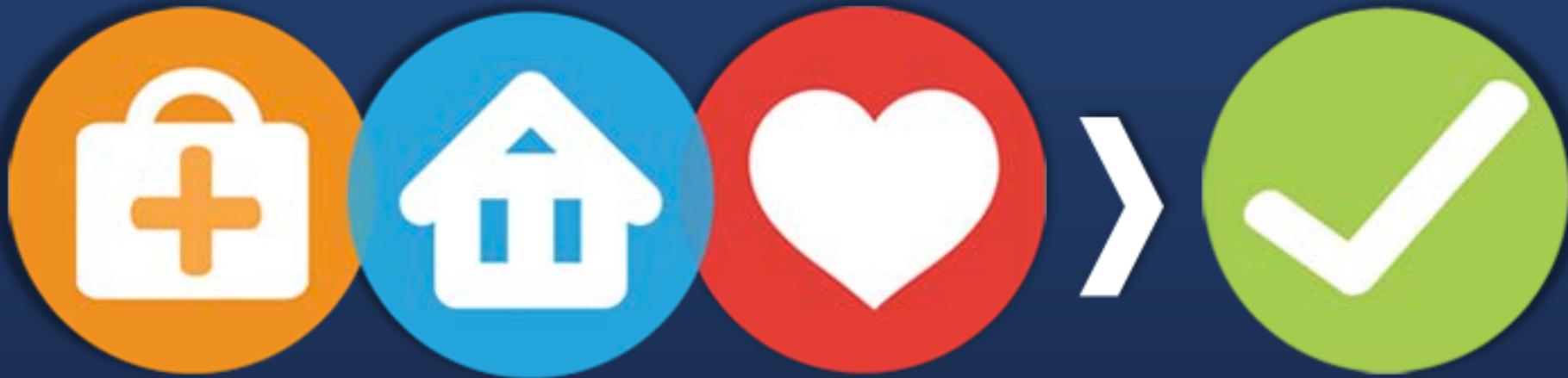
Boston is Preparing. Are you?
I am preparing because...

So my family will be ready

Get Ready. Be Safe. Stay Healthy.
ReadySafeHealthy.org

 **OFFICE OF PUBLIC HEALTH PREPAREDNESS** 

Planning & Operations • Preparedness & Coordination • Training & Outreach



Get Ready Be Safe Stay Healthy

**TAKE THE
PLEDGE**



Get Ready Be Safe Stay Healthy

6 Principles

Principle #1

Preparedness increases resilience for individuals and communities



Principle #2

Social connectedness strengthens preparedness



Principle #3

Individuals are the most knowledgeable about their own needs during and after an emergency



Principle #4

Get Ready

Individuals and communities ready with plans, supplies and practice adapted to their unique needs will be more able to address the challenges presented during and after an emergency.

Principle #5

Be Safe

Basic safety skills help to prevent illness and injury before, during, and after emergencies.

Principle #6

Stay Healthy

Maintaining everyday health contributes to maintaining health after an emergency

Get Ready



Get Ready Be Safe Stay Healthy

TAKE THE PLEDGE



Be Informed



Make a Plan



Build a Kit



Get Involved



Be Informed

- Alert Boston
 - CityofBoston.gov/AlertBoston
- Boston.gov
- BOS:311
 - Connection to City Services/24 Hour Constituent Services
 - 311 within Boston or 617-635-4500
- Mayor's Health Line @ BPHC
 - 617-534-5050
- TV & Radio Stations



Be Informed

Boston Public Health Commission

29,285 members [Invite](#)

6% of 366,479 households

176 neighborhoods

Hi Nancy, here's your Nextdoor:

- Your profile
- Your bookmarks
- Your metrics

Viewing posts from your agency. [Filter](#)

Program Manager Nancy Smith, Boston Public Health Commission [AGE...](#)

Winter Storm, March 7th until March 8th

Winter Storm, March 7th until March 8th
Please be advised that the National Weather Service has issued Winter Storm Warning for Suffolk County, including the City of Boston in effect until Thursday, March 8th 1:00 pm.
[See more...](#)

7 Mar · Subscribers of Boston Public Health Commission

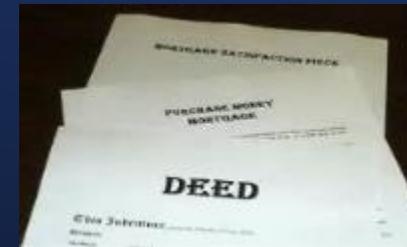
13 Thanks · 2 Replies · 8696 Impressions

Raymond F., Eagle Hill · 7 Mar
wow Are we all going to die with this storm . LOL, Love you
[Thank](#) 1 Thank

Lucie G., W&E Broadway · 8 Mar
Such an optimist!
[Thank](#) 1 Thank



Make a Plan



Build a Kit

?

?



Build a Kit

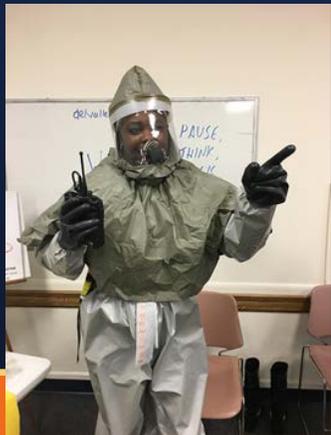


Go Kit



Shelter-in-Place Kit

Get Involved



Boston

Get Involved

Be Safe



Understand
Your
Surroundings



Keep Food &
Water Safe



Learn Basic
Health Skills



Car Safety



Surroundings

- Home Safety
- Environmental Safety
- Utilities Safety

****Carbon Monoxide*



Food & Water

Food Safety Tips

- Identify and throw away food that may not be safe to eat.
- Store Food Safely
- Clean and sanitize food-contact surfaces.

Water Safety Tips

- Do not use water you suspect or have been told is contaminated



Health Skills

- Prescription Safety
- Home Medical Devices
- General First Aid
- CPR Anytime or Hands Only CPR
- Until Help Arrives



Car Safety

- Plan Long Trips Carefully
- Get the latest weather forecast and road conditions and drive only if necessary
- Prepare your vehicle



Stay Healthy



Get Ready Be Safe **Stay Healthy**

TAKE THE
PLEDGE



Take Control of
Your Everyday
Health



Get and Stay
Connected



Know When
to Seek
Support



Be a
Preparedness
Role Model



Everyday Health

Focus on all aspects of your health

- Physical
- Mental
- Emotional
- Spiritual

****Vaccinations (esp. Flu), Managing Chronic Illnesses, Health Insurance*



Connectedness

- Get to know your neighbors
- Join/Participate in organizations or programs in your community
- Attend community meetings and events



Seek Support

- Crying spells or bursts of anger
- Difficulty eating
- Difficulty sleeping
- Losing interest in things
- Increased physical symptoms, such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

Mayor's Health Line: 617-534-5050



Role Model

WHY?

HOW?



Take the Pledge



What steps will you take to join Boston in preparing?





Get Ready Be Safe Stay Healthy

Activity 1: Preparedness Wheel



Principle 1

Principle 2

Principle 3

Activity 2: Principle Review

How would you describe the six principles in your own words?

Principle 4

Principle 5

Principle 6

Activity 3: Group Presentations



Thank you for participating

To access our presentation materials,
please visit:

<https://delvalle.bphc.org/PrepSummit2018>

For further questions or comments, please contact:

Office of Public Health Preparedness
www.bphc.org/preparedness

DelValle Institute for Emergency
Preparedness
delvalle@bphc.org
<https://delvalle.bphc.org>

