

Kentucky Department For Public Health

Helping Kentuckians stay
well and strong every day



HEALTHY YOU • HEALTHY KENTUCKY

✓ Healthy People

You can depend on the Kentucky Department for Public Health (DPH) for:

- Childhood and adult vaccines
- Care during pregnancy
- Cancer, diabetes and other health screenings for adults, infants and children
- Health education classes such as healthy eating or how to quit smoking
- Physical and dental health care
- HIV counseling and testing



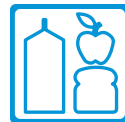
Contact your local health department (LHD) to learn more about services and programs available in your community.

To find your LHD, visit:
www.khda-ky.org/countymap.htm
or call 502-875-2255.

✓ Healthy Communities

Your community can depend on DPH for:

- Preparing and training to respond to all public health emergencies
- Delivering public health messages to at-risk groups through the Kentucky Outreach and Information Network (KOIN), a network of trusted people
- Registering individuals in the Kentucky Health Emergency Listing of Professionals for Surge (K HELPS) as potential volunteers to help during emergencies
- Teaching school children about good health
- Inspecting swimming pools, RV parks and restaurants



✓ For more information

on DPH services and programs, visit <http://chfs.ky.gov/dph>.



The Kentucky Department for Public Health

Public Health Preparedness Branch
275 East Main St. HS2EA
Frankfort, KY 40621
502-564-7243
<http://chfs.ky.gov/dph/epi/preparedness>

YOU CAN BE READY

Does preparing for an emergency seem like something you just can't do? Do you feel like you are too busy, can't afford it or think that an emergency won't happen to you?



Preparing for an emergency doesn't have to take a lot of time or money. And, because emergencies do happen every day, you can help keep yourself and your loved ones safe and healthy when something happens in your community. Here are a few simple steps you can take to protect yourself.

Make a Simple Emergency Kit

STEP 1: THINK



- Talk about what you can do to stay safe in emergencies.
 - In a tornado, where will you take cover?
 - What will you do if the power goes out?
 - How can you stay safe in a flood?
 - How can you protect yourself in an earthquake?
 - What will you do if there is a fire?
- Keep a list of important information in easy-to-find places such as children's backpacks or on the refrigerator. Include:
 - Phone numbers (work, doctor, school)
 - Backup contact person
 - Family meeting place if the emergency happens when you're not together
- Add important phone numbers to all household cell phones.
- Find out what your neighbors plan to do in an emergency. Will they need your help?

STEP 2: PREPARE

At a minimum, include in the kit:

- Three-day supply of canned food and water for each person
- Flashlight
- Battery-powered radio and batteries
- First-aid supplies
- Whistle
- Plastic bags and toilet paper
- Duct tape and string
- Clothing and blankets



Update the supplies in your emergency kit every six months or when you change your clocks for daylight-saving time.

STEP 3: ACT

Important Phone Numbers

Kentucky Department for Public Health: 1-502-564-7243

Kentucky Division of Emergency Management: 1-800-255-2587

Poison Control Hotline: 1-800-222-1222

Reportable Diseases Emergency Number: 1-888-9-REPORT (973-7678)

Road/Weather Information: 511 (in-state)
1-866-737-3767 (out-of-state)

Missing Persons Hotline: 1-800-543-7723

Local Health Dept. _____

Fire _____

Police _____

Hospital _____

Helpful Web Sites

<http://kyem.ky.gov/>

<http://kentucky.gov>

<http://www.redcross.org>



For more information, go to:

<http://www.chfs.ky.gov/dph/epi/preparedness/>