



## Beware of the Dangers of Carbon Monoxide

As outdoor winter temperatures drop and the risk for carbon monoxide poisoning increases, Kentuckians are urged to be aware of the dangers of carbon monoxide (CO) poisoning due to improper use of heating or cooking devices.

“Carbon monoxide poisoning can be deadly and should be taken seriously,” said Steve Davis, M.D., acting Kentucky Department for Public Health (DPH) commissioner. “We urge Kentuckians to take steps to prevent exposure to carbon monoxide by avoiding the use

of gasoline-powered stoves or charcoal grills as indoor sources of heat. It can be a matter of life or death. In 2010, there were 206 emergency room visits for Kentucky residents related to carbon monoxide exposures.”

Items such as kerosene or propane gas stoves and ovens have been used as alternative heat sources indoors, sometimes with tragic results. These devices emit a colorless, odorless gas, called carbon monoxide, as a by-product, and improper use can lead to severe cases of carbon monoxide poisoning. DPH

advises Kentuckians to follow these steps taken from guidelines issued by the National Center for Environmental Health to prevent carbon monoxide poisoning:

- Install a battery-operated carbon monoxide detector in your home or replace the battery when you change the time on your clocks each spring and fall for daylight saving time. If the detector sounds, leave your home immediately and call 911. On average, carbon monoxide detectors should be replaced about every five years.

*(continued on page 2)*

## Upcoming 2012 Joint KOIN/KY Functional Needs Collaborative Workshop

This year’s KOIN workshop will combine the efforts of the KOIN and the Kentucky Functional Needs Collaborative since both groups work closely together for the needs of functional/at-risk populations in the state.

The workshop will be conducted via interactive television (ITV) format on **Tuesday, Sept. 4, 2012, 10 a.m.-noon ET** with KOIN/Kentucky Functional Needs Collaborative members and local health departments.

Guest speakers will be presenting a variety of topics related to emergency preparedness measures specifically

focused on functional/at-risk populations in Kentucky.

A Save-the-Date reminder will be sent in the coming weeks. Most local health departments across the state will have their ITVs available for regional KOIN and KY Functional Needs Collaborative members. This will be an ideal time to form

working relationships with local first responders before the need for their emergency services arises.

For more information, please contact Barbara Fox at [BarbaraJ.Fox@ky.gov](mailto:BarbaraJ.Fox@ky.gov), (502) 564-6786, ext. 3102 or [Gayle.Haven@ky.gov](mailto:Gayle.Haven@ky.gov), (502) 564-7243, ext. 3136.

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# Beware of the Dangers of Carbon Monoxide (cont.)

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- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage or outside near a window.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don't use a fireplace that isn't properly vented. Don't heat your house with a gas oven.
- Be sure to carefully follow manufacturers' instructions for kerosene heaters, making sure the wick is set at the proper level and is clean. Ensure your kerosene heater is only operated in a well-vented area. Kerosene heaters require 1-K grade kerosene fuel and the fuel should be clear, not colored or cloudy. To avoid the risk of fire, place kerosene heaters several feet away from all furniture, curtains, paper, clothes, bedding and other combustible materials. Infants, small children and pets should be kept away from heaters to avoid serious burns.
- Seek immediate medical attention if you suspect carbon monoxide poisoning and are experiencing symptoms of carbon monoxide poisoning. Early symptoms include headache, nausea, vomiting and fatigue. Carbon monoxide poisoning is treatable.

If you are experiencing symptoms of carbon monoxide poisoning, call 911 or contact the Poison Control hot line at (800) 222-1222. More information about carbon monoxide poisoning can be found on the Centers for Disease Control and Prevention's Web site at <http://www.cdc.gov/co/guidelines.htm>.

## **Tips for People with Service Animals or Pets**

**I.D.s and Licenses** - Make sure your service animals and pets have I.D. tags with both your home telephone number and your primary out-of-town contact person. Make sure your animal's license is current.

**Animal Care Plan** - Plan how your pets will be cared for if you have to evacuate. Pets, in contrast to service animals, may not be allowed in emergency shelters due to health regulations, so have some animal shelters pre-identified. Contact your local Red Cross chapter or Kentucky Emergency Management for guidance.

**Alternate Mobility Cues** - Pet and service animals may become panicked, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash or harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to adapt to your environment.

**Emergency Kit for Service Animals** - Assemble a kit for your service animal that will last seven days. Place it in a pack that your animal can carry (if feasible) in case you need to evacuate. The kit should include a bowl for water and food; a seven-day supply of food; a blanket for bedding; plastic bags and paper towels for disposing of pet waste; Neosporin ointment for minor wounds; a favorite toy and an extra harness.

(Courtesy of Disability.gov)

## Free KOIN Materials Available

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There are plenty of free KOIN materials available to members by simply requesting them. If you are interested in obtaining KOIN materials, please contact Barbara Fox, KOIN Coordinator, at [BarbaraJ.Fox@ky.gov](mailto:BarbaraJ.Fox@ky.gov) or call (502) 564-6786, Ext. 3102. When requesting materials, please provide the name of the material(s), the quantity requested and a mailing address.

Free Materials Available:

- Folding Pandemic Flu Brochure (English and Spanish versions available)
- Be Safe. Be Prepared. Children's Emergency Preparedness Coloring Book
- Emergency Preparedness Refrigerator Magnet (English, Spanish and Braille versions available)
- Updated KOIN Training Video DVD with Accompanying User's Manual
- KOIN ID Badges
- Kentucky Emergency Guide Folding Pocket Card
- Updated Kentucky Department for Public Health Brochure with Pictograms (English and Spanish versions available)

All requests for materials are promptly mailed out so please request your KOIN materials today.

If you have any suggestions for future KOIN materials related to public health preparedness, please contact Barbara Fox.

# New National Preparedness System Lays Groundwork for Achieving National Preparedness Goal

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The Federal Emergency Management Agency (FEMA) recently announced the release of the National Preparedness System description, which will help lay the groundwork for strengthening the nation's resilience against all threats and hazards. The system description is the second deliverable required under Presidential Policy Directive 8 (PPD-8): National Preparedness, which was released in 2011.

“What makes this preparedness system unique is that it engages the whole community—individuals, businesses, community—and faith-based organizations, schools and all levels of government,” said FEMA Administrator Craig Fugate. “We recognize that the nation will be most prepared for threats and hazards when we work together.”

The National Preparedness System description identifies six components to improve national preparedness for a wide range of threats and hazards, such as acts of terrorism, cyber attacks, pandemics and catastrophic natural disasters. The system description explains how as a nation we will build on current efforts, many of which are already established in the law and have been in use for many years.

The six components of the National Preparedness System are:

1. Identifying and assessing risks
2. Estimating capability requirements
3. Building or sustaining capabilities
4. Developing and implementing plans to deliver those capabilities
5. Validating and monitoring progress made towards achieving the National Preparedness Goal
6. Reviewing and updating efforts as needed to promote continuous improvement

The National Preparedness Goal, which was the first deliverable to PPD-8 and was release on Oct. 7, 2011, sets the foundation for the implementation of PPD-08. The directive also called for the development of a National Preparedness System description to explain the resources and tools needed to achieve the National Preparedness Goal. Implementation of the National Preparedness System is a multi-year effort that is being coordinated by FEMA, and the description lays out how the six components will interact to build, sustain and deliver the core capabilities needed to achieve the goal.

The National Preparedness System description and additional information about PPD-8 and its implementation are available at [www.fema.gov/ppd8](http://www.fema.gov/ppd8).

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## Upcoming Great Central U.S. ShakeOut Scheduled

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The second annual Great Central U.S. ShakeOut is scheduled for Tuesday, Feb. 7 at 10:15 a.m. CST. The public earthquake drill is organized and coordinated by the Central U.S. Earthquake Consortium and its member and associate states, the Federal Emergency Management (FEMA), the U.S. Geological Survey and other partners, including the Kentucky Division of Emergency Management.

During an earthquake, it's important to know what to do when the ground starts shaking. Remember to DROP to the ground, take COVER by getting under a sturdy desk or table and HOLD ON to it until the shaking stops. If you are unable to physically get under a desk or table, try to hold onto something firmly until the shaking stops.

For more information on the Great Central U.S. ShakeOut, go to <http://www.shakeout.org/centralus>.

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**HELPFUL EMERGENCY CONTACT INFO:**

**How to Get Help/Medical Emergency - Dial 911**

**Poison Control Hotline - 800-222-1222**

**Disease Reporting Hotline - 800-973-7678**

**Division of Emergency Management -  
800-255-2587 or 502-607-1611**

**KY Dept. for Public Health - 502-564-3970**

**Cabinet for Health and Family Services Office of  
Communications - 502-564-6786**

**We're on the Web!**

**<http://healthalerts.ky.gov/KOIN>**

***Please Remember...***

The KOIN network is a two-way communication tool. When a KOIN message is sent out to KOIN members, we would like to hear back from you. During emergencies, resources and services may be unavailable to residents. While the KOIN cannot guarantee that these services will be restored quickly, the network would like to know your communities needs are being met, especially concerning the needs of vulnerable population groups. It only takes a few seconds to drop us a note. We'd be most appreciative if we'd hear back from you! It could result in a more productive emergency communications network.

