



KOIN Connection

VOLUME 6 ISSUE 2 CABINET FOR HEALTH AND FAMILY SERVICES SUMMER 2012

Upcoming 2012 Joint KOIN/KY Functional Access 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 access needs/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 Access Needs Collaborative members and local health departments participating.

Guest speakers will be presenting a variety of topics related to emergency preparedness measures specifically focused on functional access needs/at-risk populations in Kentucky.

An electronic workshop invitation will be sent to all KOIN members in July listing the statewide ITV locations that will be available. Be sure to RSVP to Barbara Fox, KOIN Coordinator, indicating the location that you would like to attend. Additionally, **please respond no later than July 31,**

2012 if you will require sign language interpretation services.

This workshop will be an ideal time to form working relationships with local health department personnel and first responders before the need for their emergency services arises. We are looking forward to your participation in the upcoming workshop.

For more information, please contact Barbara Fox at BarbaraJ.Fox@ky.gov, (502) 564-6786, ext. 3102.

Disaster Distress Hotline Provides Crisis Counseling

The Disaster Distress Helpline is the nation's first hotline dedicated to providing disaster crisis counseling to U.S. residents who are experiencing psychological distress as a result of natural or man-made disasters. The helpline staff provides confidential counseling, referrals and other needed support services.

The free helpline and text service is available year-round, 24 hours a day, 7 days a week. Calls are answered by trained crisis counselors.

The project is funded by the U.S. Substance Abuse and Mental Health Services (SAMHSA).

For additional information and resources related to disaster behavioral health, please visit SAMHSA's website at www.samhsa.gov/disaster.

This free, confidential and multilingual crisis support service is available via telephone at **1-800-985-5990**, text (Text 'TalkWithUs' to **66746**), TTY for deaf/hearing impaired at **1-800-846-8517** and Spanish speakers (Text "Hablanos") to **66746**.

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Beware of the Dangers of Summer Heat

The Kentucky Department for Public Health offers the following safety tips for staying safe during the summer's warm temperatures:

- **Stay cool indoors.** The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner, consider visiting a mall or public library.
- **Drink plenty of fluids.** Increase your normal fluid intake regardless of your activity level. You will need to drink more fluids than your thirst level indicates. This is especially true for people age 65 and older who often have a decreased ability to respond to external temperature changes. Avoid drinking beverages containing alcohol because they will actually cause you to lose more fluid.
- **Wear appropriate clothing and sunscreen.** Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, wear a wide-brimmed hat that will provide shade and keep the head cool. Sunscreen should be SPF 15 or greater and applied 30 minutes before going out in the sun.
- **Carefully schedule outdoor activities.** If you must be out in the heat, plan your activities so that you are outdoors either before noon or in the evening. Rest periodically so your body's thermostat will have a chance to recover.
- **Never leave children or pets in vehicles during high temperatures.** Be sure to give your pet plenty of water, shade and a place to stay cool.

Receive FEMA Updates During Disasters

When a disaster strikes, you need information fast. FEMA has a free email subscription service that delivers news updates and disaster-related information directly to your computer or wireless device.

A variety of topics are available such as when a major disaster has been declared, where local recovery centers are located, what kind of financial aid is available, how to obtain disaster-related assistance, what to do after a disaster has passed and much more.

To subscribe, go to www.fema.gov/plan/getupdates.shtm. No personal information is required other than an email address and your zip code and state to receive news that affects you in your area.

Bulk email list (in CSV or Excel spreadsheet format) can also be submitted to automatically subscribe your organization's constituents to receive the Updates During Disasters email notifications. Contact Gene Luke at Eugene.Luke@dhs.gov for additional information. Submitted contact information will not be distributed with any other organization without proper consent.

Free KOIN Materials Available

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 or call at (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.

Resolve to Be Ready for This Year's National Preparedness Month

The theme for this year's 2012 Ready Campaign promoting September as National Preparedness Month is *Resolve to be Ready in 2012*. This public awareness drive encourages individuals and community leaders to make the resolution to put together a family communications plan and take other simple steps to be prepared for emergencies.

The following preparedness tips are offered to assist families, businesses and communities:

For Families:

- Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency.
- Determine a neighborhood meeting place, a regional meeting place and an evacuation location.
- Identify an out-of-town emergency contact. It may be easier to make a long distance phone call than to call across town, so an out-of-town contact is important to help communicate among separated family members. Be sure every member of your family knows the out-of-town phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through or the telephone system may be down altogether so be patient.
- You may also want to inquire about emergency plans at places where your family spends time such as a place of employment. If no plans exist, consider volunteering to help create one.
- Get an emergency supply kit. Be sure to consider additional items to accommodate family members' unique needs:
 - • Prescription medications and glasses
 - • Infant formula and diapers
 - • Pet food, extra water for your pet, leash and collar
 - • Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
 - • Books, games, puzzles or other activities for children
- Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

For Parents:

If you are a parent or guardian of an elderly individual or person with functional/access need requirements, including children and adults with disabilities, make sure schools and care providers have emergency response plans. Be sure to ask:

- • How they will communicate with families during a crisis.
- • If they store adequate food, water and other basic supplies.
- • If they are prepared to shelter in place if need be, and where they plan to go if they must get away.

For Workplaces:

- Think about what to do if your employees can't go home.
- Make sure you have appropriate supplies readily available.
- Develop ways to communicate with your employees during work hours and off hours about pending emergencies and the companies operating status.

For Communities:

- Find out what kinds of disasters (both natural and man-made), are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, receive a telephone call or emergency workers may go door to door. Contact a nearby Citizen Corps Council for help with emergency planning or work with your local government and emergency management office to help start a Council in your area.

For additional tips and information, visit www.ready.gov.

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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.

