



KOIN Connection

VOLUME 1 ISSUE 3 CABINET FOR HEALTH AND FAMILY SERVICES WINTER 2008

Fall KOIN Workshops

The September 2007 KOIN workshops held in Somerset, Bowling Green, Louisville and Lexington were successful in both showing a significant expansion of the network and increasing awareness of the KOIN.

A total of 123 people attended the four workshops, including a number of staff from Area Development Districts

(ADDs), as well as first-time attendees from various organizations.

The workshops offered the opportunity to introduce the new KOIN video for use in training new KOIN members and outlines the procedures for sending out a KOIN alert. The video also discusses the KOIN Alert Plan and Member Checklist, which are also

available on the KOIN Web site under the Materials Available Section at www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm.

Our new preparedness materials are still available free of charge to all KOIN members. The *Be Safe. Be Prepared.* children's coloring book has been given out to elementary schools statewide by local

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Know the Difference Between Colds and Flu

As the temperatures become colder and we stay indoors more often, people are prone to catching colds and flu.

What is the difference between a cold and the flu?

While both the common cold and flu are both respiratory illnesses, they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone.

What are the symptoms?

Symptoms of the flu include fever, headache, body aches, extreme tiredness, runny or stuffy nose and dry cough. Cold symptoms are usually similar to those of the flu, but are milder and don't usually result in serious health problems such as pneumonia, bac-

terial infections or hospitalizations. Because colds and flu share many symptoms, it can be hard to tell them apart based on symptoms alone. A doctor's exam and testing may be needed to determine if you have the flu, as long as you are tested within the first few days of illness.

What steps should you take if you get the flu?

Seek medical care early. Your doctor may recommend the use of antiviral medication to treat the flu, but they must be started within two days of

illness. Get rest and drink plenty of liquids. Avoid the use of alcohol and tobacco products.

Habits for Good Health

The following steps may help prevent the spread of flu and colds:

- **Cover your nose and mouth** with a tissue or cough into your elbow when you sneeze or cough. Throw the tissue away after use.
- **Wash hands often** with soap

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Fall KOIN Workshops (continued)

health departments and KOIN members. We are happy that it has been well-received. KOIN training DVDs (available in English, Spanish and open-captioned versions), brochures and magnets are still available. Magnets with Braille overlay are also ready for distribution. Contact Barbara Fox, KOIN Coordinator, at (502) 564-6786, ext. 4411, or via mail at Barbara.J.Fox@ky.gov.

During the workshops, KOIN staff discussed the current pictogram research project that will utilize signs with pictures to guide individuals through flu shot clinics and major medicine dispensing sites in times of emergency or disaster. More than 400 pictogram research surveys (English and Spanish) were distributed to

KOIN members who volunteered to help distribute and administer the survey to their target populations. A second set of surveys will be distributed shortly. Survey results will be compiled and examined by The Matrix Group of Lexington. The Kentucky Department for Public Health hopes to test the pictogram signs in flu shot clinics in Kentucky during Fall 2008.

The *Get Ready. Get Set. Know What to Do About Pandemic Flu* folding pocket brochure has recently been translated into Spanish and will be available for distribution in the next few months.

Work is also underway this year to update our brochure on the public health preparedness efforts of the Kentucky Department for Public Health.

The *2007 Kentucky Preparedness Survey* has recently been completed and is available online at:

www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm.

We thank you for your time and efforts supporting the KOIN. Your participation in the KOIN is essential for reaching vulnerable populations in Kentucky in the event of a disaster or public health emergency.

Feel free to contact Barbara Fox, KOIN Coordinator, with any ideas or suggestions on how the KOIN can better serve Kentucky's vulnerable populations.

Thanks again for all of your hard work!

.....
"KOIN has been a breakthrough
tool because it builds trust
through community
.....

Know the Difference (continued)

and water or with an alcohol-based hand cleaner.

• **Avoid close contact with others who are sick and stay home from work, school and social gatherings if you get the flu.** When you are sick, stay away from others to protect them from getting sick.

• **Keep your hands away from your eyes, nose or mouth.** This is a common way for germs to spread.

• **Get a flu shot.** The single best way to protect yourself and others against the flu is by getting a flu vaccination each year. The flu shot is available in two forms:

• **Flu vaccination**—an inactivated vaccine containing the killed virus is given with a needle, usually in the arm. It is approved for use in people older than 6 months, including healthy people and those with chronic medical conditions.

• **Nasal spray flu vaccine**—a vaccine made with live, weakened flu viruses that don't cause the flu. This type of vaccine is approved for use in

healthy children ages 24-59 months old) without a history of recurrent wheezing, as well as for healthy individuals aged 5-49 years who are not pregnant.

For more information on flu, go to the Centers for Disease Control and Prevention's Web site at www.cdc.gov/flu/.

Source: www.cdc.gov/flu/

Don't Let the Flu Slow you Down this Winter!

Flu vaccine is readily available this year in ample supply.

Contact your local health department to receive a flu shot.



* * KOIN Tip * *

Get a NOAA Weather Radio

NOAA Weather Radio is a service of the National Oceanic & Atmospheric Administration. Broadcasts originate from National Weather Service Offices across the U.S. Warnings and watches are broadcasted 24 hours a day. The radio warns individuals of dangerous weather in the area with an alarm. This is important because weather can change quickly such as when a tornado strikes. The NOAA weather radio alerts you in advance to allow for time to take shelter in the basement or safe room. NOAA weather radios are available at retail and electronic stores.

Are You Prepared for a Winter Storm?

The arrival of winter signals us to be alert and prepared for winter storms. Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Although everyone is at risk, infants and the elderly are particularly vulnerable to cold temperatures.

The following safety tips are recommended for winter storms:

- Be sure to have a disaster kit ready and well-stocked with food, clothing and medicine.
- Stay tuned to your radio, television or NOAA weather radio for updated information and instructions.
- If possible, conserve fuel by lowering the temperature of your residence.
- Maintain ventilation when using kerosene heaters. Do not use charcoal grills for heating inside the home because carbon monoxide fumes can be deadly.
- Allow faucets to slightly drip to avoid pipes from freezing.
- If possible, avoid going outdoors to avoid hypothermia, frostbite or falls on ice and snow.
- Check in with a neighbor who may require special assistance (infants, elderly and disabled).



Preparedness Awareness Tip

When you go into a public building or any unfamiliar place, remember to locate the emergency exits. Plan ahead and know your escape route. If an area fills with smoke, you may not be able to locate the exit signs.

Remember to be aware and prepare!

Talking With a KOIN Member....Sherry Buresh

We are happy to spotlight Sherry Buresh in this edition of our newsletter. Sherry is a valuable KOIN member and serves as director of the Christian Appalachian Project (CAP), a nonprofit Christian organization committed to serving people in need in Appalachia through a wide variety of programs and services. Now let's find out more about Sherry.

What do you like about your job?

Knowing I'm doing something to help others. A disaster creates many needs. Just being able to do those little things to make life a little easier for someone going through a difficult time is what it's all about. I have found that with my job, no matter how much I do, I am never able to give more than I receive. My job also provides me with great opportunities to meet so many wonderful people. I feel I have been blessed. Working for the Christian Appalachian Project not only allows me to express my spiritual belief, but to live it out too. Who could ask for more from a job?

What is your favorite hobby or past time?

Relaxing, visiting with friends, spending quality time with my family and bowling.

What is your favorite food?

I'm not certain I have one specific favorite. I like Mexican, Italian and most food I don't have to cook for myself!



Sherry assisting with disaster relief efforts.

Photo by Sherry Buresh

Why are you a KOIN member?

KOIN is a great enhancement to what we already do, disaster relief. Communication is important at any time, but KOIN is filling a much needed gap for getting information out to the people when it is most needed and could potentially help save lives. I believe KOIN's mission and concept is great and I am proud to be a part of it. Every Kentuckian should know about KOIN and know that Kentucky has developed such a communication/notification system that is being used as a model for other states. Thanks KOIN!

And thank you Sherry for all of your hard work!

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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!
**[www.chfs.ky.gov/dph/epi/
preparedness/KOIN.htm](http://www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm)**

Internet Discussion Area Now Available for KOIN Members!

A new information sharing site is now available for KOIN members on the Internet. We hope you will use this page to share information and ideas about emergency preparedness efforts and issues related to reaching vulnerable populations in Kentucky during an emergency.

Here's how to access the site:

Go to www.yahoo.com

Click on *Groups* (Note: You will need to set up a free account)

Type in *Kentucky Outreach and Information Network* to access the KOIN discussion site.

You can then type in a message or comment.

We hope that our members will utilize this new site!

WANTED!

We need your comments and suggestions! If you have any news that you would like other KOIN members to read about or to volunteer to be the next KOIN member featured in the next newsletter, please contact us at (502) 564-6786 or e-mail BarbaraJ.Fox@ky.gov