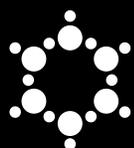


# Safe, Secure,

EMERGENCY PREPARED -

MONROE COUNTY

WHAT YOUR COMMUNITY IS DOING  
TO PREPARE FOR ANY EMERGENCY,  
AND WHAT YOU CAN DO TO BE SURE  
YOUR FAMILY IS PREPARED



**Bloomington  
Hospital**



**Monroe County  
Health Department**

- ◆ Volunteer Opportunities
- ◆ Working together for our community
- ◆ Planning checklist for families

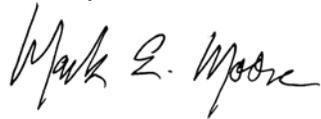
# Our world can change in the blink of an eye

We've seen this nationally with the events on September 11, 2001, and we've experienced this in our region with last summer's flooding. To ensure the health of our community is taken care of during an emergency or disaster, the Monroe County Health Department and Bloomington Hospital, along with many other local organizations and employers, work together throughout the year to develop plans and participate in emergency drills.

Through each organization's internal emergency management programs, and the plans we've developed together as a community, we are prepared to care for you. In this special insert, we encourage you to read more about how we're ready for an emergency or disaster. We've also highlighted ways that you can help your family create an emergency plan. Tear out page 7 of this insert and walk through the checklist with your family. Knowing that your family is safe and understands what to do in an emergency provides much peace of mind.

Our two organizations and many others will continue to work together to ensure we're constantly ready for an emergency in our community. We're currently planning for the possible comeback of the H1N1 virus we saw this spring. Emergency preparedness is something we all must take into account both at work and at home. We hope the information in this publication helps you and your loved ones become more prepared.

Sincerely,



Mark Moore  
President & CEO  
Bloomington Hospital



Penny Caudill  
Administrator  
Monroe County Health Department



Mark Moore  
President & CEO  
Bloomington Hospital



Penny Caudill  
Administrator  
Monroe County  
Health Department

## Public Health Preparedness Volunteer Opportunities

Monroe County's Citizen Corps and Medical Reserve Corps encourage you to join us!

Citizen Corps was created to help coordinate volunteer activities that will make our communities safer, stronger, and better prepared to respond to any emergency situation. It provides opportunities for people to participate in a range of measures to make their families, their homes, and their communities safer from the threats of crime, terrorism, and disasters of all kinds.

Medical Reserve Corps (MRC) units are community based and function as a way to locally organize and utilize volunteers who want to donate their time and expertise to prepare for and respond to emergencies and promote healthy living throughout the year. MRC volunteers supplement existing emergency and public health resources.

You do not have to have medical training to be a volunteer. In fact, our volunteer base needs to be composed of 80 percent non-medical volunteers. Those comprising the 80 percent



will support first responders, disaster relief groups, and community safety organizations.

You will be invited to attend mock disaster trainings, recruit volunteers at health fairs, participate in community health education, and more.

If you have questions about Citizens Corps or Medical Reserve Corps or are interested in volunteering, please contact: Jessica Renn with the Monroe County Citizen Corps at [jrenn@co.monroe.in.us](mailto:jrenn@co.monroe.in.us) or 812.349.2533, or Mary Lowery with the Monroe County Medical Reserve Corps at [mlowery@co.monroe.in.us](mailto:mlowery@co.monroe.in.us) or 812.349.2150. ■



## COMMUNITY PARTNERSHIPS FOR A HEALTHIER MONROE COUNTY

Examples of groups we partner with to make Bloomington a leading health care location in southern Indiana include:

- ◆ Active Aging Coalition
- ◆ Monroe County Lead Coalition
- ◆ Monroe Tobacco Prevention & Cessation Coalition
- ◆ Bloomington Hospital Positive Link & Community AIDS Action Group (CAAG)
- ◆ healthLINC

# Working together for our community

While Bloomington Hospital and the Monroe County Health Department undertake many projects to help keep our community healthy, they also partner with many organizations to offer the best care possible. Two examples of these partnerships in action are the Monroe County Public Health Clinic and the Active Living Coalition.

### Monroe County Public Health Clinic, 333 East Miller Drive, Bloomington

In partnership with the Monroe County Health Department, Bloomington Hospital operates this facility, which provides immunizations and health services for all ages.

“This partnership helps us to create a community that is healthier and more educated on health issues that affect our population,” says Sonya Kinnett-Ruedlinger, lead RN at the Monroe County Public Health Clinic.

Here, patients can get screened for high blood pressure, high blood sugar, anemia, head lice, pregnancy and more. It also offers health and wellness assessments as well as communicable disease education and investigation. “One of our goals is to help Indiana stay healthy with preventative care by providing immunizations and educational programs,” Kinnett-Ruedlinger says.

It’s open Monday through Friday, but hours vary, so please call 812.353.3244 before visiting. There might be a minimal charge depending on the service. More information can be found at [www.co.monroe.in.us/health/MonroeCountyPublicHealthClinic.html](http://www.co.monroe.in.us/health/MonroeCountyPublicHealthClinic.html).

### Active Living Coalition

This group of Monroe County residents and local organizations works to address Indiana’s problem with physical inactivity and obesity. Through promoting an active, healthy lifestyle and planning events, the group gives residents the opportunity to get physical.

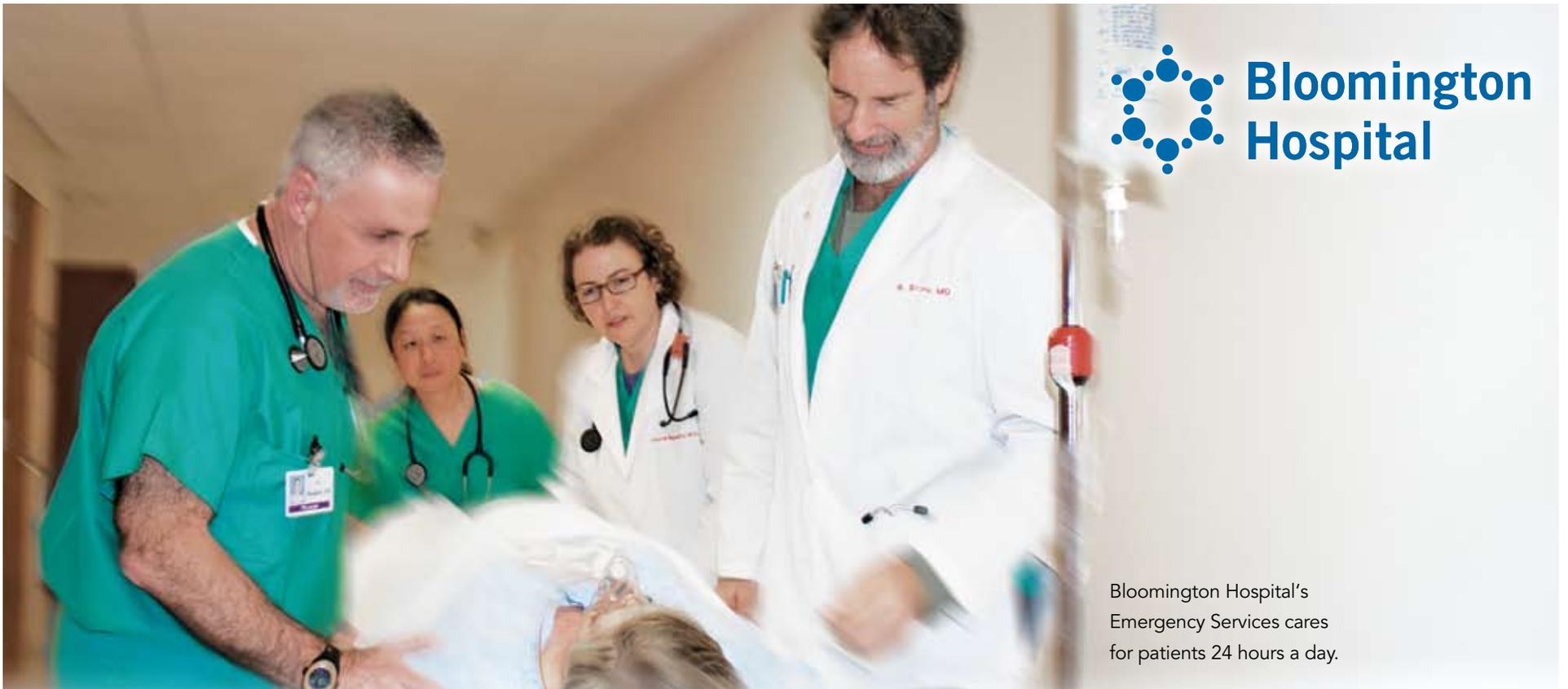
About 31,450 people were involved in this coalition’s events in 2007 and 2008 alone.

“The Active Living Coalition plans events and provides educational opportunities for all people to get involved in a healthy lifestyle,” says Samantha Schaefer, Bloomington Hospital Community Health registered dietitian. “No matter your age, health or fitness status, or interest, there is something you can do to get active and be healthy while still having fun.”

The coalition has done everything from sponsor community walks and health fairs to planning a community-wide wellness challenge and has even created a walking guide of Bloomington, which is available to the public on the Active Living page at [bloomingtonhospital.org](http://bloomingtonhospital.org).

The Active Living Coalition meetings are open to everyone and are from 1:30 to 2:30 p.m. the first Thursday of every month at Bloomington Hospital Community Health, 333 E. Miller Drive in Bloomington. ■





Bloomington Hospital's  
Emergency Services cares  
for patients 24 hours a day.

# Bloomington Hospital focuses on emergency preparedness

**W**hen you think of a hospital, you likely take for granted the fact that the organization and its health care professionals are always there ready to care for you or a loved one during a health crisis. The hospital is always open; there are always doctors and nurses available to provide care. But, what happens when the community is in crisis or there's a disaster in our area? Is the hospital still ready to care for you and your loved ones?

At Bloomington Hospital, the answer is a resounding yes. As the largest and most comprehensive hospital in Monroe County and our region, Bloomington Hospital puts a special focus on emergency preparedness.

"Our community needs the care we provide on a daily basis. If a disaster occurs, we know that our community will count on us more than ever," says Jason Crouch, RN, CEN, chair of Bloomington Hospital's Emergency Management Committee. "Because of this, we know we have to be one of the most prepared organizations for any kind of emergency or disaster that could happen."

To help ensure the organization and all of its employees are prepared to care for the community at all times, Bloomington Hospital has an established Emergency Management Committee that develops and maintains the hospital's emergency operations plan and emergency management program. The Committee, led by Crouch, a registered nurse and educator from the Emergency Department, has members from departments ranging from nursing to quality and patient safety to maintenance and marketing. Together, this committee analyzes the risks most likely to occur at Bloomington Hospital and in Monroe County and develops specific plans to mitigate the risks as well as prepare for a response and recovery.

"One of the major benefits of having a large, multi-disciplinary committee is an increase in coordination in our emergency management planning," explains Crouch. "By having people around the table from many diverse disciplines throughout the hospital, we're able to incorporate

many different perspectives into our planning process and ensure that our response efforts are coordinated across the board."

For Bloomington Hospital's patients and the Monroe County community, this means higher quality care during a disaster situation. Gynecologist Elizabeth Sabga, M.D., a member of the hospital's Emergency Management Committee, explains that a well thought-out, coordinated response translates into the ability to maintain normal operations as long as possible.

"By having a plan that allows us to continue normal hospital routines in an emergency, we're able to maintain the high level of quality care people count on," says Dr. Sabga. "The quality and safety of our work benefits patients, and continues to reassure them during a disaster."

In addition to ensuring the organization and its health care providers are ready to care for patients at the hospital during a disaster, Bloomington Hospital stresses the importance of personal preparedness – being ready at home for an emergency.

"Our kids practice emergency drills at school, most organizations have disaster plans, but how many of us do this with our families?" asks Crouch. "We've tried to put an emphasis on the importance of making sure your family and loved ones are cared for and have a plan for an emergency or disaster situation. We know that if we as health care providers are confident in our family's safety, we will be better able to care for our community in what could be a great time of need."

The hope is Bloomington Hospital and all of our local health care organizations will never have to fully implement its emergency operations plan, but we know that everything can change in the blink of an eye. Being prepared ahead of time for potential hazards is one of the best ways to provide for our community's health. ■





The Monroe County Health Department participates in a "point of distribution" drill this spring as part of its emergency preparedness plans.

## Monroe County Health Department works with community to prepare for emergencies

**P**andemic Flu, H1N1, no matter what the name, plans remain the same. What separates one pandemic plan from another, one natural disaster from another? One never knows exactly how an emergency event will unfold, although what is certain is that prior planning is vital to a quick and appropriate response and recovery.

Plans for health emergencies like pandemic influenza are different from natural disaster plans, but they do have much in common. One commonality is that they are fluid, working documents that require review and revisions before, during, and after an event. H1N1, now referred to as Pandemic (H1N1) 2009, surfaced this spring, although the Centers for Disease Control and Prevention (CDC) and other public health officials have been planning for another pandemic flu for several years.

History tells us that the first wave of illness is generally milder than the second and that when "hit hard," as much as 30 percent of the workforce may be confined at home for a period of one to two weeks. What is your plan, or your extended family's plan? Do you keep the supplies you may need for a week, for two weeks? How will you handle your child's school being closed, or being off work for an extended period? These are a few of the questions individuals and families must address. Schools, universities, businesses and local government officials are asking similar questions.

The Monroe County Health Department, along with County and City officials, area hospitals, schools, universities, providers and service organizations, have been working together to prepare as a community for such events. These preparations began several years ago, and the plans are exercised annually. Recently, seven area local health departments (District 8) gathered in Brown

County for a mock drive-through exercise to practice dispensing medications. These types of drills assist communities in evaluating their plans. Lessons are learned from these exercises.

Local plans are currently under revision to reflect current needs and expectations. In an emergency, a variety of communication avenues will be utilized to keep residents informed about the event. Specific details will change according to the situation, so at this moment it is impossible to say what exactly will occur or when.

"The recent pandemic H1N1 influenza is an important reminder that new viruses can emerge and cause widespread disease," says State Health Commissioner Judy Monroe, M.D. "Given the current heightened awareness about influenza and the uncertainty about what we can expect from the flu season this fall, we need to seize this opportunity to ensure all Hoosiers know their roles and are prepared for the possibility of more severe disease. Each of us can make a difference. I urge every resident to be aware, plan ahead, and share with others what you have learned about preventing the flu, including the three 'C's: Clean your hands frequently, Cover your cough and sneeze, and Contain your germs by staying home if you are sick. I also strongly recommend talking to your health care provider about getting a flu shot this fall and paying close attention to public health messages about vaccine availability for the pandemic H1N1 influenza."

Monroe County Health Officer Thomas W. Sharp, M.D. urges individuals and families to plan now. The Health Department is working with local, state, and federal agencies to prepare for pandemic influenza and to ensure that essential health care and community services will be maintained. To learn more and start talking with your family to develop plans, visit [pandemicflu.gov](http://pandemicflu.gov). ■



# Preparing for natural disasters

Tornadoes and flash flooding are two of the natural disasters most likely to affect Monroe County. Use these tips to keep you and your loved ones safe:

## Tornado safety

- ◆ When a tornado warning is issued, take shelter immediately.
- ◆ The safest place in the home is the interior part of a basement. If there is no basement, go to an inside room, without windows, on the lowest floor.
- ◆ Do not stay in a mobile home during a tornado.
- ◆ If you're on the road, do not try to outrun a tornado in your car. If you see a tornado, stop your vehicle and get out.
- ◆ If you are caught outside during a tornado without adequate shelter, avoid areas with many trees. Lie down flat in a gully or ditch and protect your head with an object or with your arms.

## Flash flood safety

- ◆ Listen to the radio or television for information.
- ◆ People living in low lying areas along or adjacent to lakes, rivers or streams should be prepared to move to higher ground.



- ◆ If you have to leave your home, do not walk through moving water. Six inches of moving water can cause you to lose your balance. Walk only where the water is not moving and use a stick to check the firmness of the ground in front of you.
- ◆ If you are driving, avoid areas affected by flash flooding. More than half of all deaths attributed to flash flooding are people swept away in vehicles when trying to pass through standing water. Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling. One foot of water will float many vehicles. As little as two feet of rushing water can carry away most vehicles, including sport utility vehicles (SUV's) and pick-ups.

For more information on preparing for natural disasters, visit the Centers for Disease Control and Prevention (CDC) online at [www.bt.cdc.gov/disasters/tornadoes/prepared.asp](http://www.bt.cdc.gov/disasters/tornadoes/prepared.asp).

Following many severe natural disasters, the Federal Emergency Management Agency (FEMA) will arrive in the community to assist with recovery efforts. If FEMA comes to your community following a natural disaster, take time to visit with FEMA representatives to learn what resources are available to you. More information about FEMA can be found online at [www.fema.gov](http://www.fema.gov). ■

# Monroe County's Severe Weather/Outdoor Warning Siren System



Through the combined efforts of county, city, Indiana University, townships, other governmental agencies, churches and area businesses, Monroe County has more than 25 Outdoor Warning Sirens designed to warn the public of impending severe weather.

The Outdoor Warning Sirens are designed to be heard outdoors, but you may hear a siren inside if you are near a siren location.

Monroe County Central Dispatch is responsible for activating the siren system. When an Outdoor Warning Siren sounds a **steady tone**, it means a tornado has been sighted in Monroe County by a public safety officer or trained Skywarn Spotter **OR** the National Weather Service has issued a tornado warning for Monroe County. Take cover immediately. Tune to local cable TV or radio stations for further instructions.

When an Outdoor Warning Siren sounds a faster wailing tone, it indicates emergency warnings of all other types.

There is NO "ALL CLEAR" signal. Tune to local cable TV or radio stations for information and instructions.

The Outdoor Warning Siren system is tested on the first Friday of the month at noon unless weather conditions are such that there may be a need for an actual weather warning.

Remember, when the Outdoor Warning Siren system is activated:

- ◆ Seek shelter
- ◆ Tune to local radio and TV stations for information and instructions
- ◆ Do not call 911 to ask why the sirens are sounding

To learn more about severe weather, [www.co.monroe.in.us/emergencymanagement/index.htm](http://www.co.monroe.in.us/emergencymanagement/index.htm). ■

# Planning Checklist for Individuals & Families



**Y**ou can prepare for an influenza pandemic or natural disaster now. You should know both the magnitude of what can happen during an outbreak or disaster and what actions you can take to help lessen the impact on you and your family. This checklist will help you gather the information and resources you may need in case of an influenza pandemic or natural disaster. The amount of supplies needed depends on the situation. In the case of an influenza pandemic, supplies may be needed for one to two weeks, however in the case of a natural disaster three to four days of supplies may be sufficient.

## To plan for a pandemic:

- Store a supply of water and food. If you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

## To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model this behavior. Wash for 20 seconds or as long as it takes to sing "Happy Birthday" twice.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick.
- Stay home from work and school if sick.

## Items to have on hand for an extended stay at home:

- Food and water
- Ready-to-eat canned meats, fruits, vegetables, and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water: 1 gallon per person for every 3 days
- Canned or jarred baby food and formula
- Pet food/water

## Medical, health, and other emergency supplies

- Prescribed medicine and medical supplies
- First Aid Kit
- Soap and water, or alcohol-based hand wash
- Medicines for fever, stomach remedies, and cough and cold medicines
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Hand crank radio or battery powered radio (with extra batteries)
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers
- Extra set of keys for house and cars
- Cash and coins
- Personal documents: include personal information, local contact, out of state contact, nearest relative, and who cares for your pets
- One change of clothes and footwear per person
- Blankets and sleeping bags
- General tools: hammer, razor blade, glue, etc.

## Learn more about developing an emergency plan online

- ◆ U.S. Department of Health and Human Services: [www.pandemicflu.gov](http://www.pandemicflu.gov)
- ◆ Indiana State Department of Health: [www.in.gov/isdh](http://www.in.gov/isdh)
- ◆ Monroe County Health Department: [www.co.monroe.in.us/health](http://www.co.monroe.in.us/health)
- ◆ Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- ◆ U.S. Department of Homeland Security: [www.ready.gov](http://www.ready.gov)
- ◆ American Red Cross: [www.redcross.org](http://www.redcross.org)
- ◆ Disaster Help: [www.disasterhelp.gov](http://www.disasterhelp.gov)
- ◆ Federal Emergency Management Agency: [www.fema.gov](http://www.fema.gov)
- ◆ Humane Society of the United States: [www.hsus.org/disaster](http://www.hsus.org/disaster)
- ◆ Citizen Corps: [www.citizencorps.gov](http://www.citizencorps.gov)

# 5 tips for preventing the flu

**W**hen you're stuck behind out-of-state cars stuffed to the top with dorm room goodies and you're continually on the search for notebooks, backpacks and pencils in the coming weeks, traffic and crowds might seem like your biggest problems. But as students once again head back to the classroom, don't forget that the bigger the crowd, the greater the number of germs.

And this increase in germs unfortunately coincides with the beginning of flu season, which might increase the odds of the H1N1 virus sneaking into Bloomington. One way to protect yourself and your family is through good hygiene.



"Especially in the midst of a pandemic flu, individuals need to prevent the spread of germs," says Vickie VanDeventer, Bloomington Hospital Infection Control practitioner. "The best way to prevent the flu is by getting vaccinated, but we must also practice good health habits to prevent the spread of all germs."

## Use everyday steps to protect your health:

- 1** Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 2** Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. A person's hands are the most common mode of transmission for bacteria.  
  
To wash your hands properly, run warm water over them and apply soap. Lather the soap and scrub every surface for 20 seconds. Rinse the soap off and use an air dryer or paper towel to dry. Try and turn the faucet off using a paper towel.
- 3** Avoid touching your eyes, nose or mouth. Germs spread this way.
- 4** Try to avoid close contact with sick people.
- 5** Avoid contact with people who are sick, and avoid contact with others if you are sick. This means stay home from work or school if you don't feel well.

To help educate the community about the H1N1 virus, Bloomington Hospital has participated in presentations at the Monroe County Public Library and IU. The hospital has a plan for responding and caring for the community, and maintains a stockpile of supplies that would be needed in case of a pandemic flu or other disasters. "It's important for the public to stay calm and learn how to help stop the spread of germs," VanDeventer says. ■