

April 17-20
2018

PREPAREDNESS
SUMMIT

Atlanta Georgia
HYATT REGENCY ATLANTA



@PREPSUMMIT #PREP18

PREPAREDNESSSUMMIT.ORG

Get Ready, Be Safe, Stay Healthy: A Holistic Approach to Community Resilience



Get Ready Be Safe Stay Healthy

Introduction



Nancy B. Smith, BS
Program Manager
Community Resilience &
Engagement



Stacey Kokaram, MPH
Director
Office of Public Health
Preparedness

About BPHC's OPHP

Our Vision:

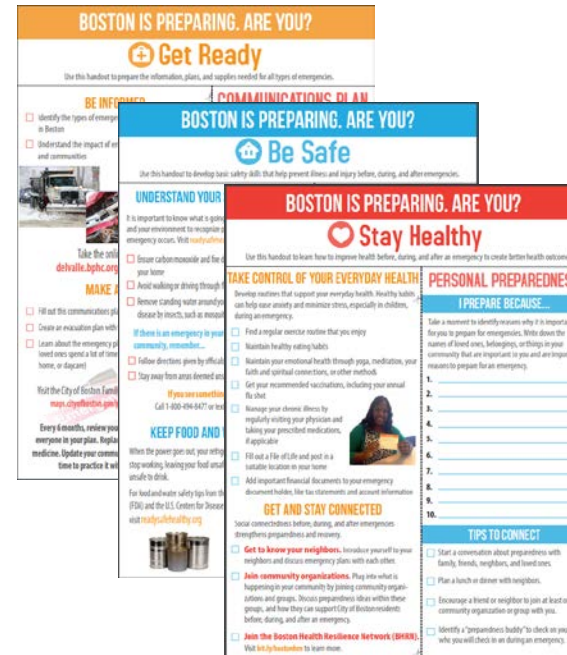
A resilient Boston through healthy, informed, and connected communities that are supported every day and during emergencies by strong, integrated public health and healthcare systems.

- Community fares better after an emergency
- Equitable access to health and human services during & after emergencies



Program Overview

- Started in 2013
- Supported by PHEP funding
- Focused on promoting people and health
- Built on lessons learned from previous disasters



readysafehealthy.org

COMMUNITY PREPAREDNESS BASICS



BOSTON IS PREPARING...ARE YOU?

This course provides best practices, tips, and resources for community preparedness basics. Engage in interactive preparedness activities and learn about City of Boston programs that will help you and your loved ones to get ready, be safe, and stay healthy before, during, and after an emergency.

[Take the Course >>](#)



delvalle.bphc.org

Program Overview

- Approx. 20,000 residents with 5,497 this past year.
- Workshops, host tables at existing events across the City
- Efforts focused on neighborhoods with highest social vulnerabilities
- Partnerships
 - Climate Ready Boston Leaders Program
 - Boston MRC volunteers



Train-the-Trainer Program

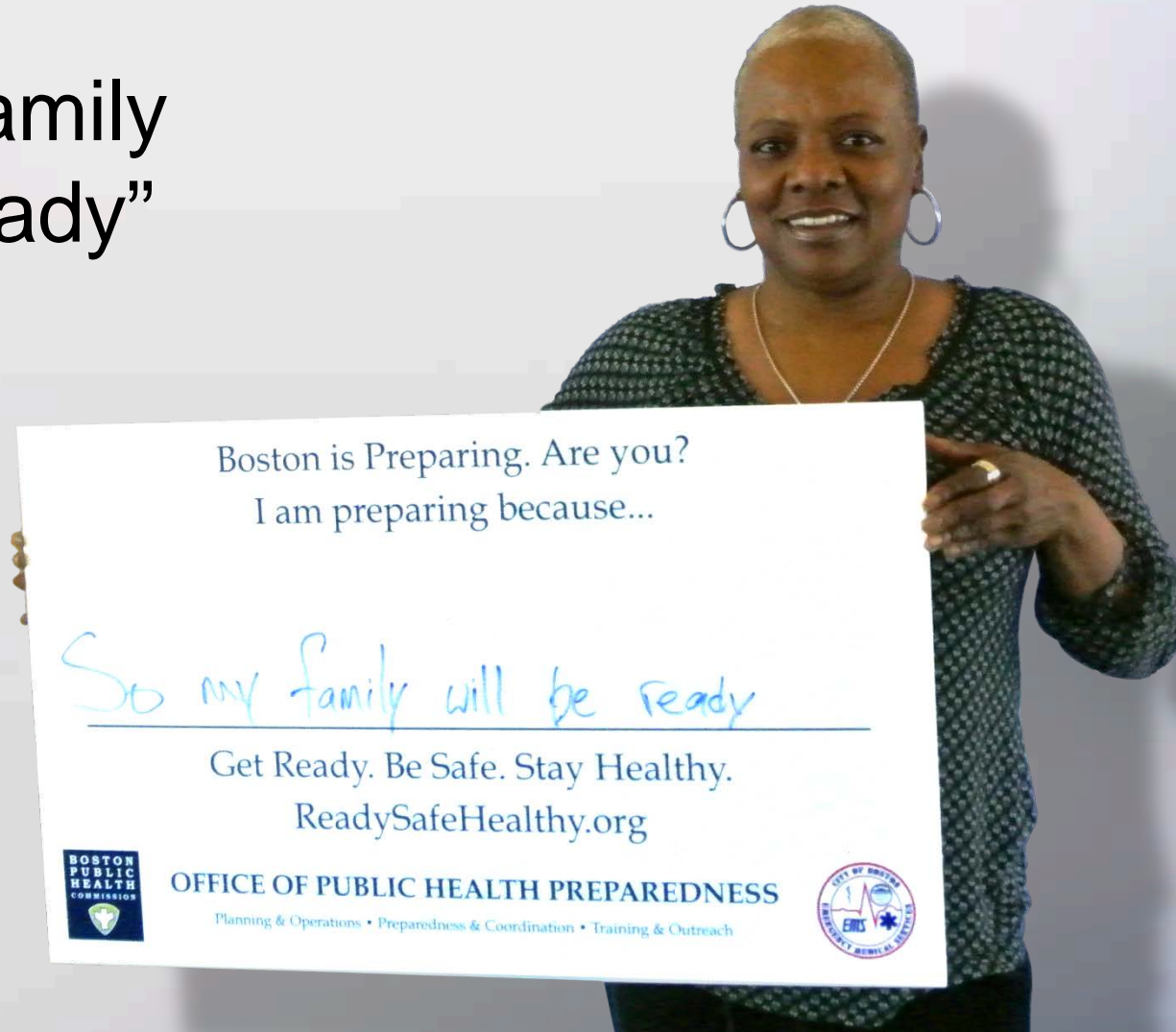


- Funding from the DHS Urban Area Security Initiative (UASI)
- Training, materials, and technical assistance
 - Materials available in top 10 languages spoken in the Metro Boston Region, Braille, and Large Print
- 45 trainers from 2 TtT sessions



I am preparing because...

“So my family
will be ready”





Get Ready Be Safe Stay Healthy

**TAKE THE
PLEDGE**



6 Principles

Principle #1

Preparedness increases resilience for individuals and communities



Individuals and communities ready with plans, supplies and practice adapted to their unique needs will be more able to address the challenges presented during and after an emergency.

Principle #2

Social connectedness strengthens preparedness



Basic safety skills help to prevent illness and injury before, during, and after emergencies.

Principle #3

Individuals are the most knowledgeable about their own needs during and after an emergency



Maintaining everyday health contributes to maintaining health after an emergency

Get Ready



Get Ready



Be Safe



Stay Healthy



TAKE THE
PLEDGE



Be
Informed



Make a
Plan



Build a Kit



Get
Involved



Be Informed

- Alert Boston
 - CityofBoston.gov/AlertBoston
- Boston.gov
- BOS:311
 - Connection to City Services/24 Hour Constituent Services
 - 311 within Boston or 617-635-4500
- Mayor's Health Line @ BPHC
 - 617-534-5050
- TV & Radio Stations



Be Informed

The screenshot displays the Boston Public Health Commission's profile on the Nextdoor platform. The left sidebar contains navigation links: Metrics, Invite Residents, Events, Agency, Neighborhoods, Directory, Help, Agency User Community, and Help center. The main content area features the agency's header with a cityscape image and the text 'BOSTON PUBLIC HEALTH COMMISSION'. Below this is a post titled 'Winter Storm, March 7th until March 8th' by Program Manager Nancy Smith. The post text reads: 'Winter Storm, March 7th until March 8th. Please be advised that the National Weather Service has issued Winter Storm Warning for Suffolk County, including the City of Boston in effect until Thursday, March 8th 1:00 pm. See more...'. The post has 13 Thanks, 2 Replies, and 8696 Impressions. Two replies are visible: one from Raymond F. in Eagle Hill (7 Mar) saying 'wow Are we all going to die with this storm , LOL, Love you' and another from Lucie G. in W&E Broadway (8 Mar) saying 'Such an optimist!'. The right sidebar shows a map of Boston, member statistics (29,285 members, 6% of 366,479 households, 176 neighborhoods), and a personalized greeting from Nancy: 'Hi Nancy, here's your Nextdoor' with links to 'Your profile', 'Your bookmarks', and 'Your metrics'.

Boston Public Health Commission

29,285 members
6% of 366,479 households
176 neighborhoods

Hi Nancy, here's your Nextdoor

Your profile
Your bookmarks
Your metrics

Winter Storm, March 7th until March 8th

Winter Storm, March 7th until March 8th
Please be advised that the National Weather Service has issued Winter Storm Warning for Suffolk County, including the City of Boston in effect until Thursday, March 8th 1:00 pm.
[See more...](#)

7 Mar · Subscribers of Boston Public Health Commission

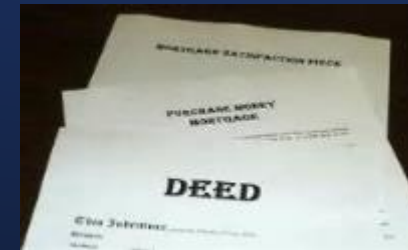
13 Thanks · 2 Replies · 8696 Impressions

Raymond F., Eagle Hill · 7 Mar
wow Are we all going to die with this storm , LOL, Love you
Thank 1 Thank

Lucie G., W&E Broadway · 8 Mar
Such an optimist!
Thank 1 Thank



Make a Plan



Build a Kit

?

?



Build a Kit



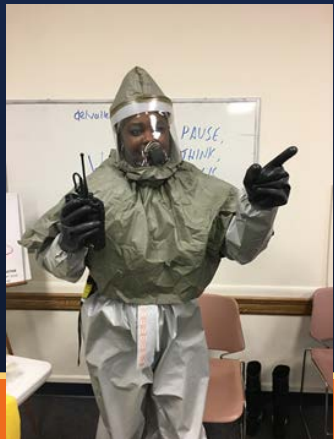
Go Kit



Shelter-in-Place Kit



Get Involved



Boston
Get Involved

Be Safe



Get Ready **Be Safe** Stay Healthy

TAKE THE
PLEDGE



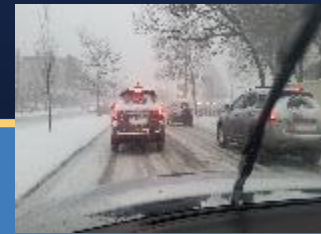
Understand
Your
Surroundings



Keep Food &
Water Safe



Learn Basic
Health Skills



Car Safety



Surroundings

- Home Safety
- Environmental Safety
- Utilities Safety

****Carbon Monoxide*



Food & Water

Food Safety Tips

- Identify and throw away food that may not be safe to eat.
- Store Food Safely
- Clean and sanitize food-contact surfaces.

Water Safety Tips

- Do not use water you suspect or have been told is contaminated



Health Skills

- Prescription Safety
- Home Medical Devices
- General First Aid
- CPR Anytime or Hands Only CPR
- Until Help Arrives



Car Safety

- Plan Long Trips Carefully
- Get the latest weather forecast and road conditions and drive only if necessary
- Prepare your vehicle



Stay Healthy



Get Ready Be Safe **Stay Healthy**

TAKE THE
PLEDGE



Take Control of
Your Everyday
Health



Get and Stay
Connected



Know When
to Seek
Support



Be a
Preparedness
Role Model



Everyday Health

Focus on all aspects of your health

- Physical
- Mental
- Emotional
- Spiritual

****Vaccinations (esp. Flu), Managing Chronic Illnesses, Health Insurance*



Take Control of Your Everyday Health

Connectedness

- Get to know your neighbors
- Join/Participate in organizations or programs in your community
- Attend community meetings and events



Seek Support

- Crying spells or bursts of anger
- Difficulty eating
- Difficulty sleeping
- Losing interest in things
- Increased physical symptoms, such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

Mayor's Health Line: 617-534-5050

Know When to Seek Support



Role Model

WHY?

HOW?



Be a Preparedness Role Model

Take the Pledge



What steps will you take to join Boston
in preparing?





Get Ready Be Safe Stay Healthy

Activity 1: Preparedness Wheel



Principle 1

Principle 2

Principle 3

Activity 2: Principle Review

How would you describe the six principles in your own words?

Principle 4

Principle 5

Principle 6

Activity 3: Group Presentations



Thank you for participating

**To access our presentation materials,
please visit:**

<https://delvalle.bphc.org/PrepSummit2018>

For further questions or comments, please contact:

**Office of Public Health Preparedness
www.bphc.org/preparedness**

**DelValle Institute for Emergency
Preparedness
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<https://delvalle.bphc.org>**

