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PREPAREDNESS:

Plan, Respond and Recover



Following a disaster, vital services like power, communications and even medical care may not be available for hours ... or even days.

The time to prepare is NOW.
Be ready to act on your own.
Do it for yourself and for those you love.



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A special message from State Health Commissioner

Dr. Judy Monroe

The recent storm damage in our state brought home the urgent need for families, businesses and communities to make plans before a disaster hits. The tornadoes and flooding caused extensive property damage and seriously impacted the health, safety and well-being of thousands of Hoosiers.

As state health commissioner, I know how much hard work has been done in Indiana on the state and local level to prepare for emergencies and natural disasters. We've come a long way since the tragedy of Sept. 11, and I am encouraged by the outstanding response we saw from our community and state partners.

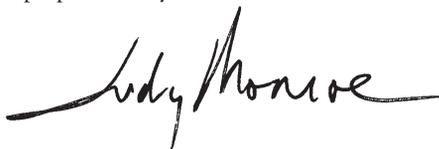
The state disaster recovery centers, the sandbagging done by the Indiana National Guard and Columbus Regional Hospital's mobile emergency room unit are just a few examples of response efforts that could not have been possible without a great deal of planning and coordination.

However, emergency preparedness planning is not just a task for state and local governments. Emotions run high during an emergency, which is why important decisions on how to respond cannot be made in the heat of the moment. Having a good emergency plan not only will help you stay calm during a major crisis, it could save your life!

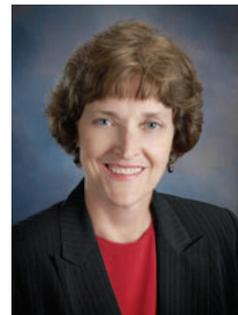
September is the time when children prepare to go back to school. I challenge you to make it the month you help make certain you and your loved ones are prepared for an emergency. Start by taking four important steps:

- > Get a disaster kit
- > Make a plan
- > Be informed, and
- > Get involved

You will find more details in this month's health insert on how to accomplish these steps. Hopefully, the following information and stories will inspire you to start getting prepared today.



Judy Monroe, M.D.
State Health Commissioner



Are You Ready?

Reality hits fast and hard when experiencing a disaster (Answers on page 12.)

1. I don't have to plan for an emergency because it probably won't happen. True False
2. Planning for an emergency is the responsibility of our government. True False
3. I don't have to stockpile food because I just live right down the street from a store. True False
4. A family of three should have nine gallons of water stored as part of a preparedness kit. True False
5. There is nothing you can do to protect yourself from flu pandemic. True False
6. A family communication plan should include a meeting location and an out-of-town contact. True False
7. If you are a pet owner, planning for your pet is an important part of an emergency preparedness kit. True False
8. Storing large amounts of frozen food is advisable in an emergency preparedness plan. True False
9. It is important to keep extra medication on hand in case of an emergency. True False
10. It is important to share your emergency preparedness plan with your children. True False

Pre-9/11

Preparedness, then and now

by Loren Robertson, M.S.,
R.E.H.S., Assistant Commissioner,
Public Health and Preparedness
Commission, Indiana State
Department of Health

There was a time in a simpler age when preparedness began as a set of ideas put together to keep one living a safer, healthier life. It was born from the idea of doing things that promoted good health and avoiding things that caused sickness and disease.

As the risk to different things change, so does our message and our priorities change about preparedness — the foundation of public health. Our goal is to meet the current public health challenge by being one step ahead. That is preparedness.

Preparedness is more than just the manners we practice when we cover our mouths to sneeze or cough. It can be as simple as the process of boiling water to sterilize it and make it safe to drink, or handling and preparing food to keep it safe to eat. As our knowledge grew about different food products, we learned that eating certain things rich in nutrients protected us from ailments caused by certain deficiencies and that storing food at certain temperatures would keep us safe from food poisoning. We also learned to enrich certain foods and fluoridate drinking water to promote good health.

Preparedness also extends to the control and elimination of infectious disease. As viruses invaded the population, health officials stepped up to do everything they could to protect people from illness. The development of vaccines for diseases like smallpox and polio greatly improved those efforts. These and other discoveries have aided in the fight to combat some of the greatest illnesses ever seen in public health, and vaccinations continue to be an effective measure in preventing disease.

Preparedness has always been and always will be at the foundation of what we do in public health. As new threats are identified we will adapt and continue to do everything in our power to keep the public safe. ✨



Always Prepared

Start simple, then add necessary resources to meet your emergency needs

by Laura Finch, Risk Communication Section Chief, Public Health Preparedness and Emergency Response, Indiana State Department of Health

There was something that always fascinated me about my grandmother's large purse. Grandma "S" never referred to it as a purse, but always called it her "pocketbook." Typically, it was as big as Mary Poppins' carpetbag, and it was full of everything you could possibly imagine.

She carried the typical grandmother type things: tissues, cough drops and those paper toilet seat covers for the public bathrooms. She always had a rain bonnet for an unexpected shower, bandages, safety pins and change for the bus. She even came prepared for dinner out, carrying everything from wet hand towelettes to a small supply of zipper lock bags for leftovers.

We all can learn through my grandmother's example. Preparedness is about having important things available when you need them. In the case of a disaster, such as a fire, flood or health threat, that can mean access to valuable records, supplies, expert help and vital resources.

Start in a simple way. Keep important records in a specific place that is accessible should a disaster strike. Keep extra copies of wallet-sized birth certificates, Social Security

cards and shot records available in your wallet.

It's also good to keep a list of medications, dosages and allergy information on hand with your insurance cards in case of an emergency so

you can continue to get the medical care you and your family need. Save all your important phone numbers to your cell phone but keep a printed copy as well.

This is just a start. Read on to learn how to prepare you and your family for the unexpected. By taking time to make and follow through on plans, you will have more control in an emergency situation since you will have the resources you need.

Preparedness is simply planning ahead effectively. Start with the simple lessons learned within your circle of influence: family, friends, colleagues and experts. Put into use the plans, ideas and resources found in this publication so you can effectively meet the challenges that may someday pose a threat to your safety and welfare. ✨



Laura Finch



Laura Finch's Grandma "S" always was prepared for little emergencies and was quick to share her wisdom with her granddaughters.



Lt. Gov. Becky Skillman surveys erosion and crop damage caused by extensive flooding at Facemire Farm in Johnson County.



In talking with an employee at Mariah Foods' warehouse, Lt. Gov. Skillman learns about the damage done to \$5 million worth of goods.

Manmade or Natural Disasters

Indiana's state of preparedness: informed, coordinated and ready

In the summer of 2008, we watched as severe storms and floods caused devastation throughout Indiana. While people in communities rushed to avoid potential injury and disease, the damage that remained was disturbing. The forces of nature serve as a clear reminder to all of us that we need to be prepared for a public health emergency at all times.

At the state level, Gov. Mitch Daniels established the Indiana Department of Homeland Security in 2005 to improve the preparedness and response capabilities across the state. Combined with the multi-agency Counter-Terrorism and Security Council, which I chair, we have improved our capacity to address potential emergencies and ensure the safety of our Hoosier families.



Indiana's model for homeland security combines the expertise of a variety of agencies. When a natural or manmade disaster strikes, we know it takes a coordinated effort by everyone involved to respond appropriately. State response plans must be organized before disaster strikes — and the same goes for individuals and families.

Protecting your family from a public health emergency is possible when you plan in advance with resources found in this insert. Become familiar with potential hazards. Make a plan should an emergency occur. Educate yourself on where to turn for help and resources. Share this information with your family — the more informed you are, the safer you'll be in an emergency.

Indiana is better prepared than ever before to handle public health emergencies. We have teams in place to deliver the best protection possible to our residents. However, the storms of 2008 remind us all that the time to prepare and protect our families is before an emergency strikes.

By working together and becoming informed, we can protect ourselves and our loved ones from serious harm.

Becky Skillman
Indiana Lt. Gov.
Chair of CTASC

Makeshift Workspaces

Johnson County health workers band together with a "can do" attitude

by Laura Finch, Risk
Communication Section Chief
Public Health Preparedness and
Emergency Response, Indiana State
Department of Health

Each day, we come to our workplaces to face "business as usual." Rarely do we encounter an event that drastically alters the way we conduct business and our day-to-day operations. We have resources like technology, phones and meeting rooms to help us get the job done.

But what do you do when your office has been hit by a natural disaster and has sustained a large amount of damage? How do you continue to operate and serve customers when flood waters stand a good distance from the floor, when utilities are unavailable and when your facility is no longer safe to be in?

Now imagine that you are a county health department, faced with a deluge of citizens seeking help from the recent flood often described as the "worst flooding incident in the history of Indiana."

Then envision trying to take care of an influx of desperate Hoosiers though your office and staff also has been hit hard by the flooding.

That is the situation the Johnson County Health Department encountered after its offices at the courthouse annex were damaged in recent flooding. The department was forced



Gov. Mitch Daniels and Lt. Gov. Becky Skillman join Maj. Gen. R. Martin Umbarger to discuss the tornado damage at Camp Atterbury.

Prepare. Respond. Recover.

Coordinate emergency efforts: Limit loss of life, injury, illness and damage

by *Debbi Fletcher, Coordinator of Public Outreach and Engagement, Indianapolis/Marion County Emergency Management*

to set up a makeshift headquarters in an old bank building along Main Street in Franklin, Ind. The move allowed staff members to assist county residents, provide services and even conduct staff meetings outdoors via a setup of folding tables and chairs placed under the former bank's drive-through lanes.

Department officials also set up a temporary office in the county's north annex building, and another office in a spare room at a downtown law firm. Until rebuilding the ground floor of the courthouse annex is completed, these are the areas the health department will call home.

Though the location is an unusual place to conduct operations, the health department was still able to handle crisis management after the flood. More than 700 tetanus shots were administered to people exposed to floodwaters, inquiries were handled about mosquito problems in the area, and free well water testing kits were distributed.

While still operating in "emergency mode," the health department also conducted inspections and issued food service permits for annual summer events such as festivals in the Greenwood area and the Johnson County 4-H & Agricultural Fair. The challenges of the department split between three temporary sites didn't interrupt the continuation of needed services to county businesses and residents.

With good planning and innovative thinking, staff members of the Johnson County Health Department pulled together to continue routine operations and assist county citizens affected by the flood. Even without a home office, the department didn't miss a beat. ⚡

Imagine one person preparing for an emergency. Now, imagine all the steps a county must take to keep residents safe during an emergency. The Indianapolis/Marion County Emergency Management Agency does just that. After more than 50 years, the agency's goal continues to be to protect life and property in the city of Indianapolis and Marion County.

Coordinated response is key to handling emergencies, so planning is a vital duty for the Indianapolis/Marion County EMA. Through partnerships with government agencies, private and nonprofit organizations, the agency addresses needs like public works, transportation, firefighting, mass care, medical services, search and rescue, hazardous materials, food and water, energy, law enforcement, business and industry, animal issues and other public concerns.

A written plan detailing city and county responses to all hazards is called the Comprehensive Emergency Management Plan, which is continually updated.

First responders are coordinated and supported by the Indianapolis/Marion County EMA. These first responders, such as police, firefighters, emergency medical services and volunteer rescuers, are trained and prepared to help the public at short notice. Decisions regarding response and distribution of resources to address an emergency are made through the Marion County Emergency Operations Center.

Indianapolis/Marion County EMA also is responsible for threat analysis, training, community outreach and education, grants management and homeland security planning. The agency plans for, mitigates against and responds to emergencies and

disasters affecting Marion County residents.

The Indiana Department of Homeland Security's Division of Emergency Response and Recovery provides resources and support for recovery from natural or manmade disasters throughout Indiana.

The division assists residents, as well as emergency response leaders who manage emergencies or disasters.

For example, the Other Needs Assistance program provides grants for home repair, rental assistance, and personal property lost or damaged during the disaster. For more information, log on www.in.gov/dhs.

So what can you do to prepare? Become informed. Log on www.ready.gov. Learn more about the four steps to preparedness:

- > Build a kit
- > Make a plan
- > Be informed
- > Get involved, possibly by training to help your community

Consider being a member of the Community Emergency Response Team.

Log on www.indygov.org/ema to learn more. ⚡



Debbi Fletcher (left) leads a response team training session; the Regions Bank Building in Indianapolis after a tornado; and officials survey a robot designed to handle emergencies.



Lessons from Katrina

Tragedy highlights the importance of family preparedness

by Leisa Prasser, RN, Public Health Preparedness Aide to the State Health Commissioner, Indiana State Department of Health

After Hurricane Katrina devastated parts of the Gulf Coast in 2005, thousands of people were forced to live in shelters because their homes no longer existed. In many cases, those who evacuated the area came back to nothing.

Many people were left without important, even life-sustaining, medications they depended upon.

Rarely, do any of us consider we might have to live in a shelter, but Hurricane Katrina and the June 2008 floods throughout Indiana proved it is possible for our circumstances to change quickly because of an emergency or disaster. At any point, you and your family could be left without a home, extra clothing and treasured possessions.

Influenza pandemic also could force individuals and families to be homebound for an extended period.

Though the prospect of facing a crisis sounds very negative, there is one major positive: You can take steps now to improve your circumstances should a crisis hit. Preparation not only empowers you to get through tough times, it allows you to provide you and your family with a sense of safety and security.

Communicating with Children

Your response to disaster influences your child's ability to cope

by Suzanne Courtney, Psy.D., All Hazards Committee member for the state of Indiana, adjunct professor University of Notre Dame

Believe it or not, the most important thing to consider when speaking to your children about disaster is your own reaction as a parent. Much of the research literature suggests children's reactions to trauma — including disasters — is heavily influenced by parental response and interpretation.

When talking with your child in response to a disaster, you must begin by getting yourself in a mindset to discuss it in an even-tempered manner.

Regardless of your child's age, your job as a parent is to foster a sense of security while being a reliable source of information about the surrounding world. Though it is important to be truthful with your children, do not offer too many details. Start with a basic description of the event, then allow your child to ask his or her own questions.

Other factors to keep in mind are your child's developmental age and personality style. Deliver news of a disaster in a sensitive way, with the understanding that this, like all situations in life, is an opportunity for your child to gain new skills to cope with events.

After all, your job as a parent is to support

your children in ways that allow them eventually to become stronger adults.

It is important to send compassionate messages acknowledging the pain and suffering inevitably involved in such situations. However, your messages ultimately must convey a sense of hope and assurance your family will make it through. ⚡



Suzanne Courtney

Resources to help children deal with trauma, including disasters, can be found online:

> National Child Traumatic Stress Network helps to improve access to services for children and their families. Log on www.nctsn.org.

> FEMA for Kids is a Web site where children can learn to be prepared for disasters. There are also resources for parents and teachers. Log on www.fema.gov/kids.



Kristen Garcia

Emergency Preparedness and You

Create a plan to fit your family's needs

by Kristen Garcia, Field Public Information Officer, Indiana State Department of Health

Think survival.

Think basics like food, water, clean air and warmth.

Developing a plan for dealing with emergencies can seem daunting for a family, but it doesn't have to be overwhelming or expensive. Start by recognizing potential

disaster situations, identify your needs, make a plan then collect supplies to meet the needs identified in your research.

Should you have to remain in your home for an extended period of time or should shipments of food and other goods be diminished, determine the amount of

reserved goods you should have on hand. Inform each family member of the reasons for the stockpile and its location.

Begin by evaluating your family's needs. Do you have small children? Pets? Parents or extended family members you may take in if the emergency is big enough?

Preparation is a small measure that can yield big results when the unexpected happens.

To prepare for a disaster or a public health emergency, including natural disasters and health pandemics, it's important to learn from the lessons learned of those who responded to the needs of the people who survived Hurricane Katrina.



Leisa Prasser

Make a Ready Kit. Don't forget to include medications for family members. Consider your family's day-to-day needs. For more information, go to www.ready.gov for a list of supplies.

Teach children about preparedness and being ready for an emergency. This does not have to be done in a manner that would scare them. Explain your plans factually, giving them steps that would allow them to be proactive. Just as we teach fire safety at home and in schools, it's important to educate children about floods, tornadoes, pandemic influenza and other emergencies.

Consider pets in your planning. If you have to leave your home, is there a safe place your pets can go? Pets are often a big part of our families; we want to care for their needs also.

Make sure your family is up-to-date on immunizations, including adults. Many of us fail to get a tetanus booster as we get older. In a clean-up situation, such as after a hurricane, tornado or flooding, exposure to tetanus is possible through cuts, scrapes and open wounds. If you have not had a tetanus booster in the last 10 years, get one. ⚡

Make a list of basic survival needs. Then estimate the amount your family uses. Do they go through a roll of toilet paper a day? Are there medications someone needs?

You don't have to buy supplies all at once. Buy a few inexpensive canned goods, bottled water or toilet paper with each shopping trip and gradually build up your supplies.

In a worst-case scenario of pandemic influenza, stockpiling goods is not the only thing to consider in having a preparedness plan. Take into consideration that schools



Make a Plan

Gather critical information and share it with your family

The following types of information can prove to be extremely helpful in an emergency. Use the outline as a guide for making your own emergency contact plan. Store it in a place that is easily accessible during a crisis.

Personal Information

Name: _____
Address: _____
Phone: _____
Cell phone: _____
Birthdate: _____

Local Contacts

Name: _____
Relationship: _____
Address: _____
Phone: _____
Cell Phone: _____

Out-of-State Contacts (If a disaster should occur, call your out-of-state contact; it is often easier to call long distance.)

Name: _____
Relationship: _____
Address: _____
Phone: _____
Cell Phone: _____

Nearest Relatives

Name: _____
Relationship: _____
Address: _____
Phone: _____
Cell Phone: _____

Pets Cared For By

Name: _____
Address: _____
Phone: _____
Cell Phone: _____

Meeting Places

Outside your home: _____
Outside your neighborhood: _____

A specific plan should be created for children in childcare or school, older adults and other immediate family members who need special assistance. ⚡

and daycares could be closed for weeks. Would you be able to work? If you did work, who would take care of your children, aging parents and pets?

Should social distancing measures be taken to stop the spread of viral infection, be aware businesses most likely will be closed. Consider how you would live without a regular income. Make a plan to set aside an emergency savings fund to help offset that loss.

How prepared is your family to treat an illness in case medical care is not immediately

available? Are there neighbors with special health care skills who would be able to help?

All these things need to be part of a family disaster plan but don't have to be available and ready immediately. Start with one aspect that is manageable and build from there.

For resources, log on www.co.benton.mn.us/pubhealth/emergencysoppingguide.html for an Emergency Preparedness Family Shopping Guide. To create a Family Disaster Plan, log on www.redcross.org/services/disaster/beprepared/fdpall.pdf. ⚡



Coping After a Disaster

Take time to store 10 essential items that can help during an emergency

by Kim Wilkerson, Field Public Information Officer, Indiana State Department of Health

During a crisis, it may take emergency personnel up to three days to reach you. Therefore, it's important your family preparedness kit is designed for three days.

Local officials and disaster relief workers will come to help you and your family when disaster strikes. But they can't reach everyone right away. So it's imperative to be prepared with the appropriate resources while waiting for assistance to reach you.

A preparedness kit is a stock of supplies to help you, and your family, survive an emergency until rescue personnel is able to reach you. Disaster kits must be tailored to your unique needs, taking into account all of the people living in your home. Resources also need to be flexible enough to sustain your family through a wide range of possible emergencies. Here are 10 essential items to collect and store:

1. A three-day supply of water: one gallon of water per person, per day
2. Food that won't spoil, such as canned or packaged items
3. Manual can opener
4. Clothing: one change of clothes, including shoes, per person
5. Blankets and sleeping bags for all family members
6. First-aid kit including antiseptic, bandages, family's prescription medications or extra glasses
7. Battery-powered, hand-cranked or solar-powered radio and flashlights with extra batteries
8. Extra set of car keys and a credit card, cash or traveler's checks
9. Sanitation supplies such as soap, toilet paper, toothpaste and toothbrushes
10. Special items for infant, elderly or disabled family members

The Indiana State Department of Health and Indiana Department of Homeland Security encourage Hoosiers to be prepared for any disaster that might take place. We have seen floods, earthquakes and tornadoes in just the last year, so we are all aware of the dangers around us. Take some simple actions now, and ensure you and your family are prepared for any emergency.

In recent years, several county health departments have worked with local retailers and drug stores to display suggested items that should be included in a preparedness kit. Check whether local businesses or organizations have kits available.

For more information about disaster preparedness, log on www.prepare.org.



Kim Wilkerson



Understand Radiation

Living in the nuclear age

by Shirley A. Fry, M.D., MPH, former director for Center for Epidemiologic Research and staff member, Radiation Emergency Assistance Training Site at Oak Ridge Associated Universities and R.J. Michael Fry, M.D.

We are continuously exposed to a variety of radiations throughout life. Most of them are from natural sources, such as radon from uranium in rocks and soil, cosmic rays — particles that enter our atmosphere from outer space, and ultraviolet rays from the sun. Some radiations are manmade by machines, such as those designed to produce X-rays or microwaves.

In some situations, radiation is helpful; in others it may be harmful. Just as we need exposure to the sun's UV rays to produce vitamin D in our bodies for good health, overexposure to UV rays can cause severe sunburn and increase our chances of developing skin cancer later in life. Uncontrolled exposure to X-rays or other radiations that act similarly in our bodies are rare but can put us at risk for radiation emergencies. Be aware of and prepared for radiation emergencies by learning about radiation.



R.J. Michael Fry, M.D. and Shirley A. Fry, M.D.

What is radiation?

Radiation is a naturally occurring form of energy that also can be manmade. For example, manmade radiations, such as X-rays and radioactive isotopes, are used in effective diagnosis and treatment of disease. Although we cannot sense it, radiation can be detected and measured by trained individuals using various instruments.

When considering radiation emergencies, it is important to be aware of two types of radiation — ionizing radiations such as X-rays and naturally occurring gamma rays and alpha and beta particles that can result in radiation emergencies, and non-ionizing radiations such as visible light, UV rays and microwaves that do not. Uncontrolled releases of ionizing radiations can be accidental or the result of acts of nature or terrorism.

What are the risks of radiation exposure?

Accidental exposure to radiation and the potential for radiation emergencies can occur anywhere sources of radiation are used or stored, such as in hospitals, research laboratories or while radioactive substances are in transit. However, such emergencies are rare and generally limited in scope with little or no threat to public health.

Deliberate releases of radioactive materials, or ionizing radiation, by means of a “dirty bomb” in crowded places are designed primarily to cause public fear and panic. In addition to blast injuries, explosions of “dirty bombs” and improvised or actual nuclear weapons can result in immediate exposure to ionizing radiations and afterwards from radioactive contaminants. Such exposures can damage our DNA, which may affect the body’s ability to build and repair itself and result in early and delayed health effects.

What are the effects of radiation exposure?

The degree of this DNA damage depends on the amount of radiation exposure or dose, the dose-rate and the tissues affected. These factors also influence the time between exposure and the appearance and the severity of symptoms. A low dose is unlikely to cause illness though a very high dose can result in severe, possibly fatal illness, occurring within hours or weeks. Delayed effects include an increase in our existing cancer risk. Medical treatment, including decontamination, is effective in reducing the probability of health effects.

Protect yourself and your loved ones against potentially harmful radiation exposure:

> Become informed about radiation and generally prepared for a disaster. Avoid contributing to fear and panic should a radiation emergency occur:

- > Move away from the explosion site
- > Take cover in a closed building to minimize exposure to radiation and radioactive dusts that may be inhaled or swallowed
- > Remove clothing that may be contaminated and store it in containers
- > Wash to remove contaminants from noncovered body areas
- > Follow official instructions for further actions. ⚡

(Note: This brief summary is the result of discussions with fellow members of the Indiana State Department of Health’s ad hoc Indiana Radiation Advisory Team.)



For More Information

More detailed sources of information about radiation emergency preparedness and response include the following Web sites:

- > Indiana State Department of Health:
www.in.gov/isdh/17908.htm
- > Centers for Disease Control and Prevention:
www.bt.cdc.gov/radiation/
- > Armed Forces Radiological Research Institute, Medical Radiobiology Team:
www.afrr.i.usuhs.mil
- > Radiation Emergency Center/Training Site:
www.orau.gov/reacts

Pandemic of 1918

After hard-learned lessons, are you prepared for a widespread health threat?

by Shawn Richards, Respiratory Disease Epidemiologist,
Indiana State Department of Health

Recent disasters have many of us wondering about our ability to better survive future crises.

Who would care for my family while I try to get resources or medical help? Do I know how to care for someone with an infectious disease while protecting myself and others? Would I be able to continue to work? Could I live without a paycheck for a few months?



Shawn Richards

If faced with a widespread health threat like influenza pandemic, there are questions for which you want solid answers to keep you and your loved ones safe and protected. More and more Hoosiers are considering how they can be better prepared for future incidents, whether manmade, natural or health threats of epidemic proportions.

The hard-learned lessons of the pandemic of 1918 have set the stage for how public health officials respond to today’s health threats. To avoid another tragedy of this magnitude, greater awareness, more effective preparedness and improved coordinated response is required.

Snapshot of Indiana’s pandemic

Not a soul could be found in schools, churches, theaters and other public gathering places across Indiana on Oct. 9, 1918. Due to the outbreak of the “Spanish flu” pandemic, the State Board of Health had issued a notice for everyone to vacate all public places. In compliance with the advice of the U.S. Public Service, residents avoided all community gathering places — making them resemble a ghost town for nearly five weeks.

Today, daily life can be quickly disrupted by a pandemic influenza, just as it was nearly a century ago.

A virulent outbreak of pandemic influenza in 1918 killed an estimated 20 million to 25 million people worldwide. Indiana suffered significantly as well. The Vital Statistics Department of the state of Indiana records the impact of the pandemic with these facts:

- > Deaths between Sept. 1, 1918, to March 1, 1919: 10,994
- > 20 and 40 years old: 50 percent
- > Under 20 years old: 30 percent
- > 50 years and older: less than 10 percent
- > 10 percent more males died than females

Getting accurate reports of infected people to the State Board of Health was very difficult since physicians were busy treating patients for influenza. Though every effort was made to get daily reports from as many health officers as possible, daily reports ceased on Feb. 1, 1919. According to these reports, 154,600 were reported official cases of influenza. However, a more accurate count by health officers is estimated at nearly 350,000 cases because there wasn’t time to document more than half of the cases.

The state population was only 2,930,390, which is less than half of the current population, so the number of Hoosiers affected was significant. ⚡



Disaster Recovery

Business continuity — providing peace of mind

by Belinda Wysner, CBCP, President, InCite BCM, LLC

Few businesses are completely prepared for a successful recovery from a major disruption such as a pandemic flu or virus outbreak. Knowing what to do before, during and after a



Belinda Wysner

disaster enables an organization to respond and continue when these types of scenarios occur.

So why aren't companies better prepared for things such as pandemic flu? There are three primary reasons:

Companies simply do not know how to plan.

Readiness means different things to different groups of people.

There are very few standards or accepted criteria that define what readiness means or how to achieve it.

Of course, all companies should observe traditional hygiene practices for preventing the spread of a virus. But, in order to truly be able to respond to, recover from and continue operating when a significant business disruption occurs, like a pandemic virus outbreak, companies must learn to embrace how to plan in general. Start by discussing a couple of fundamental questions:

> How ready is your organization required to be? Do you have regulatory requirements to meet in order to ensure your company can address the impact of not only a pandemic but other types of scenarios that may have a similar impact?

> Is there a desire within your organization to be prepared? Is it your company's intention to learn how to respond, recover and continue operating when a potentially significant business disruption occurs?

Your business can easily learn how to plan for business disruptions by creating a "game

Pandemic Influenza

Know enough to cope and protect those you love

by Janet Archer, RN, MSN, Chief Nurse Consultant, Public Health Preparedness and Emergency Response, Indiana State Department of Health

Influenza pandemic occurs when a new virus invades the human population and causes severe illness. There is no pre-existing immunity; no vaccine will be available at the beginning of the outbreak, and no medicine is guaranteed to stop the disease. It's difficult to imagine how a quickly changing virus can turn lives upside down.

When was the last time you saw a "Quarantine" sign on a neighbor's house? Have you witnessed a child become gravely ill or even die from a widespread disease?

Perhaps a grandparent or older neighbor remembers these things. They recognize the importance of "social distancing" and staying home due to an outbreak, such as smallpox or measles.

Today, most of us would have to work hard to adapt to such a lifestyle disruption. For as long as we can remember, vaccines have been available for most major infectious illnesses. Smallpox has been eradicated; polio is rare; we have scientists researching vaccines for infectious diseases, such as influenza, HIV and ebola. Until those vaccines are developed, being prepared is your best defense.

Most people don't think twice about insuring themselves and their loved ones against an accident or illness. So why should planning for an emergency such as pandemic influenza be any different? Planning ahead will not only help you when we are faced with an influenza pandemic, but you will also be prepared for other emergencies as well.

Preparing for influenza pandemic can be a

family project. The Indiana State Department of Health recommends you stock up with a two weeks' supply of food and water for all members of the household. Get the kids involved in this project. Older children can make out the grocery lists, and the younger ones can pick up an item or two each week during the trip to the store.



Janet Archer

Other tasks to consider:

> Schools and daycares may be closed for up to three months. Find an alternate plan for your children that will be safe.

> Elderly or disabled family or neighbors will need help preparing.

> Talk with your doctor about your family's chronic medical conditions and what special things you need to do.

> How is your workplace preparing? Can you work from home? Do you have enough sick days? Do you provide an essential service for your community?

> Wash your hands frequently for 20 seconds. (Sing "Happy Birthday" twice!)

> When you cough or sneeze, cover your mouth with a tissue or cough into your sleeve to avoid getting germs on your hands and spreading them to others.

The key to coping with pandemic influenza is staying away from people with the disease, and a few simple steps will help you accomplish that goal. ⚡

plan” for response, recovery and business continuity based on a variety of potential scenarios. Companies need to assess their needs and start this manageable process. One internationally recognized method for readiness planning is called Business Continuity Management, which encompasses all aspects of disaster recovery and business continuity.

This set of published best practices defines how to achieve a state of readiness organization wide. By following these proven practices, any organization can learn to implement a management process that will allow them to address any number of potential risk issues.

However, since businesses vary significantly, even within the same industry, it is important to seek out expert resources to determine what each organization can and should do in order to increase the odds of a successful recovery effort. ⚡

Preparing Schools for Pandemic Influenza

Q&A

by *Phyllis Lewis, School Health Services Coordinator, Indiana Department of Education*

Q: How concerned should we be about potential outbreaks like pandemic influenza?

A: The more than 1 million school-aged children and youth enrolled in Indiana’s K-12 schools would be predominately affected when pandemics, epidemics and localized outbreaks occur as shown historically.



Phyllis Lewis

Q: Who would decide to close schools during an outbreak of an infectious disease?

A: Both local and state health departments have the authority to close schools under state law, regardless of whether a disaster has been declared. The state health commissioner would monitor the pandemic and notify and instruct local health officers to close schools within their jurisdictions and then communicate when it would be safe to re-open.

Q: How do schools prepare for influenza pandemic?

A: Pandemic influenza preparedness is part of the emergency management plan all school corporations are required to develop. The unique elements within the plan include surveillance, isolation, evacuation, first aid and emergency care; managing employee and student absences and reporting requirements. These crisis plans include four phases: Mitigation/Prevention, Preparedness, Response and Recovery.

Q: How would schools communicate with parents about pandemic influenza?

A: At the local level, open schools would use their identified communication system for sharing information with local families. If the schools are closed, information would be

distributed through Web sites, “telephone tree” contact lists, local TV and radio. The state health commissioner would disseminate information in coordination with the state superintendent of public instruction. The Indiana Department of Education’s electronic messaging system would keep principals and school superintendents informed.

Q: How would schools continue the learning process if they were closed for an extended time?

A: Continuing students’ education occurs at the local level. Each school corporation would establish a system for its community. To support local educators and families, the Indiana Department of Education provides learning resources online at www.doe.in.gov/standards. These resources include learning activities.

Q: How might schools plan for recovery?

A: Recovery plans would include assessment of educational and health needs of students, a system for addressing grief and loss, documentation of all activities and providing crisis intervention for staff and students. To improve future emergency response efforts, improvements would be made to the recovery plan based on the results of a review. ⚡



On The Web:

To learn more about what you can do to prepare for a pandemic, visit the following Web sites:

- > American Red Cross: www.redcross.org/news/ds/panflu/planahead.html
- > Health and Human Services: www.hhs.gov/pandemicflu
- > United States Pandemic Flu: www.pandemicflu.gov
- > World Health Organization: www.who.int/csr/disease/avian_influenza/en/index.html
- > Centers for Disease Control and Prevention (CDC): www.cdc.gov/flu/avian
- > Indiana State Department of Health: www.in.gov/isdh
- > Indiana Department of Education – School Health Services: www.doe.in.gov/pandemicflu

Plan Ahead

Do your part to protect yourself and your family in the event of a pandemic:

- > Stop the spread of germs by practicing effective hand-washing
- > Practice proper coughing and sneezing etiquette by using tissues or your sleeve
- > Stay home when ill
- > Share accurate information with friends, family and coworkers
- > Educate yourself about the spread of disease
- > Create personal pandemic flu preparedness kits containing a two-week supply of water, food, medication, and other emergency supplies (see checklists at www.pandemicflu.gov)



Emergency Food

A moveable “feast” redefined — be ready to feed your family after a disaster

by Sue Dumm, MS, RD, CD, Nutrition Consultant, Indiana State Department of Health

When you are prepared for life’s surprises, you will be able to protect and care for your family. Disasters and emergencies occur independent of our plans as many Hoosiers have experienced recently through floods and tornados.

The time to act is now. Create a disaster survival kit that accommodates your family’s lifestyle. Pay particular attention to those with special needs. With educated planning, you will be able to strategically use your resources.

Food and water are major components of any emergency kit. Stock your kit for a minimum of three days. Store at least of one gallon of water per person, per day. Include food your family enjoys, such as ready-to-eat meats, canned fruits and vegetables, peanut butter and juices. Properly stored, high-energy snacks of nuts, seeds and dried fruits go a long way toward providing needed energy. Add sugar/sweetener, salt and pepper and other staples.

Store survival items in a container that is mobile and accessed easily. Create an inventory list with expiration dates and check food every six months. Replace items

close to expiration.

Remember to include resources to meet special needs in your family. For example, store specific foods for those with food allergies and special diets. Stock a three- to seven-day supply of prescriptions. If your family includes infants or expectant mothers, pack emergency formula.

If an emergency arises, use survival supplies wisely. Even with power outages, food in refrigerators and freezers will keep for a while if doors are opened infrequently. In the case of flooding, food in a refrigerator must be discarded, as it likely will be contaminated. Once temperatures rise above 40° F, food is unsafe and must be discarded. Use food from these storage units prior to supplies in the survival kit. Charcoal and gas grills can be used to cook food.

The best way to cope with an emergency or disaster is to plan ahead then use available resources strategically.

For sample checklists and plans, visit the American Red Cross Web site at www.prepare.org ⚡

Answers to Quiz

(from page 2)

1. False — No one would have imagined that a tragedy like Sept. 11 could happen here in the United States or the level of devastation cause by Hurricane Katrina could happen in our country. A big lesson that we came away with is that we are not invulnerable, and planning is essential to either protecting us or lessening the effects of a natural or manmade disaster.

2. True — Though the government has plans to protect its citizens, it is still essential for individuals and families to have their own plans. You need to know how to protect yourselves and what to do during crisis events, such as tornadoes, fires, flooding and other emergencies.

3. False — In the event of an emergency such as influenza pandemic, people will be encouraged to practice social distancing and asked to stay home and avoid public places. This includes going to the grocery store. At the same time, it is possible that during a crisis, most businesses either would be closed or operating on a limited capacity. It is good to be prepared should such a circumstance occur.

4. True — We should be prepared to care for our families, without emergency help, for three days. Each family member will need one gallon of water each day.

5. False — The same steps that individuals can take to protect themselves from seasonal outbreaks of influenza also will be critical during a pandemic. Those steps include frequent and thorough hand washing and various “respiratory hygiene” practices, such as covering your mouth when you sneeze or cough. It also is important for

Food During Disasters

Ensure recovered food safety — when in doubt, throw it out

by Andrew Miller, Food Defense Coordinator, Indiana State Department of Health

Disasters happen quickly, sometimes with little warning. When power is lost and water or fire destroys your home, salvaging your food and other belongings is critical. After a manmade or natural disaster, keeping your family fed will go a long way toward helping them deal with the hard work of recovery.

Protect your family from food poisoning

caused by contaminated food products. Become aware of the precautions you must take with your food and pantry items after a fire or flood. Learn and practice food safety.

Food salvaged from a flood must be carefully assessed according to how it is packaged. Any food that has come in contact with floodwater, with the exception of undamaged

canned goods and unopened commercial glass jars, is unsafe for eating. Food that should be discarded includes:

- > Meat, poultry, fish and eggs
- > Fresh produce
- > Unopened jars with waxed cardboard seals (mayonnaise and salad dressing)
- > All food in cardboard boxes, paper, foil, cellophane or cloth
- > Spices, seasonings and extracts



Andrew Miller

people to stay home from work or school while ill and seek medical care as needed.

6. True — During a disaster, there should be a mutual meeting location for your family in case everyone is separated. An out-of-state contact is important because during a disaster, everyone living near you could be affected as well. Your contact out of state should be out of the disaster zone. Out-of-state calls might be easier to make if local circuits are overwhelmed and busy.

7. True — In the event of an emergency, you will need to make provisions for your pets. During a disaster, shelters generally will not accept animals.

8. False — It is recommended to stockpile nonperishable food, such as canned or packaged items. During a natural disaster or other type of emergency, electricity may not be available to keep freezers and refrigerators running. Also have food on hand that is easy to prepare and requires little to no cooking in case ovens or stoves aren't operational. Be sure to keep a manual can opener handy.

9. True — If you take prescription medication regularly, it is important to plan ahead. In the event of an emergency, you will want to have extra medication on hand so you won't run out in case you don't have access to a store or pharmacy. You may want to discuss this issue further with your physician.

10. True — It is very important that you talk with your children about what to do should a natural disaster, terrorist event or major public health emergency happen. Not only should you share your plan with them but practice your emergency plan so they will become familiar with it and know what to do. ⚡

- > Home-canned food
- > Opened containers and packages
- > Flour, sugar and other staples in canisters

In a few steps, you can sanitize canned goods and commercial glass jars of recovered food to make it safe to eat. Remove paper labels from the items; floodwater that has penetrated the label can harbor dangerous bacteria. Relabel food items with an indelible marker. Wash jars with a scrub brush in a strong detergent solution, and then immerse cans and jars for 15 minutes in tepid rinse of water made of two teaspoons of chlorine

bleach to every quart of water. Allow items to thoroughly air dry.

Sanitize dishes and cookware using the same method. Boil metal pans and cooking utensils for 10 minutes. Discard and replace any wooden or plastic utensils and baby items such as bottles, nipples and pacifiers.

Food safety after a fire has similar concerns, but special consideration must be taken to assess food for safety. Food salvaged from a fire is affected by heat, smoke and chemicals used to extinguish the flames.

Food items, such as flour, bakery products,

rice and other grains must be destroyed due to the uncertainty of the packaging or inability to disinfect the container. Also, remember to wash your hands thoroughly and often while recovering food after a disaster.

If you have additional questions or need more information on food safety after a flood or fire, please contact your county's Cooperative Extension Office or log on the INShape Indiana Web site at www.in.gov/inshape/2271.htm.

Click on Nutrition Resources to talk to a dietitian about your nutrition questions. ⚡

What If ...

Pondering and then preparing for emergency response

by Shelly Hogan, MBCP, CISA, FLMI, IT Risk Management Consultant, American United Life Insurance Company®, a OneAmerica® company

What if an agency's critical information systems fail? What if customers' confidential information gets stolen? Businesses should prepare so that answers are readily available for the "what if" questions that arise.

Emergency response planning for a large corporate enterprise is often an enormous task. Literally every scenario imaginable can be conjured up. But being prepared and having a plan to respond to an event helps management rest easier. As a result, executives choose to write plans for the worst-case scenarios so that they can customize their response according to the actual situation.

Things to consider while planning:

- > Identify what kinds of emergencies might affect your company
- > Assess how the company functions, internally and externally
- > Create an emergency plan that protects employees, shareholders and the business' reputation
- > Identify/plan for necessary emergency supplies
- > Plan for "shelter in place," as well as evacuation options
- > Consider emergency medical needs and obtain provisions
- > Consider alternate communication and technology needs should the company's infrastructure be disabled
- > Network with community emergency response resources

Planning today will help support employees, customers and the economy. A commitment to disaster preparedness is like having an insurance policy — it protects your business with a stronger peace of mind.

Every year, new elements should be added to the organization's emergency response plan to improve preparations. This will allow the plan to expand as the company grows or as risks change.

The key to a good plan is to test it regularly. For example, create a tabletop scenario that involves multiple emergency response teams with certain key players being unavailable. The goal of such an exercise is to illustrate gaps in the current plans.

Once a company has an emergency plan in place, mentoring other businesses in its sphere of influence makes good business sense. This enables the business, community and the economy to remain as stable as possible during a large community disaster.

Passing on the lessons learned at work makes sense at a personal level too. Discussing potential hazards that could happen at work or at home may spark needed discussions around the dinner table. These conversations can make a key difference in how families respond in times of disaster as well. ⚡



Shelly Hogan



Extending Healing Hands

A dedicated corps of health volunteers willingly reaches out with care and hope

by Rachel Miller, Emergency System for the Advanced Registration of Volunteer Health Professionals Program Director, Medical Reserve Corps Coordinator, Indiana State Department of Health

Major emergencies can overwhelm the capabilities of first responders. Health volunteers can provide an important surge capacity, as well as augment medical staff shortages at local medical and emergency facilities. Communities often need medically trained individuals and others to fill in the gaps of their emergency response plans and to improve their overall response capabilities.

The Emergency System for the Advanced Registration of Volunteer Health Professionals is a national effort to pre-register health professionals who are willing to volunteer following a disaster. The Indiana State Department of Health is working to develop a registry and database that will offer Internet-based registration for health care professionals.

The database includes doctors, nurses, five behavioral health occupations, pharmacists, respiratory therapists and others and is expected to incorporate other health professions in the future. ESAR-VHP collects information regarding volunteer identity, licensure status, credentials or accreditation and foreign language proficiency, as well as other skills and abilities. Licensed health professionals may elect to volunteer when renewing their professional license electronically with the Indiana Professional Licensing Agency.

The Medical Reserve Corps is a national network of community-based volunteer units

that will be integrated into ESAR-VHP. MRC units utilize public health, medical and other volunteers to support existing local agencies with public health activities throughout the year and with preparedness and response activities in times of need.

Volunteers are dedicated to serving our communities.

“It’s my professional responsibility to use my skills to give back to my community and state by volunteering in the event of a disaster or medical emergency,” says Rodney P. Wann, Medical Reserve Corps unit leader, Clinton County. “That’s what makes Hoosiers so great. Why should health and medical professionals be any different?”

Indiana is home to several other volunteer organizations, including the American Red Cross, the Citizen Corps, Community Emergency Response Teams, Salvation Army, United Way and faith-based organizations. These organizations are always looking for good people, medical and nonmedical, to volunteer.

Make sure you do your part to keep yourself, your family and your community safer and more prepared. ⚡



Rachel Miller

In the Wake of a Flood

Columbus Regional Hospital staff members step up to the challenge of helping evacuees

by Deb Wezensky

White open-sided tents dot the Columbus Regional Hospital campus in the aftermath of the June 7, 2008, flood. The entire hospital facility is rendered temporarily uninhabitable by the floodwaters of nearby Haw Creek, so staff members work in tents, outlying buildings and in offices throughout the community.

The scene is a mixture of summertime reverie and health care business as usual. A 14-bed mobile Med-1 unit has taken up residence in front of the main hospital building to provide area residents the security of full emergency department services 24/7. Under a white tent gently moving in the breeze, meals are served to hospital staff and visitors seated around tables and on benches.

In the background, the din of heavy equipment disrupts conversations to remind observers of the scope of cleanup efforts underway. Along the back of the hospital, a tan montage of mud-caked computers, food service equipment and office furniture has been discarded in heaps. Despite all the flood damage, the promise of renewal permeates the hospital campus. Plans are already underway to reopen the entire facility by mid-fall, following extensive restoration.

Staff members smile as they chat, and the business of health care services continue.

A seemingly devastating disaster has been averted by preparedness, effective community response and hard work. In an unprecedented total evacuation of the hospital, hundreds of community members stop by to lend a hand. The National Guard — the Marines who had been training at Camp Atterbury — and other volunteers arrive to help relocate hospital patients to safe alternate health care settings.

Martha Myers, manager of Risk and Safety Services at Columbus Regional, discussed the potential evacuation with the hospital’s CEO, Jim Bickel. The usually shallow Haw Creek waters had edged up a steep embankment, threatening to damage patients’ and employees’ cars.

“Within about 20 minutes, it looked like a tsunami,” Myers says.

Conditions deteriorated quickly at the hospital. While contacting other hospitals about arrangements to move patients to safety, staff members heard a knocking sound from below. Upon opening a basement door, floodwaters already lapped at the top step.

Within 15 minutes of the basement flooding, the hospital facility lost power. Emergency generators then failed. Phone service and technology support were rendered useless. The hospital grounds took on the appearance of a war zone with incessant air traffic and a constant train of transport vehicles arriving to evacuate 157 patients.

“All of us were wading in knee high water,” Myers recalls. “However, members of the surrounding communities — the mayor’s wife, Kathi Armstrong and Theresa Henderson, the fire chief’s wife ... hundreds of volunteers — all made sure that patients made it to safety.”

Another hospital staff member helped evacuate critical patients to safety. Jo Tabler, emergency department manager, was challenged to orchestrate more than one aircraft into and out of the hospital grounds with no direct air to ground communications.

Using her cell phone, she was able to establish communication with Sam Mathis, communications director at PHI Air Medical.

Since the hospital’s technology system was inoperable, a staff member established wireless communications via a laptop to monitor the movement of patients being relocated.

Working with the intensive care nurses and staff, Tabler helped determine who would be moved, in what order and which medical needs were involved. “I would go outside and communicate with the flight crew member from the next aircraft that landed and relay that information to them. Patients were transported on stretchers or backboards to the aircraft standing ready with flight crews,” she recalls.

Although the entire facility was affected by the flood, the hospital’s emergency plan worked. “We practice disasters, and then we actually experienced one. It went off like it was supposed to,” Myers says.

By 4 a.m. June 8, the waters of Haw Creek subsided and deposited a four-foot statue of St. Christopher, the patron saint of travel, on the hospital’s lawn. This scarred and battered flood refugee may very well become a token part of the reclaimed Columbus Regional Hospital facility. ⚡



Continuing Care at Columbus Regional Hospital

Martha Myers (left) stands amid flood-damaged equipment removed from Columbus Regional during renovations. Myers joins Jo Tabler and Jim Bickel (right) at Haw Creek’s embankments, which overflowed — causing the historic evacuation of CRH patients and staff.

A mobile emergency department unit, Med-1, arrived from North Carolina to provide continued emergency services to Columbus and surrounding counties. “Getting the emergency department up and running was done for our community,” says Emergency Department Manager Jo Tabler.

“We have met a big challenge to continue providing emergency services,” Tabler says. “The whole leadership staff has been tremendously supportive in this whole process. Whether it’s been Gov. Mitch Daniels; Dr. Tom Sonderman, Chief Medical Officer; our CEO Jim Bickel; or Cheri Goll, interim chief nursing officer, leadership has helped put all the pieces of this project together.

“With Med-1 here, we provide a sense of security since our doctors are able to continue caring for our patients,” she adds.

Patient and careful planning has resulted in continued effective and timely emergency care, Tabler says.

“Any diagnosis and treatment capabilities done in the original emergency department can be treated in this temporary 14-bed unit: X-ray, EKG, MRI, CT, ultrasound, cardiac arrests, broken arms, respiratory arrests,” she explains. “There is a totally functioning laboratory as well.”

As emergency department manager, Tabler helps keep the emergency staff continually educated and managed.

Columbus Regional Hospital already had plans to redesign its emergency department prior to the flood. The timing of the disaster has pushed the project up on the hospital’s timeline and is a part of the facility’s necessary renovations.

“One goal is to improve the way our patients flow through the department,” Tabler says. “We are making the best of this situation.” ⚡

Provisions of a Recovery Plan

Continuity of business operations is critical following a disaster

Some companies never resume business following a disaster. Others fail within a few years. But with the help of a business recovery plan, others will continue to prosper.

An organization needs an emergency plan to keep business losses to a minimum should a manmade or natural disaster occur. Some basic steps for creating a disaster recovery plan for businesses include performing a complete needs assessment, effective planning, implementation, practice and continued improvements of the plan.

There are Web resources available to start a disaster recovery plan. Experts offer advice and other tools, as well as individualized planning solutions, to fit the unique needs of each business.

Commercial resources, such as data

protection/recovery experts like Double-Take Software, can be of service to your business to ensure your organization’s operations continue as seamlessly as possible. There are products that protect and recover business-critical data and applications to support disaster recovery.

Because each business is unique, professional services and partner programs can help to assess, design, plan and implement disaster recovery solutions for any size business.

Resources and Web sites to start creating a business disaster recovery plan include:

- > Ready Business, U.S. Homeland Security, www.ready.gov/business/index.html
- > United States Small Business Administration, www.sba.gov/services/disasterassistance/index.html. ⚡

Resources to help you plan, respond and recover

Amateur Radio Disaster Communications (“Ham”) Team, Indiana Department Homeland Security supports auxiliary communications through the RACES program using amateur radio frequencies and any other means necessary. Log on www.in.gov/dhs/2686.htm.

American Academy of Experts in Traumatic Stress provides planning information for disaster/emergency management and business continuity programs. Call (631) 543-2217 or log on www.aaets.org.

American Red Cross provides disaster services, preparedness information and other health and safety resources and information. Log on www.redcross.org.

Centers for Disease Control and Prevention provide timely resources and information to increase ability to prepare for and respond to public health emergencies. Log on www.emergency.cdc.gov.

Chemical Biological Radiological Nuclear Installation Protection Program Portal provides relevant information, resources and services to help people who live or work on military installations prepare for a CBRN incident. Log on www.cbrn-online.com.

Chemical Education Foundation is a national nonprofit organization that promotes chemical safety. Call (703) 527-6223 or log on www.chemed.org/html-index.html.

Disaster Help provides information on disaster recovery and business continuity planning. Log on www.disasterhelp.gov.

Disaster Preparedness and Emergency Response Association links professionals, volunteers and organizations active in disaster preparedness. Call (303) 809-4412 or log on www.disasters.org/dera/dera.htm.

Federal Emergency Management Agency provides resources for disaster response and recovery from all hazards. Log on www.fema.gov.

Humane Society of the United States provides information to prepare your family — including your pets — for disasters. Log on www.hsus.org/disaster.

InCite BCM Inc. is a resource for anyone seeking help with any aspect of disaster recovery and business continuity planning including preparing for pandemic outbreaks. Log on www.incitebcm.com.

Indiana Department of Homeland Security provides resources to help prevent, protect against, respond to and recover from manmade or natural threats. Log on www.in.gov/dhs/index.htm.

Indiana State Department of Health's Public Health Preparedness provides resources and information on preparedness including biological and chemical agents. Log on www.in.gov/isdh/17855.htm.

National Center for Post-Traumatic Stress Disorder provides research and education on the prevention and treatment of PTSD. Call (802) 296-6300 or log on www.ncptsd.org/index.html.

National Emergency Management Association is a professional network for state emergency management directors. Call (859) 244-8000 or log on www.nemaweb.org.

National Fire Protection Association aims to reduce the burden of fire and other hazards on the quality of life. Call (800) 344-3555 or log on www.nfpa.org.

National Governor's Association Center for Best Practices, Emergency Management Site provides various resources. Call (202) 624-5300 or log on www.nga.org.

National Institute for Chemical Studies helps communities manage risks associated with chemicals. Call (304) 346-6264 or log on www.nicsinfo.org.

Pandemic Flu.gov provides resources to prepare and deal with the pandemic flu at the local, state and national levels. Log on www.pandemicflu.gov.

Ready Business is a U.S. Department of Homeland Security resource for creating a business disaster recovery plan. Log on www.ready.gov/business/index.html.

U.S. Department of Homeland Security's Ready Campaign educates and empowers Americans to prepare for and respond to all kinds of emergencies. It is a partnership with The Advertising Council. Log on www.ready.gov.

U.S. Small Business Administration provides small-business owners tips on creating a disaster recovery plan. Log on www.sba.gov/services/disasterassistance/index.html.

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