



Newsletter

SEPTEMBER 2007

Chairperson
 Carl A Soderstrom
 Chief, Medical Advisory Board
 Motor Vehicle Administration

Honorary Chairperson
 Carnell Cooper, MD FACS
 Prince George's Hospital Center

Chair-Elect
 Vacant

Board of Advisors

Meena Abraham, DrPH
 Director, Center for a Healthy
 Maryland

Bruce Anderson, Pharm D
 Director of Operations
 Maryland Poison Center

Paul R. "Bobby" Balta, Jr
 Maryland State Fireman's
 Association

Carolyn J. Fowler, PhD, MPH
 The Johns Hopkins University,
 School of Nursing

Andrea C. Gielen, Sc.D., ScM
 Center for Injury Research and
 Policy, Johns Hopkins Bloomberg
 School of Public Health

Robbi Hartsock MSN, RN, PCNP
 R Adams Cowley Shock Trauma
 Center and American Trauma
 Society, MD Division

Jon Mark Hirshon, MD MPH
 Emergency Medicine
 University of Maryland School of
 Medicine

Cyndy Wright-Johnson MSN
 RNC
 Maryland Institute for Emergency
 Medical Services Systems

Pamela Southall, MD
 Office of the Chief Medical
 Examiner

Ida J. Williams,
 Central Records Division,
 Maryland State Police

September is National Preparedness Month

Get a Kit, Make a Plan, Be Informed and Get Involved

There has been a lot of talk about preparedness in the media lately, so much so you might even be sick of hearing about it. The question remains, however, are YOU prepared?

Being prepared means more than just having some extra bottles of water lying around the basement. Do you have enough of your daily medication at your office if you are unable to go home? Do you have an out of town contact each of your family members will

call so someone knows everyone is safe? If you have to leave the house quickly, who's in charge of grabbing the dog? The extra water? Locking the house?

The first step in being prepared is having a plan. Remember, a plan is not useful if it is not practiced.

Next you must assemble an emergency kit with more than just water.

Get informed: Find out how your community will alert residents to an emergency. Familiarize yourself with local evacuation routes,

shelters and emergency numbers.

Get involved: Help your neighbors, work place and children's school write emergency plans specific to each location and prepare emergency kits.

There are many resources to help you get prepared starting with the backside of this newsletter. You should also visit:

www.mema.state.md.us
www.fema.gov
www.redcross.org

Partnership Updates and Upcoming Events

The Partnership is currently accepting nominations for a Chair-elect. The chair-elect serves for one year followed by one year as Chairperson. Nomination forms will be available on the Partnership website at

www.healthymaryland.org/safermaryland

Nominations are due by October 19, 2007

EVENTS:

September 14: Chesapeake Region Safety Council "Safety, Health & Environment Conference & Expo"—Martins West in Baltimore.

September 25: Mid-Atlantic Life Safety Conference "Make a Difference Change the World"—Johns Hopkins APL Kossiakoff Conference Center in Laurel.

November 7: Quarterly Partnership Meeting.

Topic: Poison Prevention

Location: Maryland Institute for Emergency Medical Services Systems, Baltimore.

Visit our website for details of each of these events.



Simple Steps to Ensure You Are Prepared:

Make a Plan

Your family plan should address each of the following:

- Escape routes and meeting locations
- Family communication
- Utility shut off and safety
- Insurance and vital records
- Special needs
- Caring for pets
- Safety skills

Your Emergency Kit should include

Water: at least one gallon of water per person per day for three days.

Food: Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Don't forget the manual can opener.

First Aid: Prepare a first aid kit for your home and each of your cars. Include a supply of any necessary prescription medications.

Clothing, Bedding, Sanitation: Include at least one complete change of clothes and foot wear per person. Ensure adequate clothing for cold weather. For your sanitation needs don't forget the toilet paper, plastic garbage bags, household bleach and disinfectant.

Tools: Flashlights, batteries, portable radio, cash including change, matches in a water proof container, whistle, plastic sheeting, tape.

Special Items: Remember items for family members with special needs...Baby-diapers, formula, pacifiers. Older adults-hearing aid batteries, eye glasses, insulin.

Please visit <http://www.fema.gov/plan/prepare/basickit.shtm> for a complete list of supplies!