Personal Preparedness Planning For Public Health Workers

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Make a Family Communication Plan

Part 2 of 3
Key Considerations

- Your family may not be together at home when an incident occurs
- Communication systems may be damaged or overwhelmed following a mass casualty event
Keeping your number of personal calls to a minimum is important in order to:

- Reduce burden on the communications system
- Increase efficiency of communication with family/friends in a crisis
- Allow you to function more effectively in your public health emergency response roles
The Family Communication Plan: Key Elements

- Make sure everyone knows contact numbers and how to get in touch
- Keep a list of emergency numbers near the phone at all times
  - Include list of physicians/telephone numbers
- Identify an out-of-state “point of contact” to call in case of emergency
- Establish a family “phone tree” in advance
The Family Communication Plan: Key Elements

- Select a “safe room” in the home where everyone can gather
  - Best choice: interior room above ground with few windows and doors
- Be personally reachable by your local health department during emergencies
  - Home telephone
  - Cellular phone
  - Blackberry
  - Pager