Personal Preparedness Planning For Public Health Workers

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Key Outcomes of Personal Preparedness

- Added security for you and your families
  - Physical
  - Psychological
- Ability to function in your public health response roles in a crisis
  - A new era of response for public health
Types of Potential Events

- Natural disasters
  - Hurricane Isabel
- Naturally occurring illnesses
  - Influenza
  - SARS
Types of Potential Events

- Terrorism events
  - Chemical
  - Biological
  - Nuclear
  - Radiological
  - Explosive
All of us should be able to survive comfortably on our own for at least 3 days following an incident. The time to prepare is before an incident occurs. Requires open discussion with family members in advance about:

- Family response planning
- Your needed role as public health worker in a crisis
Personal Preparedness Planning: Three Key Elements

1. Assembling an emergency kit
2. Making a family communication plan
3. Learning more about readiness