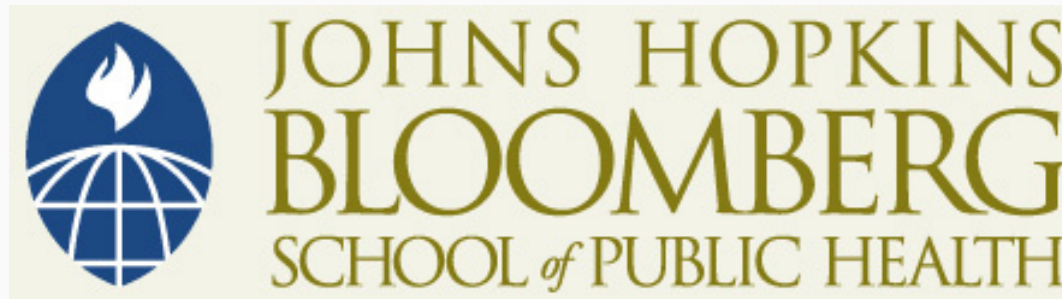


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Personal Preparedness Planning For Public Health Workers

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Overview

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

Basic Principles of Personal Preparedness

- 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