

NHF NATIONAL PREVENTION PROGRAM

At a Glance!

Key Steps for Chapter Preparedness in an Emergency

The four stages: Prevention, Preparedness, Response and Recovery

Prevention/Preparedness

- Have a backup database of members'/families' contact information and important information about their specific needs
- Know where you can work from remotely if it is necessary to evacuate
- Have a full gas tank and extra water, food, diapers, flashlight, cell phone charger, camp stove, gas, water, fans/heater, generator, etc., on hand
- Have a way to charge your cell phone without electricity
- Have a go-bag ready with your important documents, medical records, insurance information, extra factor and other medications, food, water, and clothes
- Have an emergency plan for managing key responsibilities so you know what to do and who will take which responsibilities
- Pre-arrange emergency cell phones or walkie-talkies for key individuals/volunteers
- Have an out-of-state contact number for every chapter member who will know either where your chapter members are or how to contact each individual
- Have the HTC hematologist's cell phone numbers and/or nurse's cell phone numbers
- Pre-arrange POD storage units in case you need to warehouse extra supplies for consumers
- Educate families and consumers, hold seminars and town hall meetings to guide the creation of preparedness/go-bags
- Practice with the HTC emergency scenarios
- Review communication pathways
- Ask families to get in contact as soon as possible if they are evacuating the area
- Give families NHF's HANDI phone number: 1-800-42-HANDI and Web site: www.hemophilia.org
- Give the NHF-CDC Emergency Preparedness Task Force a copy of your plan
- Practice, practice, practice!

PROGRAM PARTNER
Centers for Disease Control
and Prevention (CDC)


NATIONAL HEMOPHILIA FOUNDATION
for all bleeding and clotting disorders



National Center for
Disaster Preparedness

Mailman School of Public Health
Columbia University

Response

- If necessary, evacuate EARLY!
- Update your chapter Web site and voice mail regularly to inform members of latest information
- Have phone numbers of other HTC's in area for referrals as well as other social service organizations that can help with various needs during a crisis
- Have a ready list of volunteers in different areas of the state or service area who can help
- Use a "sister" chapter in area/region to house copies of important documents or contact lists
- Pre-notify other social service agencies and your local health department that may see your consumers in the aftermath of a disaster with contact numbers of where to get factor, etc.
- Carry backups of all necessary computer files, licenses, and important documents with you when you evacuate

Recovery

- Have several contact numbers for local and regional doctors who may be in areas people relocate to; have all important backups, database, etc., with you
- Let homecare companies know how to find you and know how to find them
- Have an extra supply of medicine—not just factor but all necessary medications
- Hold town hall meetings so people have a forum to tell their stories, learn from the experience and be ready for future emergencies

Psychosocial Preparedness

- If your life is in balance before, it's much easier to maintain balance during and after a crisis
- Post Traumatic Stress Disorder (PTSD) is real—know the signs, it can happen to both consumers and providers
- All people in a crisis may have delayed onset of symptoms or varying duration of symptoms
- PTSD has age-specific features, e.g., children may become quiet, engage in repetitive play, have nightmares, psychosomatic complaints, difficulty concentrating, show diminished interest in activities, exhibit regression to earlier stages of development, etc.
- Being prepared is the best therapy
- Caregivers and families need to recognize their own needs, set limits and take time to care for themselves

1-800-42-HANDI

www.hemophilia.org