



EMERGENCY PREPAREDNESS

MODULE 1: CITIZEN PREPAREDNESS

PURPOSE

The Citizen Corps (www.citizencorps.gov) was established by the United States Government after the events of September 11, 2001. As part of the Department of Homeland Security, the Citizen Corps is responsible for preparing the citizens of a community to respond to a natural disaster or terrorist attack.





As part of a local community, HOSA chapters can take an active role in working with the Citizen Corps and their partners and programs to drive local citizen involvement in being prepared, getting the proper training, and volunteering to support local emergency response, disaster relief, and community safety.



OBJECTIVES

1. Explain the purpose, partners and programs of the Citizen Corps.
2. Incorporate pandemic flu information in classroom instruction.
3. Analyze the services provided at Ready.gov.
4. Complete the course, "IS-22 Are you Ready? An In-depth Guide to Citizen Preparedness."

CONTENT

Perhaps it is best to begin this course with an understanding of the various entities and groups who are linked to the Citizen Corps and responsible for Emergency Preparedness. Review the chart of Emergency Preparedness Programs to familiarize yourself with the unique role each plays in forming a national emergency preparedness network.

Emergency Preparedness Programs		
Program	Description	Website
<p>Citizen Corps</p> 	<p>The Citizen Corps is a part of the Department of Homeland Security and a partner with FEMA. It consists of local councils whose goal is to get emergency preparedness programs and other activities started in the local community, in an effort to promote volunteer service activities that support homeland security and community safety.</p> <p>There are a number of programs that are part of the Citizen Corps, including:</p> <ul style="list-style-type: none"> • Ready.gov • PandemicFlu.gov • CERT • MRC 	<p>http://www.citizencorps.gov</p>
<p>Ready.gov</p> 	<p>A campaign sponsored by the U.S. Department of Homeland Security to encourage preparedness in an emergency. Ready America focuses on individuals and families, Ready Business has a business focus, and Ready Kids is geared toward children in grades 4 and 5.</p>	<p>www.ready.gov</p>
<p>Emergency Management Institute</p> 	<p>Sponsored by FEMA, the Emergency Management Institute (EMI) is based in Maryland and includes on-site as well as independent study courses. The self-paced courses are designed for people who have emergency management responsibilities and the general public. All are offered free-of-charge to those who qualify for enrollment.</p>	<p>http://www.training.fema.gov/IS/</p>
<p>CERT Community Emergency Response Team</p> 	<p>CERT is a training program that prepares people to help themselves, their families and their neighbors in the event of a disaster in their community. Through CERT, citizens can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations. With this training, volunteers can provide critical support by giving immediate assistance to victims before emergency first responders arrive on scene.</p>	<p>http://www.citizencorps.gov/cert/index.shtml</p>

Program	Description	Website
<p>MRC Medical Reserve Corps</p> 	<p>MRC strives to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers who want to donate their time and expertise to prepare for and respond to emergencies.</p>	<p>http://www.medicalreservecorps.gov</p>
<p>PandemicFlu.gov</p> 	<p>The PandemicFlu.gov website is a government clearinghouse for information about pandemic flu and avian flu. It includes historical information, current news, planning & response, and research activities.</p>	<p>http://pandemicflu.gov</p>

Ready America: A Kit and a Plan

The Ready.gov program is a campaign by the U.S. Department of Homeland Security to help citizens prepare for a disaster before it happens. Their focus is on three different groups:

- Individuals and families
- Businesses
- Kids

Business publications include a booklet that describes how to develop a business emergency plan, and a sample business emergency plan. Also provided is an insurance discussion form and computer inventory form.

The **Ready Kids** program includes a teaching guide, poster, activity book and stickers. This program is designed for children in grades 4 and 5.

Both of these resources have possibilities for HOSA chapters as Community Awareness projects, in Health Education, or as a chapter service project.

Ready America puts its focus on individuals and families. The *Ready Campaign* asks individuals to do three key things to prepare for the unexpected: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

The package includes a series of four instructional videos that can be played or downloaded from the <http://www.ready.gov/america/about/instructional.html> website. The video topics include:

- Ready America's instructional video (3 minutes)
- Older Americans video (5 minutes)
- Ready Pets video (5 minutes)
- Americans with Disabilities video (5 minutes)

Ready America recommends that families have written emergency plans **BEFORE** a disaster strikes. They also recommend that the family create an emergency supply kit that would supply food, drinking water, and necessary supplies for the family in the event of a disaster.

The emergency supply kit recommends are as follows:



When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit**
- Whistle to signal for help
- Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

ATTACHMENT 1-1

LESSON PLAN: PANDEMIC FLU

INSTRUCTOR	DATE
COURSE TITLE	CLASS PERIOD
UNIT	SPECIFIC TOPIC
INSTRUCTIONAL GOAL (outcome that students should be able to demonstrate upon completion of the lesson.)	
LESSON CONTENT (How the lesson will incorporate information from PandemicFlu.gov)	
<p>INSTRUCTIONAL PROCEDURES</p> <ul style="list-style-type: none"> a. Focusing event (something to get the students' attention) b. Teaching procedures (methods you will use) c. Formative check (progress checks throughout the lesson) d. Student Participation (how you will get the students to participate) e. Closure (how you will end the lesson) 	
MATERIALS AND AIDS (what you will need in order to teach this lesson)	

ATTACHMENT 1-2
READY AMERICA INSTRUCTIONAL VIDEO SUMMARY

Go to http://www.ready.gov/america/about/_flash/movie15.html and view the instructional video. Then answer the following questions:

1. Does the video make a persuasive argument for the development of a family emergency kit and plan?

2. Based on where you live, what do you believe are the potential disasters you and your family might face?

3. Will you show this video to any of your classes? Why or why not?

4. Will you recommend this video to friends or family members?

5. As a result of seeing this video, will you change any of your behaviors related to disaster preparedness?

ATTACHMENT 1-3 TAKING THE *ARE YOU READY?* INDEPENDENT STUDY COURSE

Independent Study Program (ISP)

Emergency
Management
Institute



FEMA

FEMA Independent Study Program Office: (301)447-1200

- Proceed to <http://training.fema.gov/EMIWeb/IS/is22.asp>
- Review course materials by ordering the Are you Ready? Manual by calling 1-800-BE-READY or downloading the materials from the above website.
 - For the EMI learning site, there is no logon needed. You may proceed to course materials directly.
 - For Downloadable course, you may download self-study materials and print out copies to review.
- After completing the course, download the final exam AND THEN open the link to the online final exam answer sheet. Both of those links are at <http://training.fema.gov/EMIWeb/IS/is22.asp>
- **Be sure to complete the information at the bottom of the final exam answer sheet page, and submit your final exam**, so you may get full credit for the course. (The link to the final exam questions and answer submission page is found at the end of each course overview page.) **You will be enrolled in this course when you submit your final exam answers online.**
- If your email was input correctly on the exam, you should receive a confirmation the next business day for the course. **Please be sure to add our email address to your contacts/allowed senders list to ensure that our email is not interpreted as SPAM.**
- Your certificate will arrive via e-mail as a PDF attachment. **Save the certificate to your computer AND print out a copy to include in your course notebook.**

