



THE PREPAREDNESS REPORT

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Be sure to review all of the Upcoming Events & Trainings Offered on pages 6 & 7



Preparedness Pumpers Team (from left to right): Tim Walker, Terry LaFon, Scott Mize, Ashley Rodriguez, Diana Cervantes and Brenda Hart.

Preparedness Pumpers Get Physical

Get Fit Texas is a free, online physical activity tracking tool that can be used to record physical activity that helps users measure their progress. The 2014 State Challenge was six-weeks in length and required registered users to log at least 150 minutes of physical activity each week.

HSR 2/3's Community Preparedness Team decided to participate, registered, and created the "Preparedness Pumpers" team on the Get Fit Texas' website. The members of this team: Diana Cervantes, Terry LaFon, Stephanie Patrick, Elyse Fritschel, Brenda Hart, Tim Walker, and Ashley Rodriguez all participated and tracked their time accordingly.

The Preparedness Pumpers Team walked a total of 1,436,125 steps and had 11,289 minutes of physical activity.



DSHS Collaborates on West Nile Prevention and Vector Control

Brenda Hart

Preparedness Planner, Preparedness Branch



Photos taken during the Integrated Mosquito Management training

As the colder temperatures give way to spring and we begin to spend more time outside; we must also think about preventing the mosquito-borne illnesses of summertime. The best bet for preventing West Nile virus and other mosquito-borne illnesses is to avoid exposure to mosquitoes and eliminate mosquito-breeding sites.

DSHS HSR 2/3 recently collaborated with the Texas A&M AgriLife Extension Service to bring Integrated Mosquito Management training to our region. The training focused on mitigation strategies for vector control and other mosquito-borne illnesses. The course brought together many presentations about vector-borne diseases in humans and a summary of the 2012 outbreak, as well as training on the components of integrated mosquito management. There were also regional best practice discussions regarding public education and techniques for the proper treatment of municipality oviposition sites.

Over 100 participants attended the workshop, representing multiple disciplines including municipality vector-control staff, private vector control contractors, epidemiology, and public health partners. A new vector-control manual was also released in time for the workshop by Texas A&M AgriLife Extension on Texas Mosquito Management. Participants were given a complimentary copy of the manual (available for download for \$20 at the following site: <http://www.agrilifebookstore.org/>) and treated to a vendor-sponsored lunch catered by Spring Creek Barbeque.

DSHS would like to thank Sonja Swiger and Mike Merchant of Texas A&M AgriLife Extension Service for their expertise in the development of the Texas Mosquito Management Manual as well as Patrick Prather of Municipal Mosquito and Mike Nichols of Target Specialty Products for providing lunch to attendees.

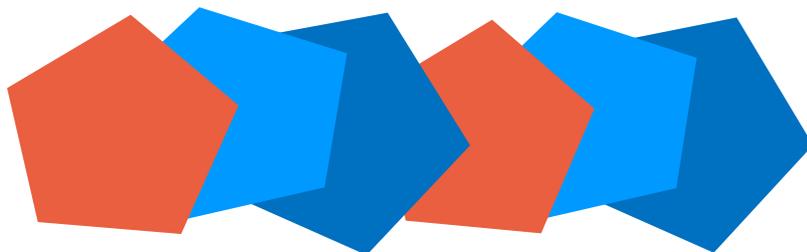
Protect yourself from the West Nile virus with the 4 D's.



FIGHT THE BITE

- 1 Stay indoors at **Dusk** and **Dawn**.**
This is the time of day that mosquitoes are most active.
- 2 Dress** in long sleeves/pants, loose and light-colored clothing when outdoors.
- 3 Defend** yourself from mosquitoes by using an insect repellent that contains DEET, Picaridin, or Oil of Lemon Eucalyptus. Follow label instructions.
- 4 Drain** standing water in your yard and neighborhood. Also make sure that flower pots, water dishes, bird baths, and wading pools are properly drained so they are not breeding grounds for mosquitoes.

 www.txwestnile.org 



CHEMPACK Sustainment

Matt Honza, BS
SNS Coordinator, Preparedness Branch

The CHEMPACK program is an ongoing initiative of CDC's Division of Strategic National Stockpile (SNS) launched in 2003, which provides antidotes to nerve agents for pre-positioning by State, local, and/or tribal officials throughout the U.S. The CHEMPACK Program is envisioned as a comprehensive capability for the effective use of medical countermeasures in the event of an attack on civilians with nerve agents. The mission of the program is to provide, monitor and maintain a nationwide program for the forward placement of nerve agent antidotes, as well as to provide state and local governments a sustainable resource, improving their capability to respond quickly to a nerve agent incident. Since the SNS has a 12-hour response time (which may be too long in the event of a chemical attack), the CHEMPACK program provides pre-positioned, self-contained units placed in centralized locations to enable first responders to quickly administer life-saving antidotes and save lives during an emergency. Having these medications in our local jurisdictions gives us local control of critical life-saving assets to ensure they are dispensed in a timely fashion.



Photo of a CHEMPACK container

The nerve agents contained in the CHEMPACK program are costly and have variable shelf lives. To combat these issues, the CDC provides Federal management of product life cycle to ensure quality of products by providing materials and approved storage containers. They also provide designated teams to monitor equipment and monitor the shelf life of container contents for each cache location. When container products near their expiration dates, they need to be replaced with viable product. Staff from the CDC and the Texas Department of State Health Services Region 2/3 Community Preparedness Program travel to our regional CHEMPACK cache locations and rotate soon-to-expire product with viable product during CHEMPACK sustainment visits.

The soon-to-be-expired product is entered into the Shelf-life Extension Program (SLEP), a joint program of the United States Department of Defense and the Food and Drug Administration which aims to reduce the cost of maintaining stockpiles of certain pharmaceuticals. Under SLEP, medications are tested for safety and stability for extended periods of time in controlled storage conditions. In many cases, medications remain effective for years past their printed expiration dates.

The CHEMPACK program is a vital tool in our efforts to respond to chemical incidents. Currently, DSHS Region 2/3 has 41 containers in 34 strategically placed locations throughout our region. For more information regarding the CHEMPACK program or the CHEMPACK sustainment visits, please contact DSHS Region 2/3 SNS Coordinator Matthew Honza at 817-264-4663 or matt.honza@dshs.state.tx.us

Personal Preparedness

David Tackett, BA

PHEP Training Specialist, Preparedness Branch

READY OR NOT?

HAVE A PLAN

Having a personal plan that includes a preparedness kit is essential to preparing your family for an emergency.

A preparedness kit contains essential items needed to care for your family for at least 3 days. Preparedness kits can vary based on the needs of the household, but there are standard items that should be included in every kit:

PLANS & CHECKLISTS



Emergency supplies checklist. Family wallet cards.

[Download Ready or Not? campaign materials here. >](#)

EVACUATION ROUTES



Do you know where you'll go if you have to evacuate?

[View the latest Texas evacuation routes from TxDOT. >](#)

EMERGENCY DOCUMENT BAG



If you have to "grab and go," what would you grab?

[Learn how to keep your documents safe. >](#)



FOOD AND WATER (STEP 1)

- 3-day supply of nonperishable food that needs no cooking
- 2 gallons of water per day for each person, to last 3 days for drinking and sanitation
- Hand-operated can opener
- Plastic plates, cups, utensils
- Baby items (formula, bottles, baby food)



FIRST AID, MEDICATION, AND HYGIENE (STEP 2)

- First-aid kit (advice: a kit recommended by the Red Cross)*
- Prescription and backup medications
- Hand sanitizer, wipes, bleach
- Toilet paper, paper towels, garbage bags
- Dental care, hearing, and vision products
- Soaps, personal supplies, baby items
- Sunscreen, insect repellent
- Nose and mouth protection masks (N-95 rating)



COMMUNICATION AND LIGHTING (STEP 3)

- Battery-powered emergency alert radio or standard radio with extra batteries
- Extra cell phone battery and car charger
- Flashlights for each family member and extra batteries
- Matches and lighter
- Whistle



TRANSPORTATION AND DOCUMENT BAG ITEMS (STEP 4)

- Road maps
- Basic repair items (tools, spare tire, tire patch kit, engine oil)

DOCUMENT BAG WITH

- Cash, current picture I.D.s, family documents
- Insurance, medical cards, bank account information
- Social security cards and birth records
- List of medications with dosages and doctors' phone numbers



OTHER ITEMS TO CONSIDER (STEP 5)

HOME SAFETY

- Plastic sheeting and duct tape
- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Rain gear and towels

COMFORT ITEMS

- Blankets and pillows
- Books, games, and toys
- Tent

PET SUPPLIES

- 3-day supply of pet food, water, and bowls
- Pet medications and pet first-aid kit
- Current pet photo in case you are separated
- Carrier, leash, toys
- Cat litter and box

Our region is vulnerable to many hazards including flooding and tornadoes. Talk with your family about preparedness and how you will communicate if you become separated or traditional means of communication are inoperable.

For additional information on personal preparedness please go to the "DSHS Ready or Not" site www.texasprepares.org

Upcoming Events & Trainings

Brenda Hart

Preparedness Planner, Preparedness Branch

Medical Preparedness and Response to Bombing Incidents – April 28-29, 2014

Baylor Regional Medical Center at Plano will host a class on how to respond to bombing incidents. This course is designed for personnel from any professional background who may become part of a community response to a bombing event. This interactive, instructor-facilitated program employs case studies and research-based information designed to enhance medical preparedness for and response to blast effects. Breakout sessions address considerations and concerns specific both to medical responders and emergency planners. For additional information, please contact Nick Sloan at james.sloan@baylorhealth.edu or call 214-820-1429.

Epidemiology Programs Intercommunication Conference (EPIC) – May 9, 2014

DSHS Health Service Region 2/3 will host our first annual Epidemiology Programs Intercommunication Conference (EPIC) in Arlington Texas. This will be the main forum for all of the regional practicing epidemiologists to learn more about what is happening within our region and exchange best practices. The presentations will focus on the everyday practices that make Region 2/3 the best region in the entire state of Texas. To register, go to: <https://www.surveymonkey.com/s/EPIC2014>. For additional information, please contact Celina Diaz at: celina.diaz@dshs.state.tx.us or call 817-264-4541.

Haskell County Medical Countermeasure Tabletop - May 14, 2014

DSHS HSR 2/3, in collaboration with Haskell County, will conduct a tabletop exercise to discuss how to respond to a public health emergency that requires dispensing of medical countermeasures to their entire population. Local and state government officials as well as private partners, civic organizations, and healthcare entities are invited to participate. For additional information, please contact Matt Honza at matt.honza@dshs.state.tx.us

Critical Incident Stress Management (CISM) – May 14-15, 2014

The North Central Texas Trauma Advisory Council is sponsoring CISM training. This 2-day workshop is designed for anyone, including nurses, who desire to increase their knowledge of group crisis intervention techniques in a variety of settings, clinical and non-clinical. This workshop is designed to teach participants the fundamentals of one-on-one crisis intervention and offers participants an opportunity to practice key interventional protocols under the supervision of skilled and experienced practitioners. For additional information, please contact Craig Brein at: cbrein@ncttrac.org

Enhanced Threat and Risk Assessment – May 19-20, 2014

Baylor Charles A. Sammons Cancer Center at Dallas will host a TEEEX sponsored course on threat and risk assessment. This enhanced course will teach participants how to apply all phases of the DHS/FEMA risk management process to specific jurisdictional critical infrastructure and key resources. Participants will learn methods to identify and prioritize risks from all hazards, assess vulnerabilities, estimate consequences, and use equipment, training, and exercises to mitigate risk. For additional information, please contact Nick Sloan at: james.sloan@baylorhealth.edu or call 214-820-1429.

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DSHS Region 2/3

Protecting, Promoting and Responding for the Health of the Region

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