

Introduction to Public Health Emergency Preparedness (PHEP)

Emergency Preparedness is the steps taken to respond and be safe before, during and after an emergency or disaster.

The goal of the Public Health Emergency Preparedness (PHEP) Program is to build a more resilient community that is prepared to deal with, and rapidly recover, from threats and emergencies that affect public health.

What does the PHEP program do?

- Develops plans to follow during Public Health Emergencies
- Hosts exercises to test the PHEP plans (Ex. Mass vaccination/ medication distribution activities)
- Coordinates with Emergency Preparedness Partners, such as local healthcare providers, emergency services, first responders, and more)
- Provides education to the public about how to prepare for emergencies
- Shares emergency notifications and other important information to the community

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Public Health Hazards of Concern in St. Lawrence County



Natural Disasters

Extreme winter weather, extreme heat, flooding, power outages, etc.



Biological Threats

Viruses, bacteria, parasites, fungi or toxins



Chemical and Threats

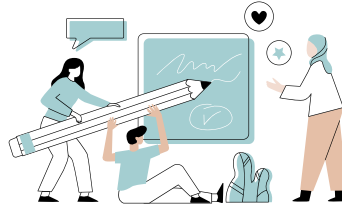
Released accidentally or intentionally



What you can do to prepare for a Public Health Emergency

Make a Plan!

Take some time to sit with those in your home to create emergency plans. Once these plans are created, exercise the plan to see them in action!



Build a Kit!

When discussing your plans with those in your home, create a list of items you would need during an emergency.



The basic emergency kit will include the following items:

- First aid kit
- Flashlight
- Lighter and matches
- Food and water
- Sleeping bag or blanket
- Cash or traveler's checks
- Pet food and water for your pets
- Complete change of clothing
- Cell phone charger
- Personal hygiene items
- Masks for everyone in the home
- Prescription medications
- Non-prescription medications (such as pain relievers, antacids, etc)
- List of emergency contacts
- Copies of identification cards
- Important family documents (copies of insurance cards and policies, bank information, and medical documents)

Stay Informed!

During an emergency, you may hear alerts on the radio or see alerts on your television, but what about when you're on the go?

NY Alert: Sign up to receive free emergency alerts! Scan the QR code to sign up to receive text messages, phone calls or faxes about emergencies in your area.



Get Involved!

Are you interested in assisting the St. Lawrence County Public Health Department during drills or real-life emergencies?

Join our volunteer group through ServNY! To learn more about volunteering, visit our website or call our department!



For additional information regarding Public Health Emergency Preparedness, call the St. Lawrence County Public Health Department (315) 386-2325.

Information in this flyer was sourced from the following sites:

1. New York State Department of Health (<https://www.health.ny.gov/environmental/emergency/>)
2. Centers for Disease Control and Prevention (<https://emergency.cdc.gov/>)
3. U.S Department of Homeland Security- Ready.gov (<https://www.ready.gov/>)

National LEAD POISONING PREVENTION

WEEK October 23-29, 2022

Lead poisoning is a build up of lead in the body and is most harmful to children under 6.

Even low levels of lead exposure can cause wide-ranging health problems:

- Slowed growth & development
- Lower IQ
- Learning & behavioral problems

Lead Poisoning is irreversible but 100% preventable.

Have your child tested for lead at ages 1 & 2 at Well Child Checks.

- Have your home tested for lead:
- Painted surfaces
 - Plumbing
 - Soil

Visit: epa.gov/lead/national-lead-poisoning-prevention-week for more information

What to do if you think your child has been lead poisoned?

Contact their pediatrician or call the Lead Poisoning Prevention Program at 315-386-2325

Federal Law requires contractors that disturb painted surfaces built before 1978 be certified and follow specific work practices to prevent lead contamination. If you are doing the work yourself, you have the ultimate responsibility to ensure the safety of your family.

Lead-Safe Practices for DIY Renovations

- Seal off work areas with plastic sheeting to prevent the dust from spreading.
- Cover floors, furniture, and vents.
- Mist materials to prevent dust before scraping.
- Only use sanders or grinders with HEPA filters.
- Do not allow others back into the room until the renovation is completed and the space has been properly cleaned.
- Wet cleaning/mopping is the best way to clean up after a renovation.



Free Home Renovations

Your home may be eligible for free renovations to reduce lead-based paint. For more information, call the North Country Housing Council at 315-386-8576.



For further information visit: EPA.gov/lead

Updated COVID-19 Boosters are here!

The authorized bivalent COVID-19 vaccines (updated booster) include components from the original strain of coronavirus as well as components from the omicron variants. The combination is expected to provide increased protection against the virus.

To learn more about the updated boosters, please visit [U.S. Food & Drug Administration's website.](#)



Pfizer

Individuals **12 years and older*** are eligible for a single booster dose of the Pfizer Bivalent Booster **at least 2 months after** completing their primary series OR 2 months after their latest booster dose.

Moderna

Individuals **18 years and older** are eligible for a single booster dose of the Moderna Bivalent Booster **at least 2 months after** completing their primary series OR 2 months after their latest booster dose.



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Public Health is offering the updated bivalent boosters every Monday and Thursday to eligible individuals*.

To make an appointment, visit [St. Lawrence County Public Health website.](#)



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*Children age 5 through 11 are currently only eligible to receive the monovalent mRNA Pfizer COVID-19 vaccine.

Prevent Overdose Deaths

Not All Overdoses Have to End in Death

Everyone has a role to play.

- Learn about the risks of opioids.
- Learn about naloxone, its availability, and how to use it.
- Help people struggling with opioid use disorder find the right care and treatment.



Signs and Symptoms of an Opioid Overdose

During an overdose, breathing can be dangerously slowed or stopped, causing brain damage or death. It's important to recognize the signs and act fast. Signs include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale blue or cold skin

When risk factors for drug overdose are present, overdose deaths can be prevented. Bystanders who have Narcan may be able to reverse an opioid overdose.

Naloxone (Narcan) is a safe medication that reverses an overdose from opioids, including heroin and fentanyl.

Free Narcan Training is offered every Thursday at 4PM.

Zoom Meeting # 990 173 44435
Zoom Call-In # 1-929-436-2866



What to Do if You Think Someone is Overdosing

It may be hard to tell if a person is high or experiencing an overdose. If you aren't sure, it's best to treat it like an overdose - you could save a life.

1. Call 911 immediately.
2. Administer Narcan, if available.
3. Try to keep the person awake and breathing.
4. Lay the person on their side to prevent choking.
5. Stay with him or her until emergency workers arrive.



See an overdose? **CALL 911**

The New York State 911 Good Samaritan Law allows people to call 911 without fear of arrest if they are having a drug or alcohol overdose that requires emergency medical care or if they witness someone overdosing.

**The Good Samaritan Law
protects you and saves lives!**



Looking for help?

Please visit: <https://slcpartners4prevention.com/resource-guide/>

Be sure to follow us on social media!

