

<p>"Personal Preparedness, what did you forget?"</p> <ul style="list-style-type: none"> ● Why to have and what is a 72 hour grab and go kit? ● What is the importance of a personal preparedness plan? ● Why to have a communication plan? ● Why should I prepare for a disease threat? ● How can I coordinate with my community? 	<p>Isolation and Quarantine – who has the authority?</p> <ul style="list-style-type: none"> ● Why will isolation and quarantine be used? ● Why is it an effective tool for safety? ● What do I need to do to prepare? ● What is my role in the isolation and quarantine plan? ● How can I protect myself and my family?
<p>Pandemic & Disease Disaster Preparedness</p> <ul style="list-style-type: none"> ● Why should you prepared for pandemic or disease? ● What is the community plan? ● How can I protect yourself and family? ● What is my community planning to do when pandemic happens? ● What is my role in disease reporting for the safety of my community? 	<p>Shelter in Place</p> <ul style="list-style-type: none"> ● Bio-Terrorism and other immediate threats ● How will you know? ● How to prepare to shelter in place? ● What to do at work ● What to do at home ● Coping Strategies to deal with Terrorism ● How to protect you and your family
<p>Weapons of Mass Destruction</p> <ul style="list-style-type: none"> ● What and why? ● What is the real threat? ● What does it mean for me and my family? ● Do I have to evacuate? ● What to take with me? ● How do I prepare? 	<p>Risk Communication</p> <ul style="list-style-type: none"> ● What is the goal? ● How to best talk to the media? ● What are the three most important items when doing risk communication? ● How to do it during times of high stress
<p>Point of Distribution (POD)& Strategic National Stockpile (SNS)</p> <ul style="list-style-type: none"> ● What is a POD? ● What is SNS? ● What is my role? ● How can I help the POD and SNS Plan? 	<p>Chempack....what and why?</p> <ul style="list-style-type: none"> ● What is Chempack? ● When is it needed? ● How is it requested? ● Who would use it?
<p>Surveillance and Epidemiology</p> <ul style="list-style-type: none"> ● What is and why is surveillance performed? ● Who has responsibility for surveillance? ● What is Epidemiology and why is it important? ● SMALL exercise is done at training 	<p>Psychological First Aid</p> <ul style="list-style-type: none"> ● How do people typically react to emergencies? ● Can you prepare emotionally for disasters & crisis? ● How can any responder apply the principles of psychological first aid? ● What is the recovery/healing process?
<p>Community Resilience and Disaster Recovery</p> <ul style="list-style-type: none"> ● What lessons can we learn from communities that have experienced major disasters/emergencies? ● How can communities prepare and develop resilience? ● How do communities recover from hardship? 	<p>Critical Incident Stress Management</p> <ul style="list-style-type: none"> ● What is CISM and when is it best applied? ● What is secondary trauma and how does it affect first responders/rescuers? ● What are the signs of trauma & stress and how do we deal with them?

For more training opportunities, see next page:

Senior Preparedness – Preparedness Buddy

- What do I need to know?
- What is the Preparedness Buddy Plan?
- What does a Preparedness Buddy need to know?
- Value of preparing?

Value of a becoming a “Closed POD”

- Who do you have responsibility for?
- How does it benefit me?
- How does it help my agency/company?
- What is the process?