Emergency Preparedness

Public Health
Prevent. Promote. Protect.

January 2016 Genesee County Health Department

Speak to Your Health! Community Survey

Genesee County residents have the opportunity to participate in a survey about their own health and the health of their community. The survey, called the 2015 Speak to Your Health! Community Survey is sponsored by the Genesee County Health Department and a wide variety of partners. This is the seventh time that the survey is being conducted in an ongoing effort to monitor the health of Flint and Genesee County residents. This year, Genesee County residents have two ways they may participate in the survey: an online survey available on the mobile-friendly Genesee County Health Department website or in paper format made available by request. Those interested in completing the online survey can visit www.gchd.us/speak.

Survey results are available to all Flint & Genesee residents. The data can be analyzed by gender, race, age, across time, and mapped geographically to determine trends by neighborhood, zip code or county. These results can be used for health program planning and evaluation, grant proposals, community education and policy development. This year two questions regarding emergency preparedness have been added to the survey. Visit www.speak.gchd.us to access results from previous surveys.

For more information, contact Brad Snyder at bsnyder@gchd.us

Severe Weather Preparedness for Your Car

Genesee County recently experienced an ice storm. Before severe weather hits it is important to make sure your car is prepared. FEMA recommends having the following items in your vehicle emergency kit:

- A shovel
- Windshield scraper and small broom
- Flashlight
- Battery powered radio
- Extra batteries
- Water
- Snack food
- Matches
- Extra hats, socks and mittens
- First aid kit with pocket knife
- Necessary medications
- Blanket(s)
- Tow chain or rope
- Road salt and sand
- Booster cables
- Emergency flares
- Fluorescent distress flag

If you do not have an emergency car kit create one. If you already have a kit check the items to make sure everything is in working order and replace anything that is expired. For more information on preparing for severe weather visit www.ready.gov/.

For more emergency preparedness information, visit the Genesee County Health Department on the web at www.gchd.us.

Resources for Emergency Preparedness Information

www.ready.gov
www.flu.gov
www.do1thing.com
www.redcross.org
www.michigan.gov/flu/
www.cdc.gov

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www.facebook.com/GeneseeCountyHealthDepartment

Resolve to be Prepared in 2016

Remember to subscribe to weather alerts on your smart phone to stay aware of severe weather.

January is the perfect time to think about what we want to do better in the coming year. Improving our preparedness is a great goal that can help keep our family safe during emergencies and natural disasters.

There is a great tool available to help you get started with your preparedness goals. Do 1 Thing is a website that breaks preparedness up into one goal a month which makes preparedness easier to tackle.

The goal for January is to make a plan. Know what disasters can happen in your area and decide what you will do in a disaster. Some of the things that happen in Genesee County are tornados, storms, flooding, extreme heat, extreme cold, ice storms and power outages.

Plan what you will do in different emergencies, for example, think about the safest place to shelter during a tornado. Think about possible disasters and how you will respond.

Also, plan what to do if you have to evacuate. Choose two places for your family to meet. One should be right outside your home in case of a sudden emergency such as a fire. The other should be outside of your neighborhood, in case you cannot return home or are asked to evacuate.

Visit Do 1Thing at www.do1thing.com and on Facebook to get their posts. Also visit www.gchd.us, go to the Emergency Preparedness Section and click on Household Emergency Plan in the Family Preparedness section for an emergency plan template.

Norovirus Prevention

Norovirus is a highly contagious virus that causes inflammation of the stomach and intestines which can lead to diarrhea, vomiting, and stomach pain.

Norovirus spreads very quickly and easily. People with the virus shed billions of virus particles in their stool and vomit and can easily infect others. The virus can spread very quickly in places with close contact such as daycares, nursing homes, and schools.

The virus can spread through:

Close contact with an infected person.

Touching infected objects or surfaces and then putting your fingers in your mouth.

Eating food or drinking liquids contaminated with the virus.

To help prevent the virus from spreading wash your hands often with soap and water, especially after using the restroom and before eating. Do not prepare food or care for others while you are sick and for 2-3 days after you recover.

Clean and disinfect contaminated surfaces. To disinfect use a chlorine bleach solution with a concentration of 5-25 tablespoons of household bleach per gallon of water.

Laundry that has been contaminated should be washed immediately and thoroughly. Wear disposable gloves while handling soiled items and wash your hands immediately after.

For more information visit www.cdc.gov/norovirus.