



**Public Health**  
Prevent. Promote. Protect.

# Emergency Preparedness

November 2015

Genesee County Health Department

For more emergency preparedness information, visit the Genesee County Health Department on the web at [www.gchd.us](http://www.gchd.us).

## Resources for Emergency Preparedness Information

[www.ready.gov](http://www.ready.gov)  
[www.flu.gov](http://www.flu.gov)  
[www.do1thing.com](http://www.do1thing.com)  
[www.redcross.org](http://www.redcross.org)  
[www.michigan.gov/flu/](http://www.michigan.gov/flu/)  
[www.cdc.gov](http://www.cdc.gov)



Genesee County Health Department  
630 S. Saginaw Street,  
Flint, MI 48502  
(810) 257-3612  
[www.gchd.us](http://www.gchd.us)

Like us on Facebook  
[www.facebook.com/GeneseeCountyHealthDepartment](http://www.facebook.com/GeneseeCountyHealthDepartment)



## Holiday Food Safety

The holidays are just around the corner and families will be preparing meals and bringing delicious dishes to pass. When preparing food for holiday parties make food safety a priority. To keep food safe follow these tips:

- \* **Cook foods to the proper temperature.** Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe temperature of 165°F. If your turkey is stuffed the stuffing should also reach a temperature of 165°F.
- \* **Refrigerate leftovers within two**

**hours of preparation.** Leaving food out too long is one of the biggest holiday food safety problems.

- \* **Properly defrost your turkey.** A 20 lb turkey needs four to five days to thaw completely in the refrigerator.
- \* **Wash your hands thoroughly and often.** Wash your hands before, during and after food preparation.
- \* **Wash food-contact surfaces.** Cutting boards, dishes, utensils and countertops

should be washed with hot, soapy water after preparing each food item.

- \* **Reheat leftovers to 165°F.** Use a food thermometer to make sure the food is reheated enough to kill bacteria.
- \* **Keep guests out of the kitchen.** The holidays occur during cold and flu season so it is important to keep people from picking at the food while it is being prepared. Make sure your holiday meals are delicious and safe. For more information visit [www.foodsafety.gov](http://www.foodsafety.gov).

## Prepare Your Car for Holiday Travel

The Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD) encourages citizens to prepare for the holiday travel season by placing emergency preparedness kits in their vehicles. Essential items to include in a vehicle emergency preparedness kit include:

- Hand-crank radio

- Hand-crank flashlight
- Cell phone charger
- Windshield scraper
- Blanket and extra clothes
- Tire repair kit and pump
- Emergency contact list
- De-icer and extra anti-freeze
- "Call Police" or other "Help" sign
- Jumper cables
- Tow chain or rope

- Fire extinguisher
  - Cat litter or sand for better tire traction
  - Shovel
  - Flares
  - First aid kit
  - Bottled water and nonperishable foods (e.g., granola bars, canned nuts, raisins, trail mix, peanut butter and crackers)
- Remember to check the weather forecast before leaving to your destination.

## Winter Care for Older Adults



Visit  
[www.ready.gov/seniors](http://www.ready.gov/seniors) for more information on emergency planning for seniors.

As winter approaches it is important to think about how to help prepare the older adults in our lives. FEMA provides the following suggestions:

- The immune system weakens with age. Once flu season ramps up and the cold air blows in, it's much more important for older adults to visit their doctor if they become sick;
- Have back-ups for needed medical equipment. Make sure they have extra hearing aid batteries, glasses, and other medical supplies, such as oxygen;
- Be sure they have enough medicine to last for a week. Keep medications, copies of prescriptions, and treatment information in an emergency supply kit;
- Falls are the leading cause of injury among older adults in the U.S. Non-slip shoes are a great way to help them navigate slippery conditions; and
- Shoveling can put too much strain on the heart and be dangerous if individuals have problems with balance or osteoporosis. Older adults, especially those

with heart disease or high blood pressure, should leave snow shoveling to others.

It is important to have a Family Emergency Plan. If you do not live near your older adult family members, make arrangements for neighbors to check in with them. Also, ask the neighbors if it's ok for older family members to contact them in an emergency. For a Family Emergency Plan template visit [www.gchd.us](http://www.gchd.us). Go to other programs, click on Emergency Preparedness then click Household Emergency Plan in the Personal Emergency Preparedness section.

## Protect Your Family from Carbon Monoxide (CO) Poisoning



Fall is upon us and as the temperatures drop it will be time to turn on the furnace for the first time this season. Faulty furnaces and heating systems in the home are the most common cause of CO poisoning. Residents should have a professional furnace inspection before heating season. Installing CO detectors is the easiest way to prevent CO poisonings. Follow these tips from the CDC to prevent Carbon Monoxide Exposure:

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.