

Emergency Preparedness



**Genesee County
Health Department**
Your Health. Our Work.

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



Public Health
Prevent. Promote. Protect.

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August-October 2017

Genesee County Health Department

September was National Emergency Preparedness Month

The focus of September, National Emergency Preparedness Month, is a proactive approach to coping with disasters. According to Ready.gov, the overarching theme of this month for 2017 is "Disasters Don't Plan Ahead. You Can." It's important for individuals, families, neighborhoods, communities, schools, businesses, and other institutions to prepare themselves for worst case

disaster scenarios and continue this process beyond September. Each week of September is centered on a subtheme of the overarching goal:

Week One

(September 1-9), make an emergency preparedness plan for yourself, your family, and your friends.

Week Two

(September 10-16), create an emergency

preparedness plan for your neighbors and your community.

Week Three

(September 17-23), practice and build out your plans.

Week Four

(September 24-30), contribute to emergency preparedness beyond your community. Play a bigger role.

Changes for the 2017-2018 Influenza (Flu) Season

Getting a yearly flu vaccine shot is the best way to protect your immune system during the 2017 and 2018 cold and flu season. The Centers for Disease Control and Prevention (CDC) suggests that the flu shot reduces flu illnesses, doctor and hospital visits, missed days of school and work, as well as other flu-related problems. A few things have changed for this cold and flu season that you need to know:

- It is still recommended to NOT use the spray flu vaccine (LAIV) for the 2017-2018 flu season.

The flu shot is the recommended method.

- This season's flu vaccines have been enhanced to include the influenza A(H1N1) component.
- Pregnant women may obtain any licensed, recommended, and age-appropriate flu vaccine for protection.
- Two up-to-date Quadrivalent* flu vaccines have been licensed: Afluria Quadrivalent IIV and Flublok Quadrivalent RIV.
- The age requirement for

Flulaval Quadrivalent has changed from three-years-old and older to six-months-old and older.

*Quadrivalent vaccine cannot cause influenza illness, because the vaccine viruses used to make it are 'inactivated' (killed) or attenuated (weakened). (CDC, 2017)





Tips for Educating Your Kids About the Flu

It's important to help children understand what the flu is and why they should protect themselves from it. This is important because children do not have as strong immune systems to fight off flu-causing germs as adults. Children who do not receive the flu vaccine are at greater risk of missing days of school and can put them behind. Here are some tips that can help you educate children on the flu and keep your child healthy during the flu season:

- **Learn how germs can make them sick.** Let them know that germs are everywhere, but they can't be seen with the naked eye.
- **Be comfortable with receiving the flu shot.** Consider providing a desirable reward for getting the shot, such as a fun movie or an extra half hour of video games.
- **Teach children how to properly sneeze and cough in a tissue.** Make sure they know to throw the tissue away afterward.
- **Teach children how to properly wash their hands** (with soap and water for 20 seconds) after using tissues, playing outside, using the bathroom, before and after eating, as well as making contact with sick people or contaminated objects.
- **Tell a trusted adult if they feel sick.** Look out for signs such as a stomach ache or vomiting, sore throat, intense sneezing or coughing, fatigue, chills or shakes, headache.
- **Use age appropriate teaching methods.** For example, sing-alongs and games work well for younger children. Older children may prefer group discussions, videos, and social media content.
- **For more information, visit <https://www.cdc.gov/flu/>**

Here is a fun video to learn more:

https://www.youtube.com/watch?v=QvyaE_eXDJU



In Case of Emergency (ICE) Cards for Kids

Save the Children and 20th Century Fox have teamed up to create an, **In Case of Emergency (ICE) Card** that you can make for your kids online. It is free and easy.

Make an ICE Card with phone numbers of family and

friends you can call in case of an emergency. The card also includes a place for your child's allergies and medications. Print the free cards at home, put one copy in your child's bag, and keep another copy for yourself.

Disasters can strike when you least expect them. Plan ahead to stay connected to your loved ones.

Create your ICE cards today at <http://Savethechildren.org/ICE>