

Public Health Points

York City Bureau of Health

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September is National Preparedness Month

By Monica Kruger, Personal Health Services Supervisor

“Don’t Wait. Communicate.” Make your Emergency Plan today! Everyone is encouraged to take part, make a plan and know what to do during an emergency. This means having an up-to-date contact list for those you may need to reach during a disaster and establishing alternate methods of communication in case traditional means are not available.

Four key steps to preparedness include: having a plan, keeping supplies, staying informed and being involved.

Family Emergency Plan

A good place to begin emergency preparedness is by writing a Family Emergency Plan. Your Plan should include every member of your household – including pets! Ten essential actions include: 1) Learn the threats in your area, 2) Identify meeting places, 3) Select your out-of-state contact, 4) Know your evacuation routes, 5) Know the location of utility shut-offs, 6) Know the emergency policies of schools and adult-care centers, 7) Identify safe spots in each room to take cover, if needed, 8) Extra medications, 9) Make special provisions for –children, seniors, pets, people with disabilities and Non-English speaking, and 10) Schedule annual disaster drills.

A good plan also includes preparing for situations when you might have to evacuate. Ten essential items for an evacuation kit include: 1) Emergency Supply Kit, 2) Out-of-State contact list, 3) Cash and credit cards, 4) Important documents - social security card, driver’s license, passport, medical card and records, insurance information, 5) Change of clothing (for each family member), 6) Personal hygiene items, 7) Family photos, 8) Baby items, 9) Mobility/assistive devices and medications, and 10) Pet care items.

Emergency Supplies

At a minimum, your emergency supplies should include these 10 essential items: 1) Water for 3-10 days (1 gallon per person per day), 2) Food for 3-10 days; non-perishable such as canned meat, protein bars, peanut butter, etc. (include pet food), 3) First Aid Kit and instructions, 4) Flashlights (and extra batteries), 5) Radio (and extra batteries), 6) Medications (prescriptions and non-prescriptions), 7) Cash and important documents (small bills and coins, birth certificates, tax returns, deeds, titles, insurance papers, medical cards), 8) Clothing and sturdy shoes, 9) Tools (wrench, duct tape, sturdy gloves, whistle), and 10) Sanitation and hygiene supplies (diapers).

Reportable Conditions 2015 York, PA

Reported Cases	July 2015	Cum.
Animal Bites	12	73
Campylobacter Enteritis	0	3
Chikungunya Virus Infection	0	1
Chlamydia	41	269
Cryptosporidiosis	0	1
Enterohemorrhagic E. Coli Diarrhea	0	1
Giardiasis	0	1
Gonorrhea	8	54
Hepatitis B	0	3
Hepatitis C	10	42
HIV Infection	0	9
Influenza Type A	0	45
Influenza Type B	0	16
Influenza, Not Specified	0	1
Lyme Disease	7	16
Meningitis – Bacterial	0	1
Pertussis	0	5
Respiratory Syncytial Virus (RSV) Infection	2	44
Salmonella	0	1
Syphilis – Primary/Secondary	1	4
Toxoplasmosis	0	3
Tuberculosis – Latent	5	19
Total Case Reports	86	612

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Stay Informed

It is important to know how you would be informed in the event of an emergency or disaster. Broadcasters, including television, radio, cable operators, satellite television and satellite broadcast radio will transmit emergency alert messages from the York City Emergency Management Authority or the Mayor. Area radio stations monitor emergency broadcasts from a variety of sources including the York County Emergency Alert System, NOAA Weather Radio, Pennsylvania Health Alert Network, Pennsylvania Emergency Management Agency, (PEMA) and the Federal Emergency Management Agency (FEMA) Radio.



Be Involved

Know what's available in your neighborhood and if there is an organized neighborhood association for coordinating preparedness activities. Become a Community Emergency Response Team (CERT) member. The CERT program trains residents on disaster preparedness and hazards that may impact their area. You learn basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using classroom training and practical exercises, CERT members learn to assist their neighbors and co-workers after a disaster when professional responders are not immediately available to help. For more information on CERT programs contact the City's Emergency Management Planner, Mike Shanabrook at 849-2441.

Resources and information:

www.ready.gov

www.health.state.pa.us

www.pema.state.pa.us

www.redcross.org

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