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Region 2

AL, FL, GA, MS, SC, TN, PR, USVI

Dare to Prepare with NNLM Region 2

region2rml@musclibanswers.com | @nnlmregion2

1 hour (10:45 – 11:45)

10:45 – 11:00 Land Acknowledgements, Community Agreements, Org Structure, Our Region, Our Staff (Sarah)

11:00 – 11:05 Timing, Objectives (Sarah)

11:05 – 11:25 Emergency Connections Game 15 (Debra)

Video

11:20 – 11:30 Water (Elizabeth)

11:25– 11:35 Emergency Preparedness in Region 2 and Inclusive disaster planning (Sarah)

11:35 – 11:45 What do you need from us?, Questions (Sarah)

Land Acknowledgements

Land acknowledgements are an honest and historically accurate way to recognize native communities of this land. Presenting land acknowledgments recognizes histories that have been systematically erased.

The native peoples of this region include the Creek, Cherokee, Choctaw and Chickasaw Nations.

The Region 2 RML recognizes the native communities of the land on which we are here today, in the City of Montgomery and the State of Alabama.

<https://www.montgomeryal.gov/Home/Components/News/News/4005/193>



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- Take care of yourself – Feel free to take breaks and hydrate as you need to.
- No one knows everything / Together we know a lot - Listen to understand.
- Make Space / Take Space – Be aware of how much you are speaking. If you are speaking a lot, be mindful to make space for those with quieter voices, especially those from marginalized groups.
- One mic / One voice - Only one person should speak at a time. Speak from your own experiences. Do not assume other people's experiences or generalize.
- Understand the difference between impact and intent – What you are intending is less important than how it impacts another person.
- Respect confidentiality – What we learn here, leaves here...what we say here, stays here.
- Be curious and respectful – Be a mindful listener. Do not blame or shame. -

Community Agreements

- Take care of yourself
- No one knows everything / Together we know a lot
- Make Space / Take Space
- One mic / One voice
- Understand the difference between impact and intent
- Respect confidentiality
- Be curious and respectful

Adapted from GLSEN Guidelines from Respectful GSA Spaces

<https://www.glsen.org/activity/guidelines-respectful-gsa-spaces>



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National Institutes of Health

Nation's research agency
27 institutes and offices

NIH

NLM

National Library of Medicine
World's largest biomedical library

**Network of the National
Library of Medicine**

Program of the NLM comprised of 7 Regional
Libraries (RMLs) and 3 offices

NNLM

Region 2



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NNLM Region 2

Alabama
Florida
Georgia
Mississippi
Commonwealth
of Puerto Rico
South Carolina
Tennessee
US Virgin Islands



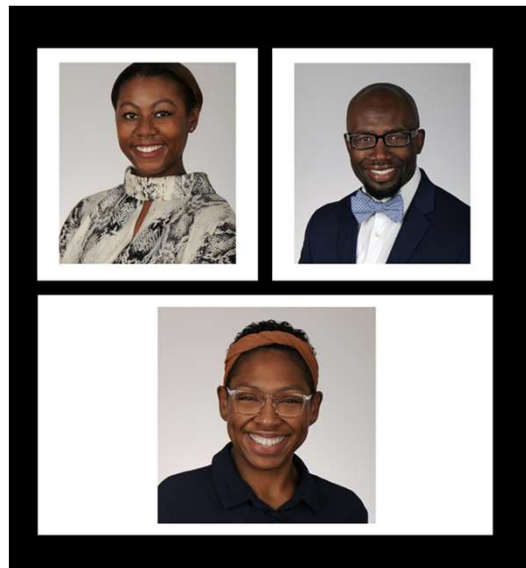
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Administrative Team

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Strategist Team

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A note about natural disasters

- Moment of Silence
- Hurricane season
- Fun and Respectful
- The Disaster Distress Helpline: 1-800-985-5990



Disaster Distress Helpline

Call or Text:

[1-800-985-5990](tel:1-800-985-5990)

DisasterDistress.samhsa.gov

Español:

Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"

For Deaf and Hard of Hearing ASL Callers:

To connect directly to an agent in American Sign Language, click the "ASL Now" button below or call [1-800-985-5990](tel:1-800-985-5990) from your videophone. ASL Support is available 24/7.



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Before we get started we want to recognize that this training comes after the major devastation from the current hurricane. We want to honor those who lost their lives during this tragedy with a moment of silence.

We are in hurricane season and other weather disasters will happen.

We want our content to be fun and informational, but please know that we also take this very seriously and care deeply about people who have experienced and will experience extreme weather.

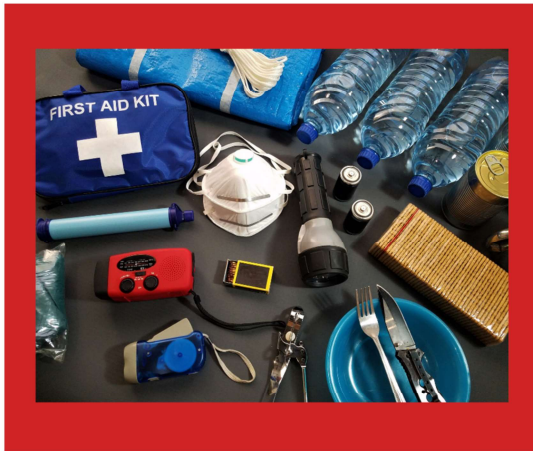
Please remember that the Disaster Distress Helpline (1-800-985-5990) provides confidential counseling, referrals, and other support, 24 hours a day, seven days a week.

Objectives

- Learn about NNLM Region 2 preparedness efforts
- Discuss fundamentals of preparedness
- Obtain resources to prepare yourself and your community for emergencies



Emergency Connections Activity



https://www.redcross.org/content/dam/redcross/atg/PDF_s/Chapters/Denver/disastergamecards.pdf

We have an activity to help you think through what you might need in an emergency and in your own kit. We have 24 cards that we will divide between participants in the room. (Based on the number of folks in the room, pair or team folks up.) 12 cards have words expressing a "need" and 12 cards have an image of a "resource." Your job is to match each need to one resource. You will do this by talking to other audience members and creating matched pairs. Beware that each card has only one match.

As you are finding these resources, think about how it would feel if you were strangers or truly injured. This is our own version of a Red Cross game linked below.

You will have 10 minutes to have all cards paired and ready to present to our team.

It has now been 10 minutes and time is up.

Can you all read of the matched pairs?

They should be like this:

Confused – Emergency Radio

All Wet – Rain Poncho

Hungry – Emergency Food Ration
Thirsty - Water
Wounded – First Aid Kit
Gotta Go— Toiletries
In the Dark -- Flashlight
Cold – Emergency blanket
Dusty—Dusk Mask
Back in the Dark – Batteries or Glow Sticks
Noise - Wistle
Ouch – Gloves

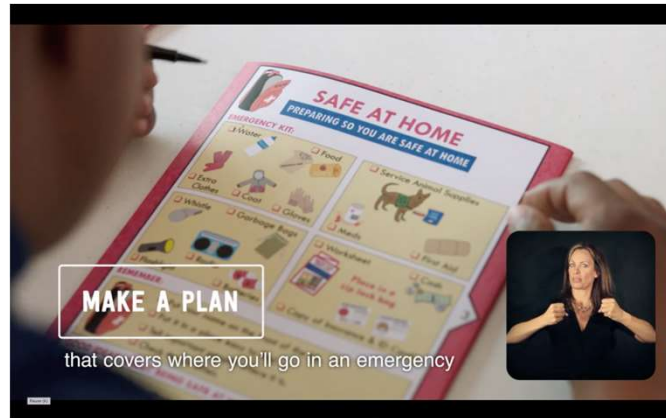
What do you think it missing? (can opener, toilet paper)

How did that feel?

Now imagine if you spoke a different language, were in the dark, were a young child, or were using a wheelchair. How would the experience have been different?

What about if you only had 6 resources, but had to solve the same problems. Building your emergency kit and sharing resources is important.

We Prepare
Everyday



<https://www.youtube.com/watch?v=iGddWyoWkyg>

Flooding

The #1 most common natural disaster in the United States

- Flood Preparation
 - Find out if you live in a flood prone area. [Search here.](#)
 - Purchase flood insurance
 - Take photos of your belongings for future claims
 - Keep important documents in a waterproof container
 - Evacuation plan for your family
- During a flood
 - Evacuate if you have enough notice
 - Do not walk, swim, or drive through moving water.
"Turn around. Don't drown."
 - If you are trapped in a building, move to the highest floor but do not go in an enclosed attic



We serve the Southeast region as well as the USVI and the Commonwealth of Puerto Rico. This means that water related disasters affect our membership frequently. Discussion of flooding from ready.gov resources

Flooding is a temporary overflow of water onto land that is normally dry. **Floods are the most common natural disaster in the United States.**

Floods may:

- Result from rain, snow, coastal storms, storm surges and overflows of dams and other water systems.
- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings and create landslides.

Flooding (cont'd)

- After a flood
 - Return home only after authorities have declared it safe to do so.
 - Turn off the electricity to prevent electric shock.
 - Wear heavy work gloves, protective clothing and boots during cleanup.
 - There likely will be **mold**. Wear a face mask. Stay away if you have asthma or other respiratory conditions.



Water

- Recommended **3 day supply** of water for your family
 - 1 gallon per person (and pets!), per day
- Place water bottles in the freezer to help keep food cold during power outage
- 3 liter soda bottles are sturdier than milk jugs
- Water treatment – 3 options
 - Boil (1-3 minutes and let cool)
 - Disinfect (1/8 teaspoon of bleach per gallon of water)
 - Filter (must be labeled to remove parasites)
- Fill tub with water for non-consuming purposes (flush toilet)



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We serve the Southeast region as well as the USVI and the Commonwealth of Puerto Rico. This means that water related disasters affect our membership frequently. Discussion of flooding from ready.gov resources, how to help patrons, how to use the 2-3 items we gave them

After a disaster or emergency, tap water may not be safe to use. Always listen to your local authorities for specific advice. Use bottled water for drinking, cooking, and brushing teeth if possible. If bottled water is not available, choose one of the following methods to make your water safe.

Make Water Safe During an Emergency

After a disaster or emergency, tap water may not be safe to use. Always listen to your local authorities for specific advice. Use bottled water for drinking, cooking, and brushing teeth if possible. If bottled water is not available, choose one of the following methods to make your water safe.

Water contaminated with harmful chemicals or toxins cannot be made safe by boiling, disinfecting, or filtering.

BOIL

This method will kill bacteria, viruses, and parasites.

Boiling water is the best method.



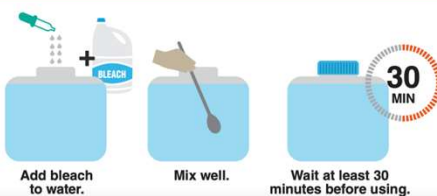
Boil your water for 1 minute. At elevations above 6,500 feet, boil for 3 minutes. Let the water cool.

DISINFECT

This method will kill most viruses and bacteria.

Add 8 drops or a little less than 1/8 of a teaspoon of 5%-9% unscented household bleach to 1 gallon water. For cloudy tap water, use 16 drops or 1/4 teaspoon.

If you don't have household bleach, chlorine dioxide tablets or iodine can be used according to label instructions.



Add bleach to water.

Mix well.

Wait at least 30 minutes before using.



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<https://www.cdc.gov/healthywater/emergency/pdf/make-water-safe-during-emergency-p.pdf>

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Emergency Preparedness in NNLN Region 2 (R2)

R2 can provide support in preparing for/responding to disasters and localized emergencies.

- Emergency Response and Preparedness Advisory Committee (ERPAC)
 - September National Preparedness Month -
 - [Inclusive Disaster Planning: Considering the Needs of People with Disabilities](#)
- Emergency preparedness grant funding
 - USVI Ham Radio
- Emergency Communications > Weather Advisory
- [Region 2 Emergency Preparedness Resources](#)



Weather Communications – we would like to hear from you

How can Region 2 help you before, during and after an emergency?



We want to serve you in the best way possible. We would like to know how to best communicate with you.

- What types of communications do you want to see from us?
- How can we do a better job?

Let's Connect

- Find us on Facebook, LinkedIn, and Twitter @nnlmregion2
- E-mail: region2rml@musc.libanswers.com



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Resources

- American Red Cross - Inclusive Preparedness Resources - <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/inclusive-preparedness-resources.html>
- Ready.gov - Individuals with disabilities - <https://www.ready.gov/disability>
- SAMHSA (Substance Abuse and Mental Health Services Administration – Preparing for Disaster for People With Disabilities and Other Special Needs - <https://www.samhsa.gov/resource/dbhis/preparing-disaster-people-disabilities-special-needs>
- Template for One Page Plan: <https://guides.hsl.virginia.edu/dan-wilson>
- We Prepare Everyday video - <https://www.youtube.com/watch?v=iGddWyoWkyg>



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Disability & Disaster Hotline



Call/Text: +1 (800) 626-4959
Email: hotline@disasterstrategies.org

- By calling or texting this number 800-626-4959, callers agree to receive text messages. If you no longer wish to receive text messages, you may opt out at any time by replying "STOP."
- The Partnership's Disability & Disaster Hotline provides information, referrals, guidance, technical assistance and resources to people with disabilities, their families, allies, organizations assisting disaster impacted individuals with disabilities and others seeking assistance with immediate and urgent disaster-related needs.
- The Disaster Hotline is always available for intake calls, 24 hours a day, 7 days a week, 365 days a year. Our hotline team is led by experts on the many issues affecting people with disabilities in disasters and strategies for meeting those immediate needs. Our team will respond to your call as soon as possible, often immediately, and we intend to respond to all callers within 24 hours.
- We can provide accessible and multilingual information to callers, including via videophone for Deaf callers, upon request to hotline@disasterstrategies.org.



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April:

Thank you, Sandy. Now, let's hear from Dr. Beatriz.