All Hazards Preparedness and Response

09 December 2022

Presented to the Poland Health Sector
Overall Objectives

• **Review/Understand:** All Hazard Examples

• **Review:** Shelter in place, accountability, communication from authorities, evacuation

• **Review:** Resources and e-Library
Why All Hazard?

Acute hazard events can strike anytime which can involve multiple hazards in one event.

Most acute hazards have a requirement to shelter in place.

Impossible to plan for every individual hazard.
Shelter-in-Place for **Multistory Buildings**  Includes condos, apartments, offices, and schools

### Active Shooter
**Run. Hide. Fight.**
- **What to do:** Run away from shooter. Call 911 if safe to do so. Hide if you cannot get away safely. Silence electronic devices. Lock and block doors, close blinds, turn off lights. Fight as a last resort.
- **How long to stay:** Stay inside until law enforcement gives you notice that the danger is over.

### Hurricane (High Wind, Flooding, Storm Surge)
**Shelter-In-Place:** For high wind, go to a windowless room on the lowest level. For flooding, go as high as possible but not into the attic.
- **What to do:** For high wind, go to a small, interior, windowless room in the lowest level.
- **How long to stay:** Stay inside until local authorities provide other instructions.

### Thunderstorm
**Shelter-In-Place:** Stay inside.
- **What to do:** Pay attention to weather reports. Be ready to change plans if necessary. Unplug appliances. Avoid using running water or landline phones.
- **How long to stay:** For the length of the storm.

### Winter Storm
**Shelter-In-Place:** Stay inside.
- **What to do:** Avoid carbon monoxide poison by using generators and grills only outdoors, 20 feet from the house and away from windows. Never heat a building with a gas stove top or oven.
- **How long to stay:** For the length of the storm.

### Pandemic
**Shelter-In-Place:** Stay home. Minimize access to your home from anyone not isolating with you.
- **What to do:** Reduce trips outside to only essential requirements. Clean surfaces often with disinfectant. Wash hands for 20 seconds frequently with soap. Avoid touching your eyes, nose, or mouth. Gather supplies in case you need to stay home for several days or weeks. If you must go to an office, campus, or live in a multi-story building, make sure to wear a mask and keep a physical distance of at least 6 ft apart.
- **How long to stay:** As advised by local public health officials.

### Chemical Hazard
**Shelter-In-Place:** Stay inside and seal the room. Use duct tape and plastic sheeting to seal around the windows and doors.
- **What to do:** Lock all doors and windows. Drink storm water, not water from the tap. Turn off the air conditioner, furnace, and fans. Close the fireplace damper and seal off any other place where air may come in from outside.
- **How long to stay:** Should not last longer than a few hours. Listen to authorities to know when it is safe to leave.

### Earthquake
**Shelter-In-Place:** Stay where you are and Drop, Cover, and Hold On. Get under and hold on to sturdy furniture. Protect the head and neck with arms or pillows.
- **What to do:** Drop, Cover and Hold On. If in a bed, turn onto stomach and cover your head and neck with a pillow.
- **How long to stay:** Until the shaking stops.

### Nuclear Detonation
**Shelter-In-Place:** Go to a basement or mobile of the building. Stay away from the outer walls and roof. Take shelter in a basement, underground parking garage, or other lowest level in the structure.
- **What to do:** Remove contaminated clothing and wipe off or wash unprotected skin if you were outside after the fallout arrived.
- **How long to stay:** Stay inside for 24 hours unless local authorities provide other instructions, or the building is on fire or in danger of collapsing.

### Flooding
**Shelter-In-Place:** If the floodwaters rise to a dangerous level, get on the roof if possible and call 911.
- **What to do:** Listen for current emergency information and instructions. Use a generator or other gasoline-powered machinery only outdoors and 20 feet from the house and away from windows.
- **How long to stay:** Stay inside until authorities indicate it is safe to leave.

### Flash Flooding
**Shelter-In-Place:** Go to a small, interior, windowless room, in the lowest level.
- **What to do:** Protect your head and neck. Take additional cover by putting blankets around you.
- **How long to stay:** Stay inside until weather forecasts and local authorities say it is safe to do so. Use extreme care when leaving a building as there may be dangerous debris.
Shelter-in-Place for 1- or 2-Story Building

May have an attic and/or basement

**Active Shooter**

- **What to do:** Run away from shooter. Call 911 if safe to do so. Hide if you cannot get away safely. Silence electronic devices. Lock and block doors, close blinds, turn off lights. Fight as a last resort.

- **How long to stay:** Stay inside until local authorities provide other instructions.

**Hurricane (High Wind, Flooding, Storm Surge)**

- **Shelter-in-Place:** Stay inside.
- **What to do:** For high wind, go to a windowless room on the lowest level. For flooding, go as high as possible but not into the attic.
- **What to do:** For high wind, go to a small, interior, windowless room in the lowest level.
- **How long to stay:** Stay inside until local authorities provide other instructions.

**Thunderstorm**

- **Shelter-in-Place:** Stay inside.
- **What to do:** Pay attention to weather reports. Be ready to change plans if necessary. Unplug appliances, avoid using running water or landline phones.

- **How long to stay:** For the length of the storm.

**Winter Storm**

- **Shelter-in-Place:** Stay inside.
- **What to do:** Avoid carbon monoxide poisoning by using generators and grills ONLY outdoors. 20 feet from the house and away from windows. Never heat a building with a gas stove top or oven.

- **How long to stay:** For the length of the storm.

**Pandemic**

- **Shelter-in-Place:** Stay Home. Minimize access to your home and avoid anyone not isolating with you.

- **What to do:** Reduce trips outside to only essential requirements. Clean surfaces often with disinfectant. Wash hands for 20 seconds frequently with soap. Avoid touching your eyes, nose, or mouth. Gather supplies in case you need to stay home for several days or weeks.

- **How long to stay:** As advised by local public health officials.

**Chemical Hazard**

- **Shelter-in-Place:** Stay inside and seal the room. Use duct tape and plastic sheeting to seal around the windows and doors.

- **What to do:** Lock all doors and windows. Drink stored water, not water from the tap. Turn off the air conditioner, furnace, and fans. Close the fireplace damper and seal off any other place where air may come in from outside.

- **How long to stay:** Should not last longer than a few hours. Listen to authorities to know when it is safe to leave.

**Earthquake**

- **Shelter-in-Place:** Stay where you are and Drop, Cover, and Hold On. Get under and hold on to sturdy furniture. Protect the head and neck with arms or pillows.

- **What to do:** Drop, Cover, and Hold On. If in a bed, turn onto stomach and cover your head and neck with a pillow.

- **How long to stay:** Until the shaking stops.

**Nuclear Detonation**

- **Shelter-in-Place:** Go to a basement or middle of the building. Stay away from the outer walls and roof.

- **What to do:** Remove contaminated clothing and wipe off or wash unprotected skin. If you were outside after the fallout arrived.

- **How long to stay:** Stay inside for 24 hours unless local authorities provide other instructions, or the building is on fire or in danger of collapsing.

**Flooding**

- **Shelter-in-Place:** If the floodwaters rise to a dangerous level, get on the roof if possible and call 911.

- **What to do:** Listen for current emergency information and instructions. Use a generator or other gasoline-powered machinery ONLY outdoors and 20 feet from the house and away from windows.

- **How long to stay:** Stay inside until authorities indicate it is safe to leave.

**Flash Flooding**

- **What to do:** Protect your head and neck. Take additional cover by putting blankets around you.

- **How long to stay:** Stay inside until weather forecasters and local authorities say it is safe to do so. Use extreme care when leaving a building as there may be dangerous debris.
Shelter-in-Place for Chemical Hazard

If told not to evacuate or it is too late to evacuate

When disaster strikes, it may be safer to stay in your home, place of employment, or other location. Learn where to go, what to do, and how long you should shelter-in-place for the hazards in your area.

Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants.

Take Additional Safety Measures

Go inside as quickly as possible. Bring any pets indoors.

Lock all doors and windows for a better seal.

Turn off the air conditioner or furnace, all fans, close the fireplace damper and any other place that air can come in from outside.

Use duct tape and plastic to seal around doors and windows in the room where you take shelter.

Listen for current emergency information and instructions from authorities.

Do not drink water from the tap. Stored water will be safer.

For all locations, stay inside and minimize air flow by turning off all furnaces, air conditioners, fans, and heaters.

If possible, further reduce exposure to the chemical hazard by using duct tape and plastic sheeting to:
- tape the gaps around doors and windows
- cover any vents or recessed fans
- tape over electrical outlets

Going to an interior room without windows will make it easier to seal the room.

Turn off all fans, furnace or air conditioner.

Use duct tape and plastic sheeting to seal around the windows and doors. This will reduce contaminated air coming into the room.

Going to an interior room without windows will give you fewer locations to seal.

Visit [https://community.fema.gov/ProtectiveActions/](https://community.fema.gov/ProtectiveActions/) for more information.
Shelter-in-Place for Nuclear Detonation

When disaster strikes, it may be safer to stay in your home, place of employment, or other location. Learn where to go, what to do, and how long you should shelter-in-place for the hazards in your area.

Nuclear explosions include an intensely bright flash, a blast wave, and radioactive fallout (the dirt mixed with radioactive material that falls to the earth after the explosion). Radioactive fallout generally begins to collect about 10 minutes after the explosion. This gives you time to find adequate shelter.

**Get In. Stay In. Tune In.**

- Get Inside the nearest building to protect yourself from radiation. Brick or concrete are best. Bring any pets indoors.
- Go to the basement or middle of the building. Stay away from the outer walls and roof because radioactive material will collect there.

**Take Additional Safety Measures**

- Close windows and doors. If possible, turn off units that bring in air from the outside.
- Stay Inside for 24 hours unless local authorities provide other instructions. It is important to wait for the radiation to decay.
- Listen for instructions from authorities.

If you are in a Manufactured or Mobile Home

- If you cannot make it to a brick or concrete structure, shelter in the middle of the structure.
- Stay away from the outer walls, windows, and roof.

If you are in a 2- or 2-Story Building

- Go to the basement or lowest level in the structure.
- If you don’t have a basement, take shelter on the first or middle floor.
- Stay away from the outer walls, windows, and roof.

If you are in a Multistory Building

- Go to the basement, parking levels or other lowest level in the structure.
- Stay away from the outer walls, windows, and roof.

Visit https://community.fema.gov/ProtectiveActions/s/ for more information.
Portable Transistor Radio Examples
Communication From Official Channels

- Be cautious of misinformation/disinformation
- Identify official communication from local governmental authorities
- Warsaw’s designated emergency FM station is 92.4
Evacuation Recommendations

- Create maps from floor diagrams with arrows that designate the exit route assignments.

- These maps should include locations of exits, assembly points and equipment (such as fire extinguishers, first aid kits, spill kits) that may be needed in an emergency.

- Exit routes **should be clearly marked and well lit**, wide enough to accommodate the number of evacuating personnel, unobstructed and clear of debris at all times, and unlikely to expose evacuating personnel to additional hazards.

- Have paper maps of city/region, designate meeting point within city and a secondary outside city. (always follow communications from officials)
Questions and Inputs?

POC: John M. Saindon, PhD, Refugee Health Extension, WHO Euro, Ukraine Incident Management Support Team
# All Hazards Exercise Objectives

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All Hazards Exercise Scenario

• Loud explosion during normal business hours, near Warsaw West Train Depot, creating a thick plume of smoke
• Electricity has been knocked out and communication is not working due to system’s capacity overwhelmed
• Tap water is still working, but safety is unknown
Simulate the following

- SHELTER IN PLACE
- ACCOUNTABILITY
- COMMUNICATION FROM OFFICIAL AUTHORITIES
- EVACUATION
Resources

• Poland Emergency Broadcast Stations
• Evacuation Recommendations
• Shelter in Place Recommendations
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<td>Use of potassium iodine for thyroid protection during nuclear or radiological emergencies</td>
<td>Iodine thyroid blocking: Guidelines for use in planning and responding to radiological and nuclear emergencies</td>
<td>ICRP Interim Advice for the Public on Protection in Case of a Nuclear Detonation</td>
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<td>Radioactivity in food after a nuclear emergency</td>
<td>A framework for mental health and psychosocial support in radiological and nuclear emergencies</td>
<td>Radiation and Health Q&amp;As</td>
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<td>Communicating risk in public health emergencies</td>
<td>TMT Handbook: triage, monitoring and treatment of people exposed to ionising radiation following a malevolent act</td>
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<td>WHO guidance on preparing for national response to health emergencies and disasters</td>
<td>Generic procedures for medical response during a nuclear or radiological emergency (IAEA, WHO, 2005)</td>
<td><a href="https://www.who.int/multi-media/details/radiation-emergency-advice-for-pregnant-women">https://www.who.int/multi-media/details/radiation-emergency-advice-for-pregnant-women</a></td>
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<td>Arrangements for preparedness for a nuclear or radiological emergency (FAO, IAEA, ILO, PAHO, OCHA, WHO, 2007)</td>
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<td>Medical Management of Radiation Injuries (IAEA, IFRC, PAHO, 2020)</td>
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<td>Preparedness and Response for a Nuclear or Radiological Emergency Combined with Other Incidents or Emergencies (IAEA, 2020)</td>
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<td>Preparedness and Response for a Nuclear or Radiological Emergency Involving the Transport of Radioactive Material (IAEA, ICAO, IMO, 2022)</td>
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<td>Arrangements for public communication in preparedness and response for a nuclear or radiological emergency (FAO, IAEA, ICAO, INTERPOL, CTBTO, UNOSOA, 2020)</td>
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