All Hazards Preparedness and Response

09December2022

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: If you are not able to run to safety, stay in place 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. Limit time outside.

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.

Flooding / Flash 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.

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 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. 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.

Tornado

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.

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Shelter-in-Place for **1- or 2-Story Building** May have an attic and/or basement

Active Shooter

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

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

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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

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

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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.

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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.

If you are in a **Manufactured or Mobile Home**

If you are in a **1- or 2-Story Building**
May have an attic and/or basement

If you are in a **Multistory Building**
Includes schools, apartments, and offices

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.

How long to shelter-in-place?

Sheltering-in-place for a chemical hazard should not last longer than a few hours. Listen to authorities to know when it is safe to leave.

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Visit https://community.fema.gov/ProtectiveActions/s/ 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.

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.

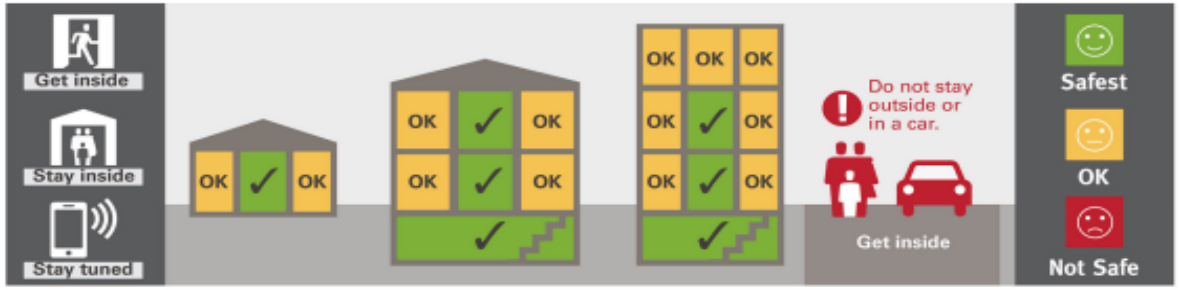
Take Additional Safety Measures

If you were outside after the fallout arrived, remove your outer layer of clothing and put it away from people and pets. Brush off any fallout and, if possible, wash exposed skin and hair.

Family members and caregivers should not leave to get their children. Schools/Day cares have plans and are caring for your children. Reunite later to avoid exposure to dangerous radiation.

Visit https://community.fema.gov/ProtectiveActions/s/ for more information.

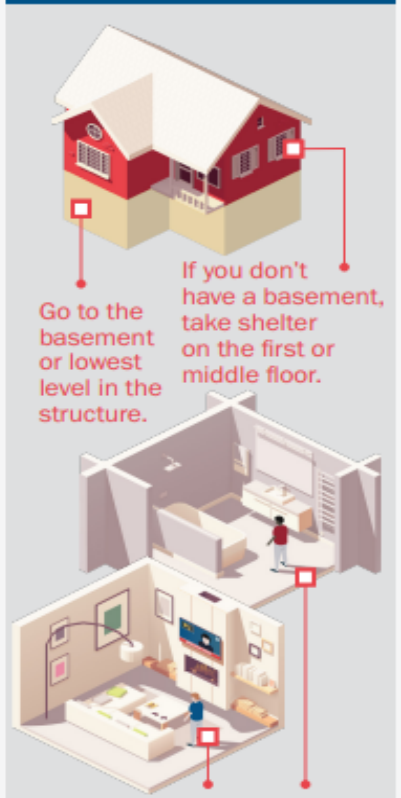
Get In. Stay In. Tune In.



If you are in a **Manufactured or Mobile Home**

If you are in a **1- or 2-Story Building**

May have an attic and/or basement



If you are in a **Multistory Building**

Includes schools, apartments, and offices

How long to shelter-in-place?

Stay inside for 24 hours unless authorities provide other instructions, or your building is threatened by fire or collapse. This will protect you from radioactive fallout.

Tune into any communication channel or media available for official information on when it is safe to exit and where you should go.

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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?

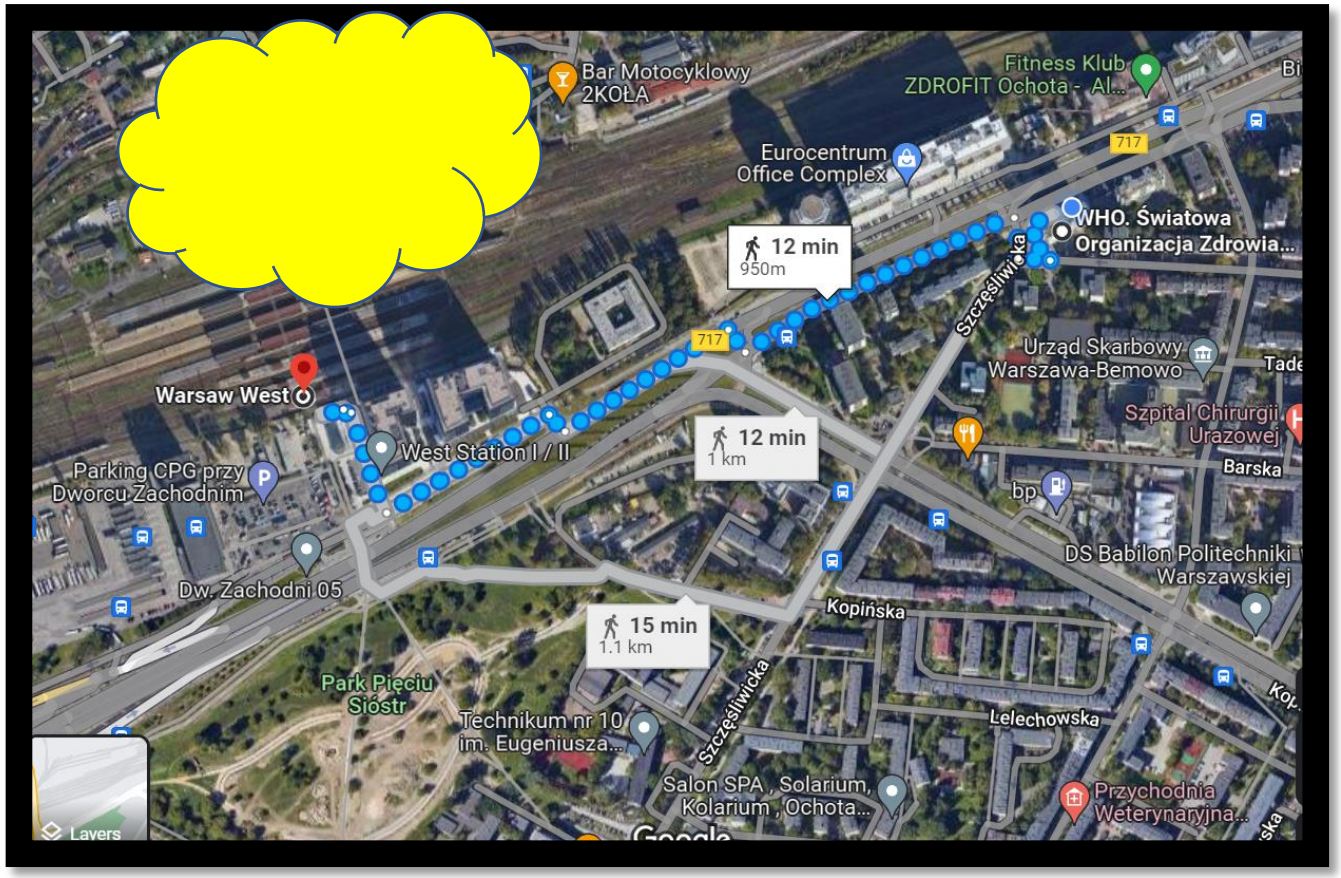
POC: John M. Saindon, PhD, Refugee Health Extension, WHO Euro,
Ukraine Incident Management Support Team

All Hazards Exercise Objectives

Objective of test	Type of exercise
• Shelter in Place • Accountability • Communications • Evacuation	All Hazards

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

Information Resources e-Library

Health Cluster and Public Health Authorities	Clinicians and First Responders	General Population
Use of potassium iodine for thyroid protection during nuclear or radiological emergencies Radioactivity in food after a nuclear emergency Communicating risk in public health emergencies Management of radioactivity in drinking-water WHO Emergency Response Framework WHO guidance on preparing for national response to health emergencies and disasters National civil–military health collaboration framework for strengthening health emergency preparedness: WHO guidance document IAEA: Joint Radiation Emergency Management Plan of International Organizations Preparedness and Response for a Nuclear or Radiological Emergency (FAO, IAEA, ICAO, ILO, IMO, INTERPOL, OECD/NEA, PAHO, CTBTO, UNEP, OCHA, WHO, WMO, 2015 Arrangements for preparedness for a nuclear or radiological emergency (FAO, IAEA, ILO, PAHO, OCHA, WHO, 2007) Medical Management of Radiation Injuries (IAEA, IFRC, PAHO, 2020) Preparedness and Response for a Nuclear or Radiological Emergency Combined with Other Incidents or Emergencies (IAEA, 2020) Preparedness and Response for a Nuclear or Radiological Emergency Involving the Transport of Radioactive Material (IAEA, ICAO, IMO, 2022) Arrangements for public communication in preparedness and response for a nuclear or radiological emergency (FAO, IAEA, ICAO, INTERPOL, CTBTO, UNOOSA, 2020)	Iodine thyroid blocking: Guidelines for use in planning and responding to radiological and nuclear emergencies A framework for mental health and psychosocial support in radiological and nuclear emergencies TMT Handbook: triage, monitoring and treatment of people exposed to ionising radiation following a malevolent act Hospital emergency response checklist: an all-hazards tool for hospital administrators and emergency managers (WHO EURO, 2011) Manual for first responders to a radiological emergency (CTIF, IAEA, PAHO, WHO, 2006) Generic procedures for medical response during a nuclear or radiological emergency (IAEA, WHO, 2005) Nuclear and Radiological Emergency Guidelines Preparedness, Response and Recovery (IFRC, 2015)	ICRP Interim Advice for the Public on Protection in Case of a Nuclear Detonation Radiation and Health Q&As **Infographics:** https://www.who.int/multi-media/details/radiation-emergency-iodine-thyroid-blocking https://www.who.int/multi-media/details/radiation-emergency-self-decontamination https://www.who.int/multi-media/details/radiation-emergency-advice-for-pregnant-women https://www.who.int/multi-media/details/radiation-emergency-external-exposure-vs-radioactive-contamination https://www.who.int/multi-media/details/radiation-emergency-prussian-blue https://www.who.int/multi-media/details/radiation-emergency-nuclear-power-plant-emergency