



Department of State Health Services  
Health Service Region 1  
Public Health Emergency Preparedness  
(PHEP)

**Volunteers...the lifeblood of the community!**

**Regional Staff:**

Lubbock: 806-744-3577

Regional Medical Director:  
Peter W. Pendergrass, MD, MPH

Deputy Regional Director:  
Deborah A. Evans

PHEP Program Manager:  
Kelly Northcott, BS

Program Specialist IV:  
Sandra Perez

Administrative Assistant II:  
Sandra Munoz

Program Specialist III:  
Roy Ramos (Bailey, Briscoe, Castro, Cochran, Hockley, Lamb, Parmer, Swisher)

Program Specialist III:  
Liz Broadstreet, M.Ed (Hale, Floyd, Motley, Crosby, Dickens, King, Garza)

Canyon: 806-655-7151

Program Specialist IV:  
Jordan Coulson, RN, BA  
SNS Coordinator (Dallam, Deaf Smith, Hartley, Moore, Oldham, Sherman)

Program Specialist III:  
William McDowell, BA  
(Hansford, Hemphill, Hutchinson, Lipscomb, Roberts, Wheeler)

Program Specialist III:  
Rick Tull, BS  
Chempack Coordinator & SNS Assistant Coordinator (Armstrong, Carson, Childress, Collingsworth, Donley, Gray, Hall)

**PHEP Regional Staff  
Conduct Presentations  
in the Region**

Health Service Region 1 (HSR1), Public Health Emergency Preparedness (PHEP) staff conducted presentations to nurses and immunization providers during the month of April.

The first presentation was at the Department of State Health Services' (DSHS) HSR1 School Nurse Workshop and Annual Update on

April 15, 2014 at Region 16 Education Service Center in Amarillo.

The second was on April 16, 2014 at Region 17 in Lubbock. PHEP staff also provided a display board with preparedness information.

- Provided overview and history of Latent TB infection (LTBI), TB disease, and transmission.
- Provided overview of TB testing procedures.
- Explained the DSHS HSR1 role in TB response.

Another PHEP presentation during the workshop was "Nutrition in Preparedness" presented by Liz Broadstreet. This presentation included practical information and tips to help prepare a



*Liz Broadstreet with Preparedness Display.*

Jordan Coulson presented "Tuberculosis Best Practices" which included:

- Defining Strategic National Stockpile (SNS) and Points of Dispensing (PODs) and discussed how they tie into Tuberculosis (TB) response.

three-day emergency food supply and a "Get and Go Kit" (list of contents of kit on page 2) . Having an emergency food supply means you won't go hungry when transportation, weather, health, or other problems

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prevent you from getting your usual supply of groceries or meals.

If you are interested in further information concerning the two presentations, please contact Liz Broadstreet at phone number 806-783-6454 or email her at [liz.broadstreet@dshs.state.tx.us](mailto:liz.broadstreet@dshs.state.tx.us).

William McDowell and Jordan Coulson were asked to present "Personal Preparedness" during the Immunizations Provider Training which was held on April 24, 2014 in Lubbock and April 25, 2014 in Amarillo. The objective of this presentation was to have participants gain an understanding of the importance of being prepared, using an "all hazards" approach, for both instances in the home or office, as well as during travel.

William drew upon his background as the Emergency Management Coordinator for multiple Naval clinics, as well as his knowledge of Joint Commission on Accreditation of Healthcare Organizations (JCAHO) to talk

about sheltering in place and evacuation. He covered threats that could present themselves (hazardous material spills, active shooter scenarios, weather based disasters) and what the most appropriate response would be to mitigate those threats, as well as evacuations. In addition, William handed out a decision matrix that would assist the attendees in planning their clinics' response to a disaster, and whether to shelter in place or evacuate.



*William McDowell demonstrates how to use a weather radio.*

Jordan covered topics such as the importance of weather radios, and the basics of building a 72-hour disaster kit. Preparedness information was given to all attendees, and the contents of a 72-hour kit was on display, in order to help the attendees assemble their own disaster kit.

For further information concerning personal preparedness, please contact Jordan Coulson at phone

number 806-477-1110 or email him at [jordan.coulson@dshs.state.tx.us](mailto:jordan.coulson@dshs.state.tx.us) or William McDowell at phone number 806-477-1139 or email him at [william.mcdowell@dshs.state.tx.us](mailto:william.mcdowell@dshs.state.tx.us).

### **Contents for One Person "Get and Go Kit"**

The "Get and Go Kit" can be used as a food supply during an all hazards incident. Below is the list of contents for the Kit:

- ◇ 1 packet hot chocolate
- ◇ 2 packets flavored instant oatmeal
- ◇ 2 packets instant cup of soup
- ◇ 1 packet cappuccino
- ◇ 1 packet spiced cider
- ◇ 1 package cheese & crackers
- ◇ 1 granola bar
- ◇ 1 package raisins
- ◇ 1 packet of tea
- ◇ 2 packets of beef bouillon
- ◇ 1 Oberto meat stick
- ◇ 1 book matches
- ◇ 3 pcs jolly rancher hard candy
- ◇ 1 vitamin pack



## ***Regional PHEP Staff Attend DSHS Public Health Emergency Planners Collaborative Workshop***

The Department of State Health Services (DSHS) held a Public Health Emergency Planners Collaborative Workshop on April 09th, 10th and 11th in Austin, Texas. Over 30 individuals attended which included planners, Public Health Emergency Preparedness (PHEP) managers, Strategic National Stockpile (SNS) coordinators, and other preparedness staff from throughout the state's eight health service regions and central office. Health Service Region 1 was represented by; Kelly Northcott, Sandra Perez and William McDowell.

The goal of this workshop was to bring together all of the DSHS public health emergency planners from across the state of Texas and develop a unified planning structure and system. The event included keynote addresses from Bruce Clements - Director of Community Preparedness, and David Gruber - Associate Commissioner for Regional and Local Health Services. The workshop was a culmination of several months' work which included statewide visits to all of the health service regions (HSR) by the central office planning team. These visits were vital in gaining a better understanding of the status of plans in the regions and the different planning cultures that exist across the state. This established a foundation of familiarity and awareness in order to move towards the ultimate goal of preparedness and response interoperability in Texas. These visits allowed the central office planning team to not only observe many promising practices that are alive throughout the regions but to also hear suggestions regarding ways to improve already existing processes and systems.

Overall, the workshop was a success and the central office planning team received an overwhelming amount of positive comments as well as constructive feedback regarding areas of improvement. General consensus was that regular planning meetings should be held, similar to this workshop. Face-to-face meetings allow for a greater opportunity to share openly and discuss issues that are relevant to all of the diverse regions of Texas and assist in moving the state towards the ultimate goal of preparedness and response alignment.



*Kelly Northcott listens to presenter during workshop.*



*William McDowell addresses the group.*



*Sandra Perez participates in an activity with her assigned group.*

### **How do I Prepare for a Tornado before it strikes?**

Tornadoes are one of nature's most violent storms. They are common in Texas, especially during the spring. Learn how to protect yourself **before** a tornado strikes.

### **So how do you prepare for a Tornado?**

Find out about public warning systems in your area. Many communities at risk from tornadoes use sirens to warn their residents.

Understand the difference between a tornado *watch* and a tornado *warning*. A *watch* means that the formation of tornadoes is possible. A *warning* means that one has been sighted or detected by radar; seek shelter now.



### **Inspect your home**

Make an inspection of your home, paying close attention to the walls and roof. You may need to make some improvements such as bolting the walls to the foundation or attaching "hurricane clips"; between wall studs and roof rafters. Use the "[Tornadoes: Being Prepared](#)" provided by the U.S. Centers for Disease Control and Prevention as a guide. You will also want to contact building inspectors in your city or county about structural concerns in your area.

### **Prepare a shelter**

If your home does not have a basement or storm cellar, locate the safest room in your house

and designate it as your storm shelter. An interior room without windows such as a closet, bathroom or the crawl space under a staircase may be the safest place. Mobile homes – even those with tie-downs – are not safe during tornadoes. If you live in a mobile home, plan to shelter in a nearby sturdy building. If one does not exist, find a low spot outside, such as a ditch, and plan to go there during tornado warnings. Lie flat on the ground and cover your head with your hands.

### **Safe Rooms**

Building a safe room is another option. Safe rooms are above-ground shelters built to withstand tornado-force winds and flying debris. An existing room, such as an interior bathroom, can be reinforced to function as a safe room while remaining functional as a bathroom. See information from FEMA on [Preparing a Safe Room](#). Manufactured free-standing safe rooms also are available.

Source DSHS Website—[www.dshs.state.tx.us/preparedness/factsheet\\_tornadoes.shtm](http://www.dshs.state.tx.us/preparedness/factsheet_tornadoes.shtm)

### **Training Modules and Presentations Available upon Request**

- ◇ Point of Dispensing: POD
- ◇ Family Emergency Preparedness
- ◇ Nutrition in Preparedness
- ◇ PHEP/EPI — Who are we?
- ◇ Shelter-In-Place
- ◇ Mass Fatalities Overview
- ◇ Tuberculosis Best Practices
- ◇ Strategic National Stockpile Security Overview for Law Enforcement

### **Congratulations to...**



**Roy Ramos**

Roy, PHEP Program Specialist III, will be retiring on June 30, 2014. He has 23 years of State Service. Roy has been with the Texas Department of State Health Services, Health Service Region 1 (DSHS HSR1) for 5 years and during his state service has worked for other state agencies such as HHSC and DADS.

The next chapter in Roy's life will include spending more time with his wife Hope, riding his motorcycle, and continuing his work with the Women's Protective Services of Lubbock.

**All his "Family" at DSHS HSR1 wishes him happiness in his retirement!**