



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

**PHEP-HSR1  
 Newsletter**

ISSUE  
**10**  
 November 2014

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

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**PHEP Regional Staff  
 Host Event for Na-  
 tional Preparedness  
 Day**

The Texas Department of State Health (DSHS), Health Service Region 1 (HSR1) Public Health Emergency Preparedness (PHEP) section conducted a National Preparedness Day Event on September 30, 2014, in conjunction with America's PrepareAthon! Be Smart. Take Part. Prepare. All the staff at the Lubbock HHSC Regional building were invited to participate. America's PrepareAthon is a national grassroots campaign for action to increase community preparedness and resilience through hazard-specific drills, group discussions, and exercises. Twice a year, a national day of action focuses attention to the importance of creating a more resilient Nation by bringing stakeholders, communities, and individuals together to take action and join.

The goal of the event was to increase the number of individuals who:

- ◆ Understand which disasters could happen in their community
- ◆ Know what to do to be safe and mitigate damage
- ◆ Take action to increase their preparedness

◆ Participate in community resilience planning



Liz Broadstreet sets up for the food demonstration.

HSR1's specific event included information/educational displays, videos, demonstrations, and activities such as "Build a Kit Activity" and "The Emergency Kit Cook-Off".

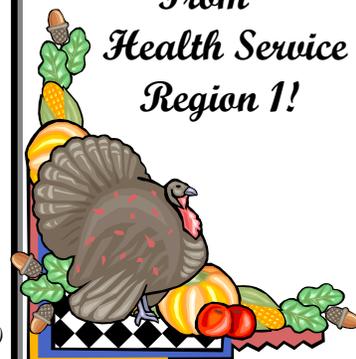
The *Build a Kit Activity* for all agency (HHSC, DADS, DSHS, DARS) staff in the building were provided a checklist for building an emergency kit. To participate, staff had to return a completed checklist and sub-

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*Happy  
 Thanksgiving  
 From  
 Health Service  
 Region 1!*



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mit a picture of their emergency kit to HSR1's preparedness team. The first place winner was presented a prize of a large vehicle preparedness kit. The second place winner's prize was a small vehicle preparedness kit.

The second activity, also opened to all staff in the building, was the *Emergency Kit Cook-Off*. HSR1 PHEP challenged the staff to:

- 1) create a recipe that uses *only* nonperishable pantry and kit items, including (but not restricted to) seasonings, condiments, sweeteners and potable water.
- 2) use manual tools (e.g., can openers and hand whisks) instead of modern appliances--especially microwaves--in the preparation. The challenge is to use alternative, safe heating sources if possible. Note: According to Ready.gov, candle warmers, chafing dishes, fondue pots and fireplaces are safe cooking methods. Charcoal grills and camp stoves should only be used outdoors.
- 3) get creative and prepare a hot or cold dish that they would eat if asked to shelter in place.



*Preparedness Display*

The staff was asked to bring their recipe along with enough for DSHS PHEP judges (extra for others to sample) to the PrepareAthon Event. The first place winner was presented a prize of a large vehicle preparedness kit and second place winner's prize was a small vehicle preparedness kit.

On the day of the event, three rooms were setup for staff in the building to visit and learn about preparedness. The staff were asked to begin in room one (1) in which they watched videos. Two videos were shown

including *Ready or Not-Surviving Disaster: How Texans Prepare and Run, Hide, and or Fight*. Room two (2) included information and educational displays. Food demonstrations and the *Emergency Kit Cook-Off* dishes were held in room three (3). Staff were eligible for door prizes if they visited each room.

The event was visited by over fifty (50) staff from all the agencies in the building. PHEP received great feedback from the attendees. For example, Gorla Gass, Texas Department of Aging and Disability Services, Regulatory Services Division/HCSSA wrote:

*"I would like to say "THANK YOU" and express my appreciation to the people who set up displays and organized the PrepareAthon Event "NATIONAL PREPAREDNESS DAY" that was held yesterday. From the videos to the drawing for prizes (which might I say, loved it, I won one) it was well organized and very informative. People (me for one) don't ever*

*stop and give it a second thought of what we would do in case of a disaster or what we need to do to be prepared if one occurred. I personally took away with me some very informative details on GETTING and BEING prepared in case a disaster hits. This event certainly served as a "wake-up call" for many of us and again, thanks for sharing your time, ideas and knowledge with us. There were things discussed that I never even thought about and I'm sure there are others that came away from the presentation thinking the same thing. As I was walking down the hall this morning and throughout the day, I still heard people discussing different topics that were covered in the event today, so that in itself certainly shows that this event was a great success!! And yes you can take that course WORK VIOLLENCE AND AWARENESS online and sort get the picture, but seeing the video does make you pay attention and you can visualize it better. I look around our area in DADS regulatory and I'm not sure an escape route would be possible for some of us. Let's just hope and pray that we never have to face that situation."*

The PHEP program would like to thank everyone that attended for making our first PrepareAthon a great success! If you would like further information on preparedness, please call Liz Broadstreet at phone number 806-783-6454 or at her email [liz.broadstreet@dshs.state.tx.us](mailto:liz.broadstreet@dshs.state.tx.us).

## Health Service Region 1—PrepareAthon



*Liz Broadstreet with Karla Mathis, 1st Place winner of the Emergency Kit Cook-Off.*



*Jordan Coulson discusses his preparedness kit with staff.*



*Non DSHS staff looking over the food items from the emergency kit food demonstration.*



*Preparedness display and example of emergency kit.*



*DSHS and Non DSHS staff watching videos.*



*DSHS staff viewing display and emergency kit..*



### Questions About Ebola?

There are many questions and daily updates to the information concerning Ebola. In order for you to have the most updated information, Health Service Region 1 (HSR1) Public Health Emergency Preparedness (PHEP) recommends that you visit the Centers for Disease Control and Prevention (CDC) and Texas Department of State Health Services (DSHS) websites for up to date information :

- ◆ CDC—<http://www.cdc.gov/>
- ◆ DSHS—<http://www.dshs.state.tx.us/>

### 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

### PHEP and Epidemiology Staff Participate in the Annual School Nurse Workshop

On October 29, 2014 Health Service Region 1 (HSR1), Public Health Emergency Preparedness (PHEP) and Epidemiology (EPI) staff presented information and provided a display board at the School Nurse Workshop and Annual Update at the Region 17 Education Service Center in Lubbock.

Liz Broadstreet, PHEP Program Specialist, presented *Emergency Preparedness in the School Setting*. Liz discussed the following basic procedures:

- ◆ Shelter in Place -for use in chemical or radiation accident or attack
- ◆ Lockdown-for use to protect building occupants from potential dangers in the building



Liz Broadstreet presenting.

- ◆ Drop, Cover, and Hold-for use in earthquake or other imminent danger to building or surroundings
- ◆ Evacuation-for use when conditions outside are safer than inside

If you would like further information on Liz's talk, please contact her at phone number 806-783-6454 or her email [liz.broadstreet@dshs.state.tx.us](mailto:liz.broadstreet@dshs.state.tx.us).

Laura Connell, Epidemiologist, presented *Pertussis: Whoop Here It Is*. Laura's objectives during this presentation were:

- ◆ Review signs and symptoms and epidemiology of pertussis
- ◆ Learn about control and prevention measures that can be implemented in your school
- ◆ Learn how to report cases of pertussis to health department

If you would like further information on Laura's talk, please contact her at phone number 806-783-6461 or her email [laura.connell@dshs.state.tx.us](mailto:laura.connell@dshs.state.tx.us).



Laura Connell presenting.

Liz and Laura presented these same topics for the same workshop held at Region 16, Amarillo on November 5, 2014.