

Public Health Preparedness

The Capital Area Public Health Network has developed a regional plan for responding to public health emergencies in the Capital Area region.

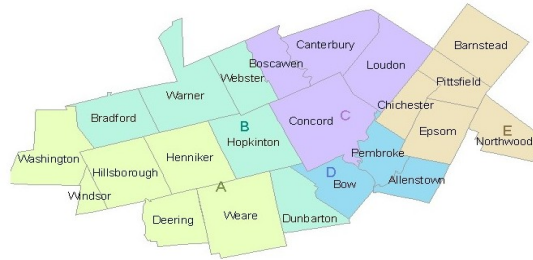


Our plan is designed to respond to an emergency as large as the pandemic avian flu, similar to the recent H1N1 (swine) flu outbreak, a smaller scale event such as a Hepatitis A outbreak or a terrorist incident such as smallpox or anthrax. Our planning team is coordinating regularly to ensure the safety and wellbeing of all residents in the Capital Area network.



The Capital Area Public Health Network (CAPHN) is a community health and safety collaborative that was established in 2004 to identify and solve community health problems and improve local public health emergency preparedness.

The CAPHN Network



If you would like more information about the CAPHN or preparing for an emergency or if you would like to become a CAPHN volunteer, visit our website or contact Leigh Cheney, Coordinator.

Capital Area Public Health Network

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Get Connected

Be Prepared

Be Aware

Be Aware
Be Prepared

Capital Area Public Health Network

250 Pleasant Street Concord, NH 03301

603 230-6104

<http://www.capitalareaprepares.com>



Preparing for an emergency is a smart thing to do. The Capital Area Public Health Network is working with communities to encourage residents to become more aware and better prepared for an emergency.



Plan Ahead

The first step in preparing for an emergency is to make a **Family Communications Plan**. You'll want to know where everyone is and that they are safe. So, pre-plan meeting places and contacts. Teach children how to and when to call 911. You can download a Family Communication Plan Template at the CAPHN website.

You may need to leave your home quickly in an emergency. Identify the best exits from your home. Identify a place where you will keep your family emergency kit and plan a neighborhood place to meet if evacuated. Know what radio station you can rely upon for information; find out where your town shelter will be located; and remember to plan for your pets.

What to pack:

- Food/water
- Medical records
- Collar with ID tag
- Prepare for sanitation concerns

See our website for a complete list.

Because of the chaotic nature of emergencies, it is especially important that advance planning and coordination of resources be conducted for people with physical, mental, emotional, ethnic, social, economic, cultural, or language-based barriers. You can download an **Emergency Assistance Survey** at our website to let your local Fire Department know in advance that you might need assistance during an emergency.

Prepare Ahead EMERGENCY KITS

The Capital Area Public Health Network encourages residents to prepare before an emergency or disaster strikes. There is a lot of home and family preparedness and safety information at our website. But, it is very important for families to consider the following, as a minimum, when becoming prepared:



Grab Bag

You may need to leave your home quickly in an emergency. Have a Grab Bag ready.

What to pack:

- one day's clothing
- personal care products
- prescription medications
- towel and blanket
- flashlight and extra batteries
- Snacks, such as granola bars or trail mix
- extra set of car and house keys
- cash, and a prepaid phone card.

Check our website for more suggestions and a complete list of preparedness items.

Car

Having supplies in your car will make it much easier to handle emergencies that may result when driving.

What to pack:

- bottled water
- food (granola/energy bars)
- First Aid Kit
- white distress flag
- flashlight and extra batteries
- flares/light sticks
- blanket or sleeping bag
- jumper cables
- tire jack and spare tire
- fix-a-flat kit, shovel, and maps.



You could keep your family grab bag in your car to avoid duplication.

Home

There are six basics you should stock for your

home in the case of an emergency: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items for medical conditions. Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

Stay Connected

Even if we have the best plan, we know that in the event of an emergency, we will need volunteers like you to help with a variety of tasks. If you are interested in volunteering, get the **Volunteer Information Sheet** from our website or call 230-6104.