



EVHC READY

The Eastern Region's Pulse On Healthcare Emergency Preparedness

**Thursday
May 13, 2021**

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Communications

JACEP- 360 virtual reality pediatric mass casualty incident: A cross sectional observational study of triage and out-of-hospital intervention accuracy at a national conference

Source: American College of Emergency Physicians, We conclude that 360 VR is a feasible platform for assessing triage and intervention decision making for adolescent MCIs. It is well received by subjects and may have a role as a training and education tool for disaster readiness. In this era of distanced learning, 360 VR is an attractive option for future immersive educational experiences. For more information, please use the following [link](#).

Fraud Alert: Guard your COVID-19 vaccination card

After you get your COVID-19 vaccine, **keep your vaccination card safe** — scammers are using the COVID-19 pandemic to try to steal your personal information. **Don't share a photo of your COVID-19 vaccination card online or on social media.** Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity. You should get a COVID-19 vaccination card at your first vaccine appointment. If you didn't, contact the provider site where you got vaccinated or your state health department to find out how to get a card. **If someone contacts you to buy or sell a vaccination card, it's a scam.**



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If you suspect COVID-19 health care fraud, [report it online](#) or call **800-HHS-TIPS (800-447-8477)**. TTY users can call 1-800-377-4950. Sincerely, *The Medicare Team*

FEMA Update State Specific Funeral Assistance Information.

FEMA is accepting applications for funeral assistance for COVID-19 related funeral expenses. As of Monday, May 10th the agency has received almost 175,000 applications, and approved more than 2,000 as well as given out more than \$15.5 million. [link](#)

Cyber Security

Cybersecurity and Infrastructure Security Agency.

CISA partners have observed active exploitation of vulnerabilities in Microsoft Exchange Server products. These vulnerabilities allow an attacker to gain persistent system access, as well as access to files and mailboxes on the server. [link](#)

Joint NCSC-CISA-FBI-NSA Cybersecurity Advisory on Russian SVR Activity.

CISA has joining with the United Kingdom's National Cyber Security Centre (NSCS), the FBI, and the NSA in releasing a Joint Cybersecurity Advisory on Russian Foreign Intelligence Service (SVR) tactics, techniques, and procedures. [link](#)

Inventory and Maintenance

PPE Distribution

Resource Management Specialist conducted a PPE supply distribution in order to support facilities as they continue to combat the pandemic. Total PPE on hand: 580,895, total PPE distributed for the week: 28,780, total PPE distributed to date: 2,948,788.

From our Resource Manager:

Any facility that is still conducting fit testing, we have plenty of both sensitivity and fit test solutions. We also have several fit test kits with hoods available for check-out.

If you are having issues with N-95 masks, we have the half-face respirators with filters available to issue. We also have thermometers in stock for any facility that might need some.



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Sentinel XL PAPR training for LTC and Acute Care: June 2nd and 3rd see link for times and sign-up. <https://www.eventbrite.com/e/papr-training-classes-by-eastern-virginia-healthcare-coalition-tickets-152528431645>

Please contact Scott if you need either at smaynard@vaems.org if you need anything.

Training and Exercise

CMS- Cognitive & Mood Assessment Four-Course Training Series for Skilled Nursing Facility (SNF) Provider

Source: Center for Medicare and Medicaid Services, The Centers for Medicare & Medicaid Services (CMS) is offering web-based training that provides an overview of the general and key clinical considerations important for conducting standardized cognitive and mood assessments. This four-course series is designed for providers in the Skilled Nursing Facility (SNF) setting. For more information, please use the following [link](#).

Upcoming Training

- Exercise and Training workgroup meeting: Wednesday, May 19st at 9:00 – if you are interested in participating in the workgroup please email Mary at mmorton@vaems.org
- Sentinel XL PAPR training for LTC and Acute Care: June 2nd and 3rd see link for times and sign-up. <https://www.eventbrite.com/e/papr-training-classes-by-eastern-virginia-healthcare-coalition-tickets-152528431645>
- Lunch and Learn: Cyber Security Part 2: June 10th 12:00 to 1:00
<https://us02web.zoom.us/j/83692805192?pwd=QTlrWUUsZWZ3R1YvRHJLSElzYUtvdz09>
- ICS 300 June 22, 23, and 24 at TEMS Contact 757-963-0632

Emergency Operations Planning

Mil Med- Trauma, Teams, and Telemedicine: Evaluating Telemedicine and Teamwork in a Mass Casualty Simulation

Source: The Association of Military Surgeons of the United States, Overall, clinicians have positive reactions toward the potential benefits of telemedicine; further, participants report a significant decrease in psychological safety after training, with users rating psychological safety as significantly higher than non-telemedicine users. Neither training nor telemedicine use



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produced significant changes in cognitive and behavioral-based teamwork. Nonetheless, participants reported perceiving that telemedicine improved leadership and adaptive care plans. For more information, please use the following [link](#).

Mental Health Awareness

YOU ARE NOT ALONE!

Is the theme for this year's mental health awareness month. The national movement to raise awareness about mental health. This year's theme will focus on the healing value of connecting in safe ways, prioritizing mental health and acknowledging that it's ok to not be okay. Dr. Joe Parks discusses recommendations for surviving COVID-19 for the behavioral health care community. [link](#)

Hurricane Preparedness

Hurricane Preparedness resources.

Hurricane season for the East Coast now runs from May 15 – November 30. Many people do not understand the amount of damage wind and water can do. The most significant storm damage for our area comes from flooding and wind damage. In 2003 Isabel had a significant impact to our area causing over \$625 million in damages and over 20 deaths in Virginia. Isabel was only at tropical storm strength when she impacted our area. Since then we have had 12 named storms cause wind and water damage, and many included tornado damage. The weakest link in preparedness is our employees. Helping them to understand the importance of being prepared will go a long way in protecting your community. Included in this newsletter is a link to READY.gov as well as some tips to help engage employees. <https://www.ready.gov/hurricane>



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Prepare Now for Hurricanes

May marks the beginning of hurricane season in the US, with Eastern Pacific hurricane season beginning May 15 and Atlantic and Central Pacific hurricane season beginning June 1. Regardless of where hurricanes land, they always come with powerful winds, heavy rainfall, and flooding, which can cause significant harm to life and damage property.

If you haven't prepared for hurricane season before, now is the time to get ready. Here are some ways to stay ahead of the storm and be better prepared.

Be on Alert

- Know the [risks](#) in your area. Find out what types of wind and water hazards could occur where you live.
- Download the [FEMA app](#) to your mobile phone and receive real-time alerts from the [National Weather Service](#) to be informed about hurricane watches and warnings.
- [Sign up for community alerts](#) in your area.
- Be informed on the latest [CDC guidance on COVID-19](#) to see how it could impact your plans.

Make an Emergency Plan

- Get started by [having enough supplies](#) for your household, including medication, disinfectants, masks, and [pet supplies](#) in your go bag or car trunk.
- Make sure to have extra water and nonperishable foods at home. After a hurricane, you may not be able to purchase some essential items for days or even weeks.
- [Involve your whole family](#) in creating a [family emergency communications plan](#) and [emergency kit](#).
- [Learn your evacuation routes](#). Practice with household members and pets and identify where you will stay. Local emergency managers will provide the latest recommendations based on the threat to your community.
- If you need to evacuate to a public shelter, review the latest [CDC guidelines for public shelters](#) before you head out. If public evacuation shelters aren't the safest



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choice for you and your family, prepare alternative plans to shelter in place at home or with nearby friends or family, whichever is safest.

Prepare Your Home and Help Your Neighbors

- Make sure to clear storm drains and gutters and bring in outside furniture. Consider installing hurricane shutters if you need added protection against the storm.
- Check with neighbors, [seniors](#), or those [who may need additional help](#) when making your plans.

Visit ready.gov/hurricanes to learn more about how to get ready for hurricanes and how to stay safe during a storm.

Hurricane Preparedness Tips & Taglines

It only takes one storm to change your life and community. Tropical cyclones are among nature's most powerful and destructive phenomena, affecting both coastal and inland areas. Each year, many parts of the United States experience heavy rains, strong winds, floods, and coastal storm surges from tropical storms and hurricanes. As we have seen with Hurricanes Dorian, Florence, and Isaias, the Atlantic coast is still vulnerable to tropical systems.

Hurricanes can cause loss of life and catastrophic damage to property along coastlines and can extend several hundred miles inland. The extent of damage varies according to the size, wind intensity, and path of the storm; the amount and duration of rainfall; and other factors including the number and type of buildings in the area, the terrain, and soil conditions.

The resources here are meant to provide you with a quick guide that makes it easy for you to lead by example. Included are:

- Tagline quotes that you can add to your email signature block to direct readers to preparedness sources.
- Tips and key messages. These tips can be posted on bulletin boards, reinforced at meetings, and worked into talking points at public events.
- Social media, graphics, logos, banners and posters.

Our goal is to provide tools that everyone can use and share to spread the message. We are always open to any feedback or suggestions. These DIY tools will always be synchronized with ongoing seasonal preparedness themes throughout the year.

Hurricane Preparedness

Key Messages for Hurricane Preparedness

- Know your hurricane risk and take steps to prepare.
- Plan for what you'll do in the event of a hurricane. Know where you can go and know how to contact your family.
- Sign up for emergency alerts and know where to get the latest information. Check with your local officials and follow official sources online, including social media.
- Follow the guidance of your local officials and stay tuned to weather forecasts for updates.

- Purchase or renew a flood insurance policy. It typically takes up to 30 days for a policy to go into effect and can protect the life you've built. Homeowner's policies do not cover flooding. Get flood coverage under the [National Flood Insurance Program \(NFIP\)](#).
- **National Weather Service Hurricane Preparedness Week 2021:**
 - May 9-15, 2021
 - [National Hurricane Preparedness \(weather.gov\)](#)

Talking Points for Hurricane Preparedness

- FEMA coordinates with state, local, and tribal officials along with the private sector to share operational guidance and to encourage hurricane planning that includes public health guidelines.
 - [FEMA.gov](#) compiles best practices with the most, current and vital information in one central location for medical practitioners, emergency managers and other critical stakeholders.
- Before hurricane season starts, take action!
- [Ready.gov](#) has information online for individuals, families, kids and businesses on how to prepare for the upcoming season. Find updated information on how to prepare for the hurricane season during the pandemic.
- Preparing your home for hurricanes can mean the difference between minor damage and complete destruction. For details visit: [HurricaneStrong](#).
- Individuals should evaluate personal emergency plans and know major differences that may be occurring in their local jurisdictions due to the pandemic. Individuals should also keep track of their critical financial, medical, and household information by using the
 - [Emergency Financial First Aid Kit \(EFFAK\)](#).
- [Small businesses](#) should consult preparedness planning resources.

Suggested Tagline Quotes

Add the below tagline to your emails to remind friends, family, and fellow business owners to prepare for emergency scenarios:

- ["The devastation of the next storm will not be decided in the weeks in which it rakes across the ocean or the days in which it pounds our shores. The impact of the next hurricane is being decided right now— in the days, weeks and months of preparation that are required to make communities resistant to disaster."](#)

- Anonymous

- [“Extraordinary people survive under the most terrible circumstances and they become more extraordinary because of it.”](#)
- Robertson Davies, Novelist, Playwright
- [“There’s no harm preparing for the best, as long as you’re prepared for the worst.”](#)
- Stephen King, Author
- [“Prepare for the unknown by studying how others in the past have coped with the unforeseeable and unpredictable.”](#)
- General George S. Patton
- [“We don’t even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome.”](#)
- Isabel Allende, Writer

Social Media, Photos, and Graphics

Social Media for Hurricane Preparedness

Hashtags:

#Floodready
#Floodsmart
#BeAForce

Twitter

- #severeweatherprep makes sense! Take your first steps today. www.ready.gov
- 39% of Americans live in areas of high susceptibility to high-impact weather
#severewxprep <http://go.usa.gov/cyKXR>
- FEMA urges the use of weather radios. For programming information, visit [@NOAA](https://www.noaa.gov).
<http://go.usa.gov/h9sC>
- If you use a power wheelchair, keep a lightweight manual wheelchair available for emergencies.
- We can’t say it enough: know your evacuation routes! <http://go.usa.gov/cyKYR>
- Preparing your pets makes sense. #PetPreparedness <http://www.ready.gov/animals>
- Don’t let bad weather sneak up on you! Check [weather.gov](http://www.weather.gov) every morning before you go out. #SevereWeatherPrep
- Develop a family plan, make an #emergencykit & get involved in #preparedness
#BeAForce
- Do you have the basics in your emergency kit? Pledge to prepare and check this list:
<https://www.ready.gov/build-a-kit>
- In #severewx, listen to [@NOAA](https://www.noaa.gov) Weather Radio for comprehensive weather and emergency info. Learn more: <http://go.usa.gov/yb9> #BeAForce

Facebook

- Make sure you have a written hurricane evacuation plan. If you live in a storm surge hurricane evacuation zone or if you're in a home that would be unsafe during a hurricane, figure out where you'd go and how you'd get there if told to evacuate. You do not need to travel far. Find a friend or relative who doesn't live in an evacuation zone or unsafe home and see if you can use their home as your evacuation destination. Remember to account for your pets, as most local shelters do not permit them. <http://flash.org/hurricane-season/evacuation-zones/find-your-evacuation-zones.pdf>
- If a hurricane strikes, you'll need supplies not just to get through the storm, but for the potentially lengthy recovery period that could follow. Have enough non-perishable food, water and medicine to last each person in your family a minimum of one week. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio, flashlights, and a portable crank or solar powered USB charger to charge your phone. <https://www.ready.gov/kit>
- Call your insurance company or agent to make sure you have enough homeowner's insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowner's and renter's insurance don't cover flooding – you'll need a separate policy for flooding. Contact your company or an agent or use the agent locator at www.floodsmart.gov. Act now as flood insurance requires a 30-day waiting period.
- Many Americans rely on their neighbors after a disaster, but there are also many ways you can help your neighbors before a hurricane. Learn about the actions you and your neighbors can take to prepare and recover from the hazards associated with hurricanes. <https://community.fema.gov/action/plan-with-neighbors>
- Prepare for a hurricane before the season begins, when you have time and aren't under pressure. If you wait until a hurricane approaches, you may be under duress and make bad decisions. Take the time now to write down your hurricane plan. Gather your supplies and know where you'll ride out the storm. You don't want to be stuck in long lines when a hurricane watch is issued, and supplies may be sold out by the time you reach the front of the line. Preparing makes you resilient to the impacts of wind and water and can mean the difference between being a hurricane victim and a hurricane survivor. <https://www.ready.gov/make-a-plan>
- Learn the dangers of a hurricane storm surge with this fast draw video. Storm surge is what officials use when determining who to evacuate. Remember, when officials say it is time to evacuate... go! <http://youtu.be/bBa9bVYKLPO>
- Remember, it only takes one storm to change your life and community. For more information on hurricanes and hurricane safety, visit www.weather.gov/hurricanesafety
- Tornadoes can happen any time of year but are most common in the spring and summer. Now is the time to make a plan for where you'll shelter if a tornado warning is issued. Have a plan for all members of your family at home, work, and school. <https://www.ready.gov/make-a-plan>
- If you're hunkering down to ride out the storm, take a moment to think through what to do in a power outage.

⚡ Charge your devices now.

🗄️ Check your supplies and make sure you can reach them easily.

🛏️ Have blankets and other warm items of clothing ready.

Remember: do not use a gas stove to heat your home and place generators outside of the house, away from windows.

More tips: [ready.gov/power-outages](https://www.ready.gov/power-outages)



QUICK FACTS ABOUT HURRICANES

 Can happen along any U.S. coast or territory in the Atlantic or Pacific

 Most active in September

 Can affect areas more than 100 miles inland

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides.

Get #HurricaneStrong in 1 Day

Build an Emergency Supply
By adding a few extra items to your weekly shopping list and looking around your house, preparing for Hurricane Season can be simple and affordable.

Shopping List

- Food Shop
 - Water
 - Non-Perishable Food
 - Garbage Bags
 - Personal Sanitation Items
- Pharmacy
 - First Aid Kit
 - Batteries
 - Radio
- Hardware Store
 - Flashlight
 - Whistle
 - Duck-Tape
 - Plastic Sheeting

Look around the House
Phone Charger
Local maps
Can Opener
Wrench or pliers

Hurricane Season starts June 1!
[Learn more at Ready.gov](https://www.ready.gov)

