



# EVHC READY

The Eastern Region's Pulse On Healthcare Emergency Preparedness

Thursday  
June 10, 2021

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## Communications

### Heat and Older Adults

People aged 65 years or older are more prone to health-related health problems. Care takers need to ensure older adults are drinking enough water, they turn on their air conditioning, and are monitored for heat stress. Make sure you are up on the signs and symptoms of heat-related illness, as well as how to prevent these types of illness. Here are links to two different articles regarding heat related illness and older adults. [link](#) [link](#)

### E-Tags

One of our communities shared information about E-Tags they received during a recent survey. We wanted to share with you all so you too can be prepared:

- Wearable color code cards need to be kept up-to-date. If changes are made to the plan, then the cards need to be updated.
- There needs to be an emergency shut off for the generator away from the generators physical location.
- During a recent safety survey, we received a tag for not having the generators labeled with a NFPA Diesel Diamond Sign.



## [Roll Call- Lawmakers recount lack of emergency preparedness on Jan. 6 as AOC vows to improve](#)

Source: Roll Call, “And I couldn’t agree more because I was someone who was in my office and emergency equipment had not been hooked up,” Scanlon said. “And even when I did get emails directing certain activities, I had no idea what they meant. So we have since done a training for my entire office, but you are absolutely right we all need to know what to do.”

Fernandez, a first term congresswoman, said, “We didn’t have anything in our office that we needed. We didn’t have escape hoods. Nothing.” For more information, please use the following [link](#).

## [Cyber Security](#)

### [Ransomware attacks are closing schools...derailing everyday life.](#)

Everyday there are news reports of ransomware attacks on different systems, schools, transportation companies, healthcare industry, and oil companies. More information is available in the linked article. [link](#)

### [ICS Medical Advisory \(ISCMA-21-152-01\)](#)

Successful exploitation of these vulnerabilities could allow an attacker to cause memory corruption and remotely execute arbitrary code. [link](#)

### [Types of Cybersecurity Threats](#)

There are many different types of cyber threats, some of the most common include; Malware, Phishing, Spear Phishing, Man in the Middle Attack, Denial of Service Attack, and Ransomware are just a few. For more information on the types of threats and how they work please click the following [link](#)

## [Training and Exercise](#)

We will be conducting tabletop exercises beginning late July/August timeframe these will be offered for multiple weeks to allow everyone who needs it the opportunity to participate. More information will be coming out later.

We have also developed several different table top exercises that can be used to test other parts of your emergency response plan. As per the new CMS regulations, you are required to test multiple aspects of your plans. It also advises that you need to diversify those who participate in your exercises. I have included the link to the new regulations if you need to reference them.

<https://www.cms.gov/files/document/qso-21-15-all.pdf> Please feel free to contact me if you have a specific portion of your plan you would like to test.

### [Upcoming Training](#)

- [Exercise and Training workgroup meeting](#): Wednesday, June 16th at 9:00 – if you are interested in participating in the workgroup please email Mary at [mmorton@vaems.org](mailto:mmorton@vaems.org)
- Lunch and Learn: Lunch and Learn with HRSD: July 08th 12:00 to 1:00 [link](#)
- ICS 300 June 22, 23, and 24 at TEMS Contact 757-963-0632



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- ICS 400 August 18-19 at TEMS Contact 757-963-0632

## Mental Health Awareness

### What is mindfulness?

There are two key ingredients; awareness and acceptance. Awareness is the knowledge and ability to focus attention on one's inner processes and experiences. Acceptance is the ability to observe and accept – rather than judge or avoid – those types of thoughts. For more information see Psychology Today at [link](#)

### Mindfulness for your health.

Paying attention to what is happening around you at any given second is hard. We spend a lot of time thinking about what's ahead and often things from the past that we can't change. Mindfulness is a way to train yourself to focus on the present moment. Becoming aware of what's going on inside and around you – thoughts, feelings, sensations, and environment. There are also health benefits to mindfulness. Being mindful can have a positive impact on your health and wellbeing. Please follow the link to learn more about mindfulness. [link](#)

## Hurricane Season and Preparedness Information

### NOAA predicts another active Atlantic hurricane season.

NOAA is predicting another above-normal Atlantic hurricane season. Forecasters predict a 60% chance of an above-normal season, a 30% chance of near-normal season, and 10% chance of a below-normal season. They do not however, anticipate the historic level of storm activity seen last year. For more information, please click the link. [link](#)

### Pets and disasters

When preparing for emergencies make sure you have a plan for your pets. Check with your local community has evacuation shelters that accept pets. If your plan is to leave the area, make sure you verify pets are accepted where you are heading. While packing your family "go pack" make sure you include one for your pets. For more information please go to <https://www.ready.gov/pets>

### Children and Disasters

In a perfect world we would be able to protect our children from pain, fear, and loss. In reality we all know things happen, and we need to do everything possible to prepare them in the event a disaster happens and they are separated from us and other family members. Ready.gov does a good job of helping families prepare themselves and their children for a disaster. <https://www.ready.gov/kids>



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## **KXAN- Are Texas nursing homes prepared for hurricane season? State officials call for updated emergency plans**

Source: NBC Affiliated Television Austin Texas, HHS officials noted a “complete” emergency plan would include up-to-date information about evacuation destinations, transportation plans, responsibilities of staff members, communication procedures and how they plan to continue treatment and care of their residents.

“Like last year, this year’s emergency preparedness plans should continue to address COVID-19 contingencies, including securing supplies of personal protective equipment and maintaining infection control measures during evacuations,” the HHS release reminded providers. For more information, please use the following [link](#).

## **Huff Post - Biden Doubling Previous Spending On Natural Disaster Preparedness**

Source: Huff Post, it will be part of the Building Resilient Infrastructure and Communities (BRIC) program, which “seeks to categorically shift the federal focus from reactive disaster spending and toward research-supported, proactive investment in community resilience so that when the next hurricane, flood, or wildfire comes, communities are better prepared,” the White House said in its announcement about the funding. For more information, please use the following [link](#).