

MARO MONTHLY

with Northwell Health's Crisis Management Team

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HELLO!

Welcome to another month of Northwell Health Crisis Management Team's newsletter, where you can share, learn about, and explore emergency management topics! Each month we will highlight different topics in emergency preparedness and emergency management, as well as healthcare administration. We encourage you to review our upcoming course offerings and other relevant information!

As always, we look forward to sharing our resources, hearing your suggestions, and getting to know you at our trainings.

The March 2023 newsletter will be centered around *flood safety, mitigation, and remediation.*

OUR MISSION

To lead the health system and community in an efficient and effective way before, during, and after emergency situations.

OUR VISION

Northwell's Crisis Management Incident Response Team is committed to providing the surrounding community with a high-quality learning environment, training resources, and promoting an environment of collaboration with our training partners.



"Preparation through education is less costly than learning through tragedy."

- Max Mayfield



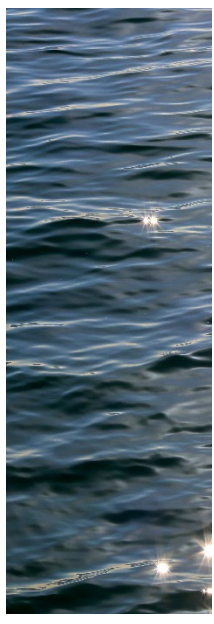
Scan Here to Register for our courses!

Understanding the Impacts of Floods: *Personal Property, Large Facilities, and Life Safety are All at Risk*

Floods, the most common type of weather-related natural disaster, refer to an overflow of water onto land that is normally dry. Severe flooding events can be a threat anywhere in the world that experiences rain. These types of flooding events often occur because of heavy rain, poor drainage systems, fast melting snow, or when a dam or levee breaks (NSSL, 2022).

Floods have the potential to negatively impact property and life safety. More specifically, in the United States floods kill more people each year than tornadoes, hurricanes, or lightning. Additionally, when floods impact major facilities like schools, health care entities, or government buildings their associated public service functions can be reduced or even stopped. The Federal Emergency Management Agency (FEMA) recommends that facilities that provide public services should incorporate mitigation elements into building design and infrastructure to decrease the impacts of floods. Implementation of mitigative building infrastructure can save funds in the long run that otherwise would have been spent on flood related facility repairs.

Understanding proper flood safety, preparation, mitigation, response, and remediation can help save lives and property.



A Deeper Dive: Water Types & Flood Damage


Understanding the different water types can help facilities make informed decisions when responding to and remediating flooding events.

The source of a flood can affect clean-up efforts as bacteria and other contaminants can be found in water. As such, it is important to be familiar with the three water types:

- White Water**, also known as “clean” water, is typically from a well, fountain, supply line, or another purified water source
- Grey Water** comes from water found in toilets, sinks, and laundry machines. This is classified as “dirty” water, although the likelihood of harmful bacteria and contaminants tends to be low.
- Black Water** is water filled with contaminants and bacteria that can negatively impact personal, environmental, and public safety. This can be from a sewage line and is categorized as “dirty” water.

When dealing with flood damage it is important to identify the source of the water in order to utilize the proper personal protective equipment and remediation tactics.

See below for details on how to clean water damage:



POST FLOOD CLEAN UP TIPS


Mold growth starts around 24-48 hours after water exposure.



-  Wear Protective equipment to protect your eyes, mouth, skin and nose.
-  Anything that can't be cleaned or dried within 24 hours should be brought outside.
-  Do not mix cleaners together, it can create toxic vapor.
-  Don't cover mold with paint or caulk. Make sure to remove all mold first.
-  When it is safe to use electricity again, use fans to remove moisture.
-  Open all doors and windows to air out area when you are home.
-  Remove all mold you can see right away.
-  Dry up everything within 24-48 hours after water exposure.

Northwell Health® CDC (2022).

Interesting Fact:



“Flooding is the most common type of natural disaster worldwide.”

Source: “National Flood Insurance”



Preparations for a Flood

Know your risk for a flood

- Visit FEMA's Flood Map Service Center to know types of flood risk in your area.
- Sign up for your community's warning system or flood cell phone alerts
- Sign up for The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather alerts

In case of Emergency

- Make sure to put any important documents in a waterproof place and store them electronically.
- Move any valuable items to an elevated surface
- Take steps to protect your home and vehicles
- Keep in mind pets and every person's specific needs.
- Make sure to have extra batteries for charging important devices.
- Declutter drains and gutters in your home.

Have a plan

In case of evacuation, having a plan in place is important:

- Know the evacuation route of your area as well as a shelter plan.
- Have nonperishable food ready, cleaning supplies and water for several days in case you are stuck in your home or need to quickly evacuate.
- If flash flooding is a risk in your area, monitor the weather and look for signs of heavy rain.

Purchase Flood Insurance

- Home insurances do not cover flood damages; you will need flood insurance
- It takes up to 30 days for most policies to be in place before a flood.

Information source, (Ready.gov, 2021)

Health System




Highlights: March 2023

Narcan and Stop the bleed



On March 12th, 2023, members of Northwell Health's Center for EMS, Trauma Institute and Crisis Management facilitated a Stop-the-Bleed and Narcan training for the Willison Park Fire Department (WPDF). There were over 80 WPDF volunteer fire fighters and emergency medical service personnel in attendance.

Northwell Team Members, Ray Smith, and Alana Wellington discussed the importance of proper Narcan utilization, as well as bleeding control tactics to stop major hemorrhaging. Narcan use and bleeding control techniques are especially critical topics in the emergency service industry as these types of emergency events are common. More specifically, in 2021 there were over 75,000 opioid related deaths in the United States (CDC,2022) which emphasizes the importance of Narcan utilization. Additionally, an individual can die from major bleeding within 5 minutes (FEMA,2022), however proper bleeding control can prevent death.

HOW TO STAY SAFE IN A FLOOD

-  Avoid bridges over fast moving water.
-  Do not drive, walk or swim through flood waters.
-  Do not try to turn off electricity when standing in flood waters.

Based on the type of flood, determine best protection.

-  Stay where you are.
-  Move to higher floor or ground.
-  Evacuate if told to do so.



April 2023 MARO Monthly Topic: Climate Resiliency



Submit your questions about climate resiliency by scanning the QR code!



 Northwell Health

MARO Monthly

Emergency Management Podcast



Hosted by Brian O'Neill

We encourage you to listen to our March 2023 podcast, hosted by Vice President of Business Continuity, Brian O'Neill. This month's podcast features Project Managers and Certified Water Damage Restoration Technicians, Fred Davis, and Kieran Marron. Together the three, offer their insights to properly manage flood mitigation, response, and remediation through personal experience and anecdotes from major flooding events.

[LISTEN HERE](#)

UPCOMING COURSES



Course: Tornado Awareness

Date: 04/04/2023

Location: Webinar – Register through DOH LMS



Course: Hospital Emergency Response Training- Indirect

Date: 04/24/2023

Location: Nuvance Health – 45 Reade place, Poughkeepsie NY



Course: Advanced Cardiac Life Support

Date: 05/17/2023

Location: Center for Learning and Innovation – Marcus Ave, New Hyde Park



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