PERSONAL PREPAREDNESS

Three Steps to All-Hazards Preparedness
A hazardous event can happen anywhere, at any time. Here are three steps you can take to protect yourself and your loved ones from any type of hazard.

To learn more about personal preparedness, please visit www.cdc.gov/phpr

Office of Public Health Preparedness and Response
An Overview

1. Get a Kit

Below are a few items you should include in your all-hazards supply kit:

- Water - 1 gallon per person per day.
- Food - stock up on non-perishable items that you eat regularly.
- Medications - this includes prescription and non-prescription medications.
- Tools and Supplies - utility knife, duct tape, battery powered radio, etc.
- Sanitation and Hygiene - household bleach, soap, towels, etc.
- Clothing and Bedding - a change of clothes and blankets for each person.
- Important documents - copies of your driver's license, passport, and birth certificate.
- First Aid supplies - dressings, first-aid ointment, tourniquet, etc.

2. Make a Plan

- Identify the types of emergencies that could occur in your area.
- Pick a place you and your loved ones will meet at should you become separated.
- Plan your evacuation route.
- Have a plan for your pets and service animals.
- Practice, practice, practice! Review your plan once a month.

3. Be Informed

Learn what disasters or emergencies may occur in your area.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED).
- Share what you have learned with your loved ones, household and neighbors and encourage them to be informed.

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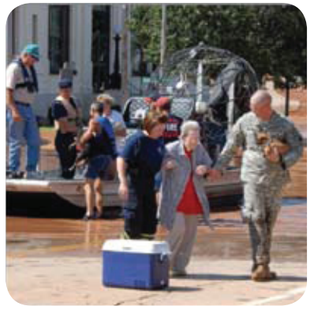

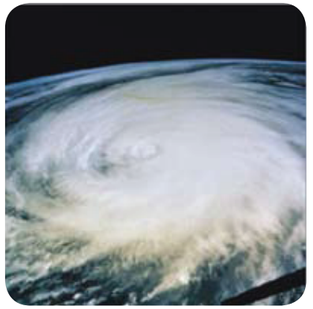

People's Health Protected — Public Health Secured

Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

CDC provides critical medical assets to help states respond to public health emergencies when local supplies run out.

CDC Prepares the Nation for Everyday Public Health Threats and Emergencies

CDC works 24/7 with state and local health departments to save lives and safeguard communities from public health threats. When states are prepared to detect or respond rapidly to threats, communities are better protected. CDC plays a critical role in preparing states because of its unique expertise in responding to infectious, occupational, or environmental incidents. CDC's Office of Public Health Preparedness and Response leads the agency's preparedness and response activities by providing strategic direction, support, and coordination for activities across CDC as well as with local, state, tribal, national, territorial, and international public health partners. CDC provides funding and technical assistance to states to build and strengthen public health capabilities. Ensuring that states can adequately respond to threats will result in greater health security, a critical component of overall U.S. national security.

State and local preparedness activities are supported through CDC funding and technical assistance.

RESPONSIBILITY AND AUTHORITY FOR PUBLIC HEALTH EMERGENCY RESPONSE

Building and Strengthening Our Abilities to Respond

PUBLIC HEALTH PREPAREDNESS

The capability of the public health system, communities, and individuals to prevent, protect against, quickly respond to, and recover from health emergencies, particularly those in which scale, timing, or unpredictability threatens to overwhelm routine capabilities.

- Institute of Medicine - 2008

Public health threats are always present. Being prepared to prevent, respond to, and recover rapidly from public health threats can save lives and protect the health and safety of the public. CDC's Office of Public Health Preparedness and Response (PHPR) focuses its initiatives on the following areas:

- **Supporting state and local preparedness activities through funding and technical assistance.** CDC's Public Health Emergency Preparedness (PHEP) cooperative agreement has provided approximately $9 billion in funding to state, local, and territorial public health departments to build and strengthen their abilities to respond effectively to public health emergencies. These efforts are targeted specifically for the development of emergency-ready public health departments. The PHEP cooperative agreement supports the National Response Framework, Presidential Policy Directive (PPD)-8: National Preparedness, and the core capabilities outlined in the National Preparedness Goal. PHPR's Division of State and Local Readiness manages the cooperative agreement, provides guidance, and coordinates technical assistance through CDC project officers and subject matter experts. Technical assistance includes sharing expertise on building and sustaining public health preparedness capabilities, developing performance goals, and identifying useful practices. Support from the cooperative agreement has helped state public health departments develop and exercise response plans and improve their ability to detect and investigate disease outbreaks. In response to the 2009 H1N1 influenza pandemic, this division also administered $1.4 billion through the Public Health Emergency Response grant to upgrade state and local preparedness and response capacity.

Biological agents and toxins are regulated to protect public health and safety.

- **Ensuring availability of critical medical assets during emergencies.** PHPR's Division of Strategic National Stockpile manages and maintains the Strategic National Stockpile, the national repository of critical medicines and medical supplies established to protect the American public if there is a public health emergency severe enough to cause local supplies to run out. This division procures, stores, and delivers these assets, which supplement state and local public health agencies in the event of a large-scale public health emergency. Technical assistance is provided to state and local jurisdictions to prepare for emergencies and when Stockpile assets are deployed. Stockpile personnel work with these jurisdictions to improve healthcare preparedness and response and foster partnerships with a variety of sectors to help build more resilient communities. All states have plans in place for receiving and distributing Stockpile assets and are exercising those plans. Major U.S. metropolitan areas also receive support to increase their ability to rapidly dispense medical assets in an emergency.

- **Operating CDC's Emergency Operations Center (EOC) for situational monitoring and response coordination.** When a disaster occurs, CDC must respond effectively to support international, national, state, local, tribal, territorial, and private sector public health emergency response partners. PHPR's Division of Emergency Operations manages the EOC, which serves as CDC's command center for monitoring and coordinating CDC's emergency response to public health threats in the United States and abroad. Staffed 24/7/365, the EOC provides worldwide situational awareness and coordinates CDC's prevention, preparedness, mitigation, response, and recovery from public health emergencies. The EOC organizes CDC subject matter experts in one location during an all-hazards incident to efficiently exchange information and connect with partners. The EOC also coordinates the deployment of CDC staff and equipment to support local, state, and international efforts during emergencies. Since its inception in September 2001, the EOC has responded more than 50 times to public health threats that include numerous hurricanes, food borne disease outbreaks, the 2011 Japan earthquake, and the 2012 Multi-state Meningitis Outbreak.

CDC's Emergency Operations Center monitors for public health emergency events 24/7/365 and coordinates responses.

- **Regulating biological agents and toxins to protect public health and safety.** PHPR's Division of Select Agents and Toxins oversees the CDC Select Agent Program, which regulates entities that possess, use, or transfer biological agents or toxins that cause disease in humans, such as the bacteria that cause anthrax and plague and the virus that causes smallpox. The program helps ensure compliance with select agent regulations by providing guidance to registered entities and conducting inspections. The division also works closely with USDA's Animal Plant and Health Inspection Service/Select Agent Program, which regulates select agents that cause disease in animals and plants. The Division of Select Agents and Toxins also oversees the Etiologic Agent Import Permit Program (EAIPP) that regulates the importation of infectious biological agents, infectious substances, and vectors of human disease into the United States. Prior to issuing an import permit, EAIPP reviews all applications to ensure that entities have appropriate safety measures in place for working safely with imported infectious material.

In addition to these activities, PHPR supports other research and training programs to strengthen states' abilities to respond to public health emergencies. For example, PHPR places experienced epidemiologists in state and local health departments through the Career Epidemiology Field Officer program to help develop epidemiologic capacity and preparedness for public health emergencies. PHPR's Meta-Leadership Summits for Preparedness Initiative trains leaders from all sectors to act together in times of crisis.

For more information on the activities of CDC's Office of Public Health Preparedness and Response, please visit www.cdc.gov/phpr.

National emergency preparedness requires a coordinated effort involving every level of government as well as the private sector, non-governmental organizations, and individual citizens. CDC's work in preparedness supports the U.S. Department of Homeland Security, which has overall authority for emergency response activities as laid out in the National Response Framework. This document assigns responsibility to coordinate federal assistance that supplements state, tribal, and local resources in response to public health and medical disasters to the U.S. Department of Health and Human Services (HHS). CDC, an operating division of HHS, executes public health response activities.