

MARYLAND EMERGENCY PREPAREDNESS NETWORK

TABLE OF CONTENTS:

- A MESSAGE FROM THE PROGRAM ADMINISTRATOR P.2
- THE EPN'S YEARLY THEME P.3
- THE EPN'S 2023 EVENTS P.3
- SPRING WEATHER PREPAREDNESS P.4
- SPRING PREPAREDNESS FOR YOUR HOME P.5
- SPRING PREPAREDNESS FOR YOUR WORKPLACE P.6
- SPRING HEALTH & SAFETY TIPS P.7, P.8
- MEET A COMMUNITY PARTNER P.9
- RESOURCES P.10

IN THIS ISSUE YOU WILL FIND...

A note from ME, the Program Administrator, resources related to our annual programming theme of Workplace Violence and spring and summer event announcements.

As well as emergency preparedness resources unique to the spring season, spring wellness tips, and an exclusive interview with an incredible community partner here in Maryland: The Maryland Poison Center.

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A NOTE FROM OUR PROGRAM ADMINISTRATOR:

In Antoine de Saint-Exupéry Manon's *The Little Prince*, Manon writes, "To become spring means accepting the risk of winter." This quote reminds me that we are invited to take the pace of nature and embrace the process of being before becoming.

The shift from Winter to Spring requires resilience from the little flower who must endure the evening frosts with the promise of warmth in the coming day.

To weather the storm, the little flower must have the necessary resources to remain rooted. Like the flower, we, too, rely on our surrounding support to see us through.

As an emergency preparedness communications network, the EPN serves as a resource that supports the resilience of the home care community before, during, and after emergencies through preparedness education, training, and resources.

Since stepping into my role in September, I have seen the EPN through almost all of its' seasons. During the Fall & Winter months, I have had the privilege of establishing the EPN's social media presence, planning programs, curating resources, and connecting with incredible community partners.

I arrived at spring having learned about what a supportive resource the EPN has been to this community over the years while dreaming of all the network can grow to be!

As I shared, the spring season is one of resilience. To rise with resilience, we must also have hope.

I look ahead with hope for an abundant future filled with opportunities to continue to :

- Build meaningful community partnerships.
- Expand our yearly programmatic offerings.
- Collaborate with our subscriber network to curate customized resources that best meet their needs.
- Deepen our connections to existing state resources.
- Further develop our website design so that it is a space that is informative, supportive, inclusive, and accessible to the community.
- Widen our reach through our social channels and MORE!

It truly is a gift for me to sit at this table with you.
Here's to blooming!

With gratitude,

Kendal

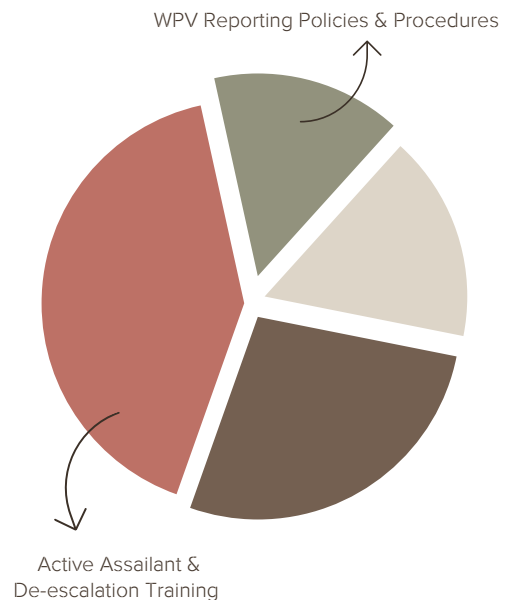
OUR THEME OF THE 2022-2023 YEAR: "Workplace Violence"

Here at the EPN, we recognize the significant impact of WPV on home care professionals.

In the Winter, we surveyed our EPN community to learn about workplace violence topics subscribers felt they would benefit from learning more about.

Results revealed a trending interest in active assailant and de-escalation training, in addition to exploring effective workplace violence reporting policies and procedures.

You asked, and we answered! We have been working on curating a variety of resources and events to support your workplace violence education and training needs, coming this Spring and Summer. Stay tuned!



UPCOMING EVENT ANNOUNCEMENTS:

Join us this summer at our **Annual Tabletop Training Event!** This year's topic and scenarios will center around Workplace Violence.

This will be a fantastic educational event for Clinical Supervisors, Human Resource Directors, and Direct Care Workers to attend.

EVENT DETAILS:

- **What:** Our annual Workplace Violence Tabletop Training Event on Workplace Violence Prevention for Post-Acute Care.
- **When:** Tuesday, June 13th, from 9:30 AM - 4:00 PM.
- **Where:** The Meeting House of Columbia, located at 5885 Robert Oliver Pl, Columbia, MD 21045.





seasonal preparedness: SPRING WEATHER:

April showers bring May flowers and the possibility of severe weather events like thunderstorms and floods.

Prepare your storm safety plan with these tips:

- [American Red Cross Thunderstorm Safety Tips](#)
- [NWS's Definitions of Flood Warning, Watch, vs Advisory](#)
- [FEMA's Flood Factsheet](#)



Spring showers increase the likelihood of weather-related driving emergencies taking place.

Prepare for the possibility of driving in severe weather with these tips:

- [Nationwide's Hydroplaning. Do's & Dont's](#)
- [NWS "Turn Around Don't Drown" Driving in Flood Waters](#)



EPN WINTER WEATHER RESOURCES:



- Get local Weather Alerts straight to your inbox by signing up to receive our Weather Alerts today, when you join our network!
- We are here to support your weather preparedness needs with our weather related resources on our website, here!

SPRING PREPAREDNESS

For your home & home care
patient homes



Spring has Sprung! Spring into seasonal cleaning safely with these tips:

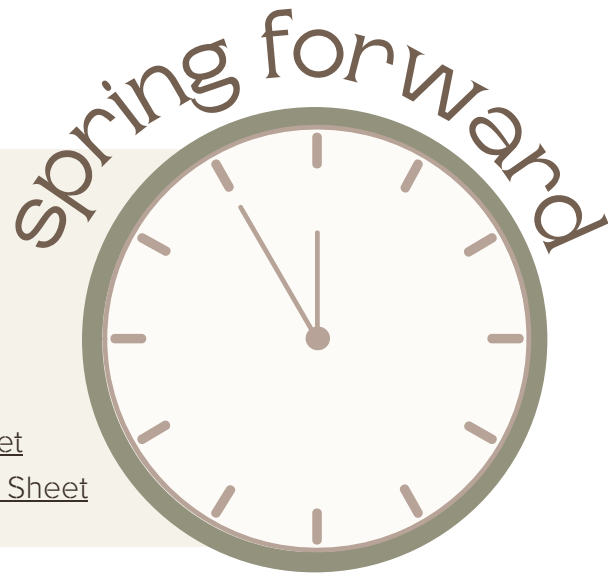
Check out :

- [Our Mold Factsheet](#)
- [Our How to Clean Mold and Mildew Factsheet](#)
- [Mayo Clinic's Spring Cleaning Health & Safety Tips Video](#)
- [CDC's How to Read a Disinfectant Label Factsheet](#)

Spring forward safely this season by changing the batteries in your Smoke & Carbon Monoxide alarms now that the clocks have changed:

Check out :

- [Our Preventing Carbon Monoxide Poisoning Factsheet](#)
- [The National Fire Protection Association's Smoke Alarm Fact Sheet](#)
- [The National Fire Protection Association's Carbon Monoxide Fact Sheet](#)



Spring weather can produce severe storms, which increase the possibility of power outages. You can be the calm in the storm with these tips:

Check out :

- [Our Cooking Without Power Fact Sheet](#)
- [Our Food Safety After Power Loss or Flood Fact Sheet](#)
- [FEMA's Prepare for a Power Outage Fact Sheet](#)



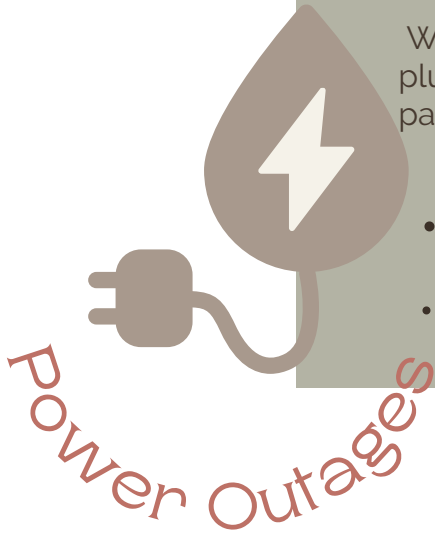
SPRING PREPAREDNESS

For your workplace

Whether floods occur from drastic temperature fluctuations that rupture plumbing or as the results of heavy spring storms, the impact on your patients and home care operations can be disrupted and become unsafe:

Check out :

- Our [Power Outage Page](#) from our Resource Guide guide your power outage preparedness planning.
- [Our Emergency Preparedness Guide for Home Care Patients using power-dependent Equipment](#)



Power outages pose the risk of interruption in communication systems in the workplace, including telephone and information systems failures.

Check out :

- Our [Communication Interruption pages](#) from our Resource Guide help you plan to resume communications at your workplace.

Communication



Interruptions

Floods

Floods can be internally from indoor structures such as pipes or externally caused by weather events. Spring storms increase the risk of flooding, drastically impacting home care operations.

Check out :

- Our [Flood pages](#) from our Resource Guide to best support your preparedness planning at your workplace.



SPRING HEALTH & SAFETY:

Spring is here! Add cleaning out your medicine cabinet to your seasonal cleaning list and prevent medication mishaps with these tips:

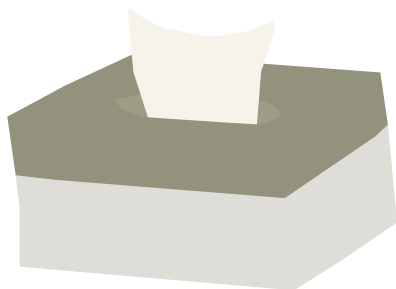
- Maintain your medication regimen even in an emergency by keeping a record of your medications with [our Medication List](#).
- Prevent poisoning with these [Medication Safety Tips from the MD Poison Center](#)
- Dispose of your unused or empty medication bottles safely at a nearby [prescription drop-off collection site](#).

Medication Management



Resources:
<https://health.maryland.gov/bha/Pages/Prescription-Drop-Off-Collection-Sites.aspx>
<https://www.mdemergencyprepnetwork.org/Patient-&-Caregiver-Guides>
<https://www.mdpoison.com/>

Illness vs Allergies



Spring is in the air, bringing pollen from new blooms.

For those with seasonal allergies, allergy symptoms appear similar to respiratory illnesses like the common cold.

Learn the differences so that you are prepared to best care for yourself and others.

Check out Mayo Clinic's [Allergies or a virus Q&A?](#)

Resources:
<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-allergies-or-a-virus-how-to-tell-the-difference/>

Warmer weather is on the way, and with it comes the invitation to spend more time outdoors!

As you get moving, stay safe with these tips:

- [Mayo Clinics' Get healthy, stay safe outside in spring.](#)
- [The National Institute on Aging's Safety Tips for Exercising Outdoors for Older Adults](#)

This season puts a spring in our step, though, with its frequent rain showers, you have a greater chance of slipping and falling. Prevent falls with these tips:

- [NIH's Fall Prevention Tips](#)
- [NCOA's Falls Free Check-up-Fall Risk Assessment](#)

Physical Activity



Resources:
<https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention#steps>
<https://ncoa.org/age-well-planner/assessment/falls-free-checkup>

SPRING HEALTH & SAFETY CONT.



Gardening Safety Tips:

Spring is a time for green grass and green thumbs. As you prepare your flower beds and vegetable gardens for the new season, we are here to help you plan to do so safely with these tips:

- [Maryland Poison Center's Spring Poison Safety Factsheet \(Gardening\)](#)
- [MedStar's Common Gardening Injuries and how to prevent them](#)

Travel Safety Tips:

'Tis the season for travels to begin. Plan to stay safe and healthy on your trip by preparing with these tips:

Check Out:

- [CDC's pack smart page](#)
- [CDC's 5 tips for safe spring travel](#)



<https://www.mdpoison.com/education/materials/>

www.medstarhealth.org/blog/3-common-gardening-injuries-and-how-to-prevent-them

<https://wwwnc.cdc.gov/travel/page/pack-smart>

<https://wwwnc.cdc.gov/travel/page/spring-break-travel>

MEET A COMMUNITY PARTNER:



Maryland Poison Center
UNIVERSITY OF MARYLAND SCHOOL OF PHARMACY

The **Maryland Poison Center** is...

A regional poison center certified by the American Association of Poison Control Centers (AAPCC) serving residents across Maryland since 1972.

Located in Baltimore, MD, the MPC is part of the Department of Pharmacy Practice, Sciences, and Health Outcomes Research at the University of Maryland School of Pharmacy.

The Center is comprised of highly trained healthcare professionals, including medical doctors, pharmacists, and nurses with expert training in clinical toxicology, who provide emergency assessment, treatment advice, education, and prevention information 24 hrs a day, 7 days a week.

The **EPN** sat down with the **Maryland Poison Center (MPC)**. We talked about their mission, vision, and variety of educational resources that support the community (including but not limited free resources for patients, caregivers, and health care workers), and MORE! You don't want to miss this!

To access the full interview click:

[**HERE!**](#)

CONNECT:



To speak with a poison specialist, call: 1-800-222-1222.

To speak to Admin staff, call: 410-706-7604



Website: mdpoison.com

Blog: blog.mdpoison.com



[@MarylandPoisonCenter](https://www.facebook.com/MarylandPoisonCenter)



[@MDPoisonCenter](https://www.instagram.com/MDPoisonCenter)



[@MDPoisonCtr](https://twitter.com/MDPoisonCtr)



[@MarylandPoisonCenter](https://www.youtube.com/MarylandPoisonCenter)

SUPPORT:

Calls to the poison center are free of charge!

The MPC is funded primarily through state higher education dollars, federal grants, donations, and private contracts.

Learn more about how you can support: [**HERE!**](#)

DISCLAIMER STATEMENT:

All information contained in this document is intended for educational purposes only.

The information presented here is not intended to be used for medical advice, diagnosis, or treatment. If you have any questions or concerns about your health, please contact your doctor, healthcare provider, local urgent care, and emergency services.

We do not guarantee the accuracy of any information provided on this document. The use of this document is at your own risk.

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