

# Maryland Emergency Preparedness Network

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## In This Issue You Will Find...

A note from the Program Administrator, a reflection about our Annual Tabletop event, emergency preparedness resources, and health and safety tips all unique to the Summer season. Last but not least you will also find an exclusive interview with the Maryland Insurance Administration (MIA)!

Thank you for an incredible programming year! Wishing you all a safe and super summer!

Connect with us here:



# A Note From Our Program Administrator

*They say every summer has a story...*

*I vow that this summer will be one of gratitude and growth. June welcomes summer and the close of another grant cycle year here at the EPN.*

*As I look back on this grant cycle year, I am profoundly grateful for the opportunity I have had to deepen my appreciation for the post-acute care community, expand my knowledge of emergency preparedness and its impact on community health/wellness, plan educational events, craft supportive resources, and collaborate with incredible members of the community!*

*It has been so fulfilling for me to know that through the services the EPN provides, we can support your personal and professional preparedness and, as a result, protect the health and safety of you, your patients, and your loved ones.*

*I look ahead, excited for the opportunity to continue to foster our current relationships, strengthen our social ties through further outreach, and build robust programming alongside a repertoire of resources that are carefully crafted and curated just for you!*

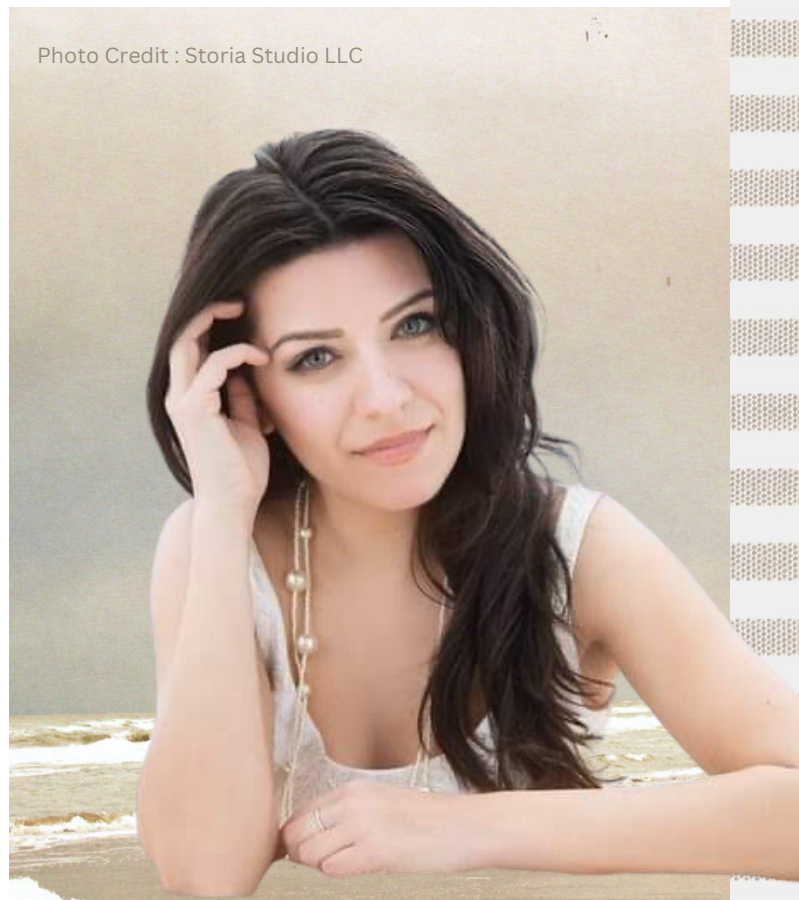
*Thank you all for an incredible grant cycle year. Your presence makes this work meaningful for me. Here's to all the EPN is and will grow to be with your support.*

*The best is yet to be!  
Cheers!*

*Kendal*



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# Our 2022-2023 Programming Theme: Workplace Violence

On Tuesday, June 13th, we hosted our Annual Tabletop Exercise event:

## "Workplace Violence Prevention for Post Acute Professionals"

Post-Acute Professionals from all parts of Maryland gathered to learn about :

- Current workplace violence rules and regulations
- The importance of effective workplace violence policies and procedures.
- The value of completing comprehensive workplace violence training.
- The impact of Workplace Violence Reduction Tactics (i.e., De-escalation & Situational Awareness).
- The benefits of investing in workplace violence supportive tools & technologies on employee safety.

We left the event inspired by the collaborative energy from the tables where thoughtful conversations were being had around this complex and sensitive topic.

The event feedback revealed that attendees left feeling more confident and empowered to respond effectively to a workplace violence incident after attending our event!

Check out some of our testimonials...



“ This was honestly one of the best emergency preparedness workplace violence trainings I have attended in my career. ”  
-Attendee

“ I really appreciated that the material was presented with an understanding that the material was harder topics but they were able to be discussed with a level of compassion. ”  
-Attendee



The EPN considers Workplace Violence to be an emergency preparedness priority. We are committed to continuing the conversation about Workplace Violence beyond 2022-2023 as resources-specific to home and community-based services continue to emerge.

Thank you to our subject matter experts, Diane Link RN, MHA, and MPO, Allen Perry.

A special thanks to Paul Ambrose and the Katana Safety Team for their sponsorship, And to Carly Pick and the volunteers at Stop the Bleed from UMMC.

Thank you to all attendees who came out, thoughtfully contributed, and created a culture of fellowship with one another!

# SUMMER PREPAREDNESS

## FOR YOUR WORKPLACE:

### POWER OUTAGES:

- Check out our Power Outage pages from our Resource Guide.

### EXTREME HEAT

- Check out our Extreme Heat pages from our Resource Guide

### HURRICANES

- Check out our Hurricane pages from our Resource Guide

## FOR YOUR HOME OR PATIENT'S HOME:



### POWER OUTAGES:

Summer Storms pose the potential for power outages, prepare today with these tips:

- Our Homecare Patients using Power Dependent Equipment Guide
- CDC'S Use Safe Water After a Natural Disaster or Emergency.
- Our Food Safety Tips for After a Storm or Power Outage Factsheet
- Our Cooking Without Power Fact Sheet
- FEMA'S Generator Safety at home



## HEALTH MAINTENANCE:

Did you know that temperature impacts how medications work? Maintain your medication regimen with these tips:

- Mayo Clinic Minute: Heat and how it affects medication
- Medline's Medication Storage Tips
- FDA's Medication Safety in a Power Outage



#### Resources:

- [cdc.gov](http://cdc.gov)
- [fema.gov](http://fema.gov)
- [mdemergencypreparedness.org](http://mdemergencypreparedness.org)
- [www.mayoclinic.org](http://www.mayoclinic.org)
- [medlineplus.org](http://medlineplus.org)

seasonal preparedness:

# SUMMER WEATHER

## Summer Storm Preparedness:

Thunderstorms are common in the summer season. They often bring relief from the heat and humidity, but they can also be dangerous. These storms can produce lightning, heavy rain, and strong winds that can cause power outages, flooding, and property damage.

Prepare your storm safety plan with these tips:

- FEMA's Before, During and After a Thunderstorm Guide.
- NFPA's Lightning Safety Tips
- FEMA's Flood Factsheet



## Drought Preparedness:

Droughts are prolonged periods of abnormally low rainfall or lack of precipitation. They can severely affect the environment causing crop failures, soil erosion, and wildfires. They can also lead to water shortages, affecting human consumption needs.

Prepare for a drought with these tips:

- Maryland Department of the Environment Maryland Drought Information & Status
- Ready.gov's Before & During a Drought

## EPN WEATHER PREPAREDNESS 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!

Resources:  
• [fema.gov](http://fema.gov)  
• [mdc.maryland.gov](http://mdc.maryland.gov)  
• [nfpa.org](http://nfpa.org)  
• [ready.gov](http://ready.gov)

# SUMMER HEALTH & SAFETY



## HEAT SAFETY TIPS:

Stay safe in the summer heat with these tips:

-Stay hydrated by drinking plenty of water and avoiding sugary and alcoholic beverages.

-Wear lightweight, light-colored, and loose-fitting clothing.

-Protect yourself from the sun by wearing a hat and using sunscreen.

-Stay indoors or in shaded areas during the hottest parts of the day.

-Never leave children or pets in a parked car, even for a few minutes.

-Know the location of your local cooling centers.



**CAR SAFETY:** As temperatures rise outside, they rise twice as fast inside a car. Did you know a car's interior temperature can rise 20 degrees in 10 minutes? Keep cool in the car with these tips!

Resources: [www.progressive.com/lifelines/on-the-road/hot-car-safety-tips](http://www.progressive.com/lifelines/on-the-road/hot-car-safety-tips)

## HEAT & HEALTH IMPACTS

Heat impacts pregnant individuals, newborns, children, older adults, and those living with chronic illnesses the most, leaving them at a greater risk of experiencing heat-related illnesses and conditions.

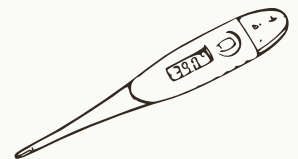
Learn about the most common heat-related illnesses to better prepare and protect yourself today:

-Dehydration

-Heat Rash

-Heat Cramps

-Heat Exhaustion vs Heat Stroke



## SUN SAFETY:

Longer days mean more time spent out outside. Though sunlight provides health benefits like vitamin D, long-term sun exposure increases our risk for damage to our skin and eyes. Soak up the sun safely with these tips!



Resources: [fda.gov/consumers/tips-stay-safe-sun-sunscreen-sunglasses](http://fda.gov/consumers/tips-stay-safe-sun-sunscreen-sunglasses)

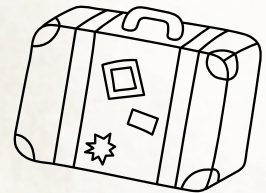
Resources: [www.clevelandclinic.org](http://www.clevelandclinic.org)

# SUMMER HEALTH & SAFETY

Planning time to unplug? No matter where your travels take you, pack your preparedness! Travel safely with these tips:

- [US. Dept of Transportation's Summer Driving Tips](#)
- [CDC's Survival Guide to Safe Travels](#)

## TRAVEL SAFETY



## WATER SAFETY



Splash into the summer season safely! No matter the body of water, everybody can take steps to prevent swimming-related accidents and injuries with these tips:

- [Water Safety Tips](#)
- [Pool Chemical safety CDC PDF](#)

Soak up some sun and safely enjoy all that nature has to offer during the summer months with these tips:

- [Maryland Poison Center Bites & Stings](#)
- [Maryland Poison Center Common Plants Factsheet](#)
- [EPA's Using Insect repellent safely.](#)

## OUTDOOR SAFETY



## FOOD SAFETY



Suns out! You know what that means ... cookouts! Fire up that grill for food and fun with friends with these safety tips:

- [NFPA Grilling Safety.](#)
- [FDA's Outdoor Food Safety.](#)

# MEET A COMMUNITY PARTNER:



The **Maryland Insurance Administration** is...

A government agency established to protect consumers from illegal insurance practices by ensuring that insurers and producers operating in Maryland act according to State insurance laws.

Additionally, they provide various services and resources to Marylanders to increase community awareness about the critical role insurance plays in our everyday lives, personally and professionally.

The **EPN** sat down with the **Maryland Insurance Administration (MIA)**. We talked about their mission, the variety of educational resources and services they offer to the community and MORE!

To access the full interview click:

[CLICK HERE](#) 

## CONNECT:



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[youtube.com/playlist?list=PLlgoHh4Po1J0TEXeIqOliLAoklnJTXV](https://youtube.com/playlist?list=PLlgoHh4Po1J0TEXeIqOliLAoklnJTXV)



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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.

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