



# KCER Watch

**Safety and Health Topics: Emergency Preparedness Bulletin**

**January 2018**

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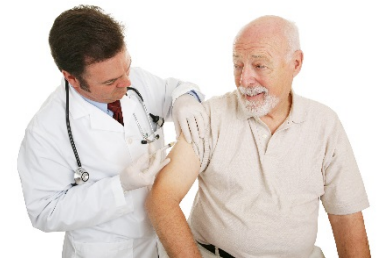
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## Hot Topics

### **Flu Activity is Widespread Across the U.S.—Take Action to Protect Yourself**

The flu virus that’s sickened millions of Americans this season is already the most widespread outbreak since public health authorities began keeping track more than a dozen years ago. Now, with the threat of more strains emerging, threat of flu might get even worse. All U.S. states but Hawaii are reporting widespread flu activity. All patients with chronic kidney disease, including those with a kidney transplant, should have a flu shot.



**Read More:** <https://goo.gl/7DFv3b>

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### **Winter Weather Advisories—What You Should Know**

Weather watches, warnings, or advisories can mean all the difference in the time you have to prepare for the storm and get your emergency supplies to ride out the weather event. The National Weather Service (NWS) issues watches, warnings, and advisories for all winter weather hazards. Learn what they mean and what to do for each. Use the information in the link below to make an informed decision on your risk and what actions to take.



**Read More:** <https://goo.gl/QKsGDu>

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## FEMA looking for feedback on NIMS Implementation Objectives

The Federal Emergency Management Agency's (FEMA) National Integration Center is seeking public feedback for an update of the state, local, tribal, and territorial (SLTT) National Incident Management System (NIMS) Implementation Objectives. This National Engagement Period is open until Feb. 5, 2018. NIMS is a key component of U.S. incident management efforts and enables organizations from across the country to work together during incidents of all kinds and sizes.

**Read More:** <https://goo.gl/ay1hRG>

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## Education/Communication

### Why You Should Drop, Cover, and Hold On During an Earthquake

Ever wonder why you're told to drop, cover, and hold on during an earthquake? Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You never know how strong an earthquake is going to be. Even the first small jolt could be just the beginning of "the big one," in which case you most certainly do not want to be on your feet. Once you've dropped safely to the ground, the next step is to protect yourself from falling objects. Earthquakes do just what their name implies—they shake the earth violently. If you're not holding on to something during this shaking, you could be jolted around, thereby causing you more harm and injury.

**Read More:** <https://goo.gl/4DR53n>

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### There is Help After a Disaster

If you're having trouble coping after a recent disaster, talk with someone who can help. Crisis counselors with the Disaster Distress Helpline are available 24/7 via text or phone call. Text TalkWithUS to 66746 or call 1.800.985.5990. For Spanish, text Hablanos to 66746 or call 1.800.985.5990 and press "2."

**Disaster Distress Helpline**  
PHONE: 1-800-985-5990  
TEXT: "TalkWithUs" to 66746  
WEB: [disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)

**Read More:** <https://goo.gl/UquCK6>

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## Stay Put—Learn How to Shelter in Place



Sheltering in place means finding a safe location indoors and staying there until you are given an “all clear” or told to evacuate. You may be asked to shelter in place because of an active shooter, tornado, or chemical hazard. Taking appropriate shelter is critical in times of disaster. Learn more about what it means to shelter in place and find tips to do so.

**Read More:** <https://goo.gl/hW3dTN>

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You can find this month’s KCER Watch and past editions on our website:  
[www.kcercoalition.com/kcerwatch](http://www.kcercoalition.com/kcerwatch)

### What do you think about KCER Watch?

We want your feedback! Please click here to complete a short survey:

<https://www.surveymonkey.com/r/Jan2018Watch>



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