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Preparedness

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Minnesota Metro Medical Reserve Corps

A NATIONAL NETWORK OF LOCAL GROUPS OF VOLUNTEERS COMMITTED TO IMPROVING THE PUBLIC HEALTH, EMERGENCY RESPONSE, AND RESILIENCY OF THEIR COMMUNITIES.

Make Preparedness a Priority!



September is National Preparedness Month, which is a good time to think about emergency preparedness for you, your family, and your neighborhood.

- Week 1: Make and Practice Your Plan
 - [Make an Emergency Plan](#)
 - Sign up for [alerts and warnings](#) in your area
 - Learn your [evacuation zone](#) and have an evacuation plan
- Week 2: Learn Life Saving Skills
 - Know basic home maintenance to protect your family and home. Learn how to [mitigate your home against flood damage](#).
 - Learn how to [turn off utilities like natural gas](#) in your home.
 - [Put smoke alarms on every level of your home](#), test them monthly, and replace them when they are 10 years old.
 - [Know the ways to keep your home safe](#) from cooking, heating & electrical fires.
- Week 3: Check Your Insurance Coverage
 - Insurance is the first line of defense; check your [insurance](#) coverage and review the [Document and Insure Property guide](#).
 - Flood Insurance allows communities and families to recover more quickly and more fully. Visit [Floodsmart.gov](#) to learn more about flood insurance and how to protect your home or business.
- Week 4: Save For an Emergency
 - [Plan financially](#) for the possibility of disaster.
 - Complete an [Emergency Financial First Aid Kit \(EFFAK\)](#)
 - Maintain [emergency savings](#) for use in case of an emergency



About 400,000 cardiac arrests happen outside of hospitals each year in the U.S.

At 4 minutes without oxygen, permanent brain damage sets in.

At 8-10 minutes without oxygen, death can occur.

CPR can double or triple an adult patient's chance of survival!



Hands-Only CPR: Lifesaving Skills for *Stayin' Alive*

1. CHECK AND CALL

1. CHECK the scene, then CHECK the person.
2. Tap on the shoulder and shout, "are you okay?" and quickly look for normal breathing.
3. CALL 9-1-1 if no response
4. If unresponsive and not breathing normally, BEGIN CHEST COMPRESSIONS.



2. GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight and position your shoulders directly over your hands.
4. Push hard, push fast.
 - Compress the chest at least 2 inches for adults, 1 inch for children
 - Compress at least 100 times per minutes
 - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



3. DO NOT STOP

Except in one of these situations:

- You see an obvious sign of life (normal breathing)
- Another trained responder arrives and takes over
- EMS personnel arrive and take over
- You are too exhausted to continue (don't make yourself a second emergency)
- An AED is ready to use
- The scene becomes unsafe



AED AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED
2. Wipe chest dry
3. Follow instructions from AED:
 - Attach the pads to chest
 - Plug in connector (if necessary)
 - Make sure no one is touching the individual
 - Let the AED analyze the rhythm
 - If a shock is advised, push the "Shock" button
4. Continue CPR compressions and follow AED prompts



Push Hard, Push Fast to Tunes You Know! (100 beats per min.)

Stayin' Alive—Bee Gees

Kickstart My Heart—Motley Crue

Dancing Queen—ABBA

Hips Don't Lie—Shakira

Crazy In Love—Beyoncé

I Will Survive—Gloria Gaynor

WE'RE ALL EQUIPPED WITH LIFE SAVING DEVICES



Are you prepared for a power outage?

A power outage is when the power goes out unexpectedly. A power outage may cause several things:

- Disrupt communications, water, and transportation.
- May close retail businesses, grocery stores, gas stations, ATMs, banks and other services.
- Can cause food spoilage, water contamination.
- Can prevent use of medical devices.

How can you protect yourself during a power outage?

- Keep freezers and refrigerators closed.
- Only use generators outdoors and away from windows.
- Do not use a gas stove to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Use alternate plans for refrigerating medicines or power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.

How to stay safe and prepare now:

- Take an inventory now of the items you need that rely on electricity.
- Talk to your medical provider about medical devices that are powered by electricity.
- Sign up for local alerts and warning systems.
- Install carbon monoxide detectors with battery backup.

- Determine whether your home phone will work in a power outage.
- Review the supplies that are available in case of no power.
- Use a thermometer in the refrigerator and freezer so you can know the temperature when the power is restored.
- Keep mobile phones and other electric equipment charged and gas tanks full.



How to stay safe during a power outage:

- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours.
- Use food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning.
- Check on your neighbors.
- Go to a community location with power.
- Turn off or disconnect appliances, equipment, or electronics.