

# Disaster Planning Home Handbook

*Pesto, the  
pandemic bug*

**Be Prepared for  
a Flu Pandemic  
or Other Disaster**

*your  
energy  
partner®*  
**OPPD**  
Omaha Public Power District

**OPPD's Anti-Pesto Campaign.**  
*A squash in the right direction.*

## Emergency Contacts

| Contacts                                                            | Name/Phone Number |
|---------------------------------------------------------------------|-------------------|
| Local personal emergency contact                                    |                   |
| Out-of-town personal emergency contact                              |                   |
| Family physician(s)                                                 |                   |
|                                                                     |                   |
| State public health department<br>(www.pandemicflu.gov)             |                   |
| Pharmacy                                                            |                   |
| Employer contact and emergency<br>information <b>1-866-303-6773</b> |                   |
| School contacts and emergency information                           |                   |
|                                                                     |                   |
|                                                                     |                   |
| Religious/spiritual organization/clergy                             |                   |
| Gas-water utility                                                   |                   |
| Electric utility                                                    |                   |
| Phone company                                                       |                   |
| Veterinarian                                                        |                   |
| Name and phone number<br>of emergency caregiver for pets            |                   |
| Other emergency info                                                |                   |

## Be prepared when disaster strikes

A little bit of planning now can bring huge relief in the midst of a disaster.

Damage caused by natural disasters or man-made events can bring all community services to a screaming halt. Earthquakes, hurricanes, tornadoes, floods, terrorist attacks and health crises all bring devastating consequences. These events overwhelm community response resources, communications, transportation and utilities. As a result, many individuals and neighborhoods are cut off from outside support.

At OPPD, each OPPD business unit has identified their critical functions and how these would be done in a worst-case disaster scenario. However, the utility's emergency plans are not complete without support from employees' families.

This handbook can help you prepare. It provides basic information about disaster planning and space for recording emergency contact information so you will be better able to cope with any type of disaster.

Please take time to draft a family plan and review it each year. By doing so, you will be more prepared to cope with the situation and be more helpful to your family and OPPD.

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## Food and nonperishables

Ready-to-eat canned meats, fruits, vegetables and soups

Protein or fruit bars

Dry cereal or granola

Peanut butter or nuts

Dried fruit

Crackers

Canned juices

Bottled water

Canned or jarred baby food and formula

Pet food

**Each of us should be prepared to take care of ourselves, our families and our neighbors.**

## Plan for a disaster

**Store a supply of food and water.** During any disaster, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. See the lists at left and right. (six weeks supply recommended.)

### Assess your prescription drug requirements.

If you or a family member has a medical condition that requires regular medication, talk with your doctor about getting an extra supply of your regular prescription drugs.

**Stock up on nonprescription drugs and other health supplies.** This includes pain relievers, stomach remedies, cough and cold medications, fluids with electrolytes and vitamins.

**Talk about tough life and death issues.** Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home. Make sure beneficiary information is up-to-date on your policies, and create a will to ensure your desires for your family are legal and clear.

## Maintain the plan

Taking common sense steps can help you minimize the effects of any disaster on your family. Once you complete the emergency sheets on the front and back inside covers and complete the *Plan for a disaster* steps on the opposite page, please review your plan at least annually.

- Check contact names and numbers.
- Check food supplies, medications and batteries for expiration dates.
- Replace stored water and food, if necessary. Involve your family in the review so that everyone is familiar with the plan.

## Medical, health and emergency supplies

**Prescribed medical supplies, such as glucose and blood-pressure monitoring equipment**

**Soap and water or alcohol-based hand wash**

**Medicines for fever, such as acetaminophen or ibuprofen**

**Thermometer**

**Anti-diarrheal medication**

**Vitamins**

**Fluids with electrolytes**

**Cleansing agent/soap**

**First-aid kit**

**Flashlight**

**Batteries**

**Portable radio**

**Manual can opener**

**Garbage bags**

**Tissues, toilet paper, disposable diapers**

**Feminine hygiene products**



## Wipe out the Bug!

Anti-bacterial lotion and antiseptic wipes are two germ-fighting tools. Use the lotion when soap and water are not handy. Use the wipes on your computer keyboard, mouse and phone every few weeks or when an ill coworker infects your office.

## Experts believe a flu pandemic is likely at some point in the future

World health experts want you to take action now to protect yourself and your family from a global health threat, such as pandemic influenza, and OPPD management firmly agrees.

### What's a pandemic

A pandemic is an epidemic occurring over a very wide area, crossing international boundaries and usually affecting a large number of people. Health officials refer to three pandemics that hit during the last century – 1918, 1957 and 1968 – which the Centers for Disease Control and Prevention (CDC) describes as follows:

**1918-19, "Spanish flu,"** caused the highest number of known influenza deaths. More than 675,000 people died in the United States and up to 50 million people may have died world-wide. Many people died within the first few days after infection, and others died of secondary complications.

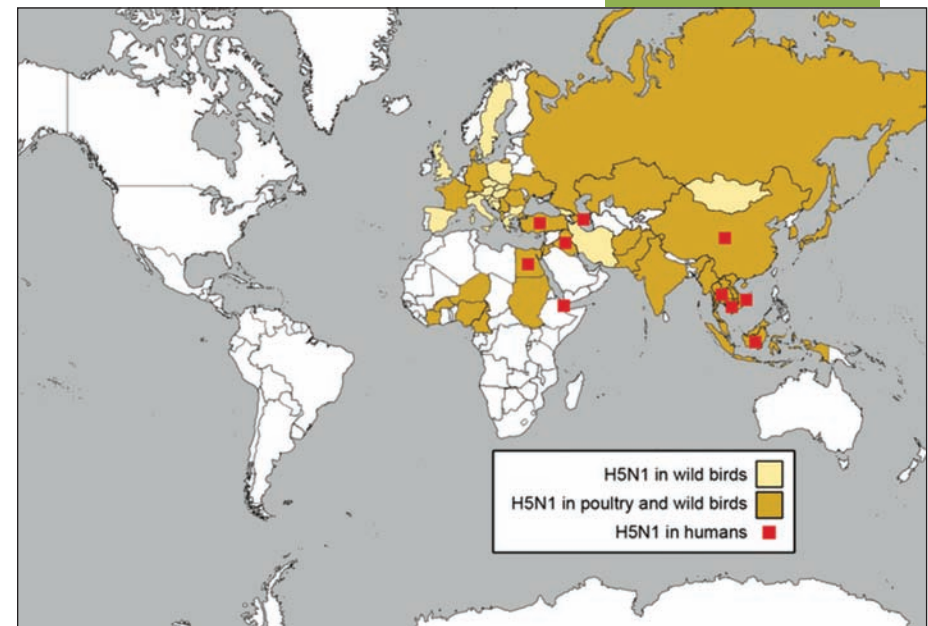
**1957-58, "Asian flu,"** caused about 70,000 deaths in the U.S. First identified in China in February 1957, the Asian flu spread to the United States by June.

**1968-69, "Hong Kong flu,"** caused about 34,000 deaths in the U.S. First detected in Hong Kong in early 1968, the virus spread to the U.S. later that year.

According to the U.S. Department of Health & Human Services, it's difficult to predict when the next influenza pandemic will occur or how severe it will be, however, health professionals are concerned that the avian virus that has surfaced in eastern Asia and other countries represents a significant threat to human health. That strain is

caused by a virus that is behaving a lot like the 1918 virus, and the new virus has raised concerns about a potential human pandemic for several reasons:

- It's especially virulent
- It's being spread by migratory birds
- It can be transmitted from birds to mammals and in limited circumstances to humans



Like other influenza viruses, it continues to evolve. As of August 2006, there had been 241 confirmed human cases of H5N1 avian flu reported to the World Health Organization, 141 resulting in death. The majority of the cases have been in Vietnam (93), Indonesia (60), Thailand (24) and China (21), and most cases were bird-to-human infection.

The above map shows nations with confirmed cases of the H5N1 avian flu in wild birds, poultry and humans. This reflects data as of July 7, 2006. To access the map, visit [www.pandemicflu.gov](http://www.pandemicflu.gov).

## Get annual flu shots

Getting an annual flu shot is one of several things you can do to keep your family healthy, and that may *help* you fight off a pandemic flu virus, according to the Nebraska Health and Human Services System.

## Why worry about pandemic flu?

**Pandemic flu strikes quickly and spreads fast.**

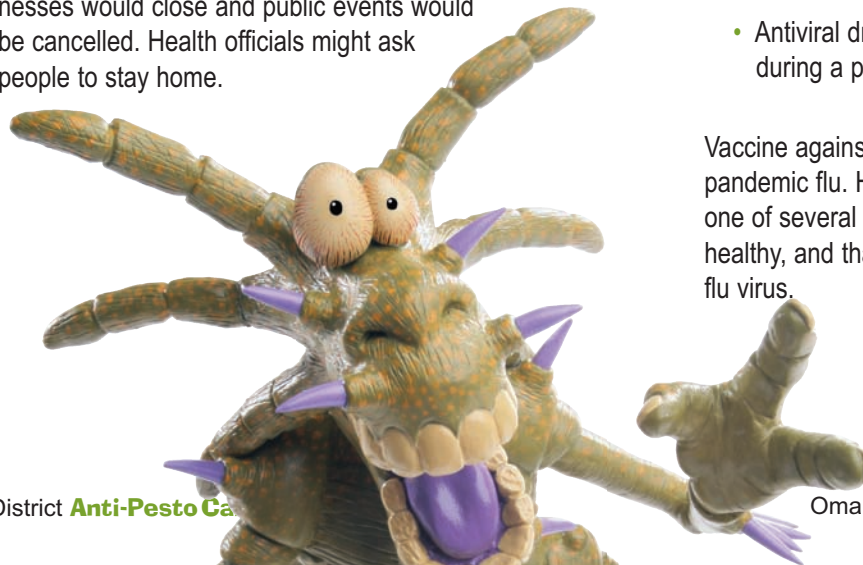
- Pandemic flu can be highly contagious, spreading rapidly from person to person. Many people would get sick; many could die.
- Healthcare services would be in demand, but providers might be in short supply.
- Pandemic flu could severely disrupt everyday life.
- Currently, there's no vaccine available. When there is, there wouldn't be enough for everyone.

**Medical supplies would be limited.**

- Although the federal government stocks medicines, vaccines and medical equipment, they would be in short supply. People who perform essential services, such as healthcare providers, would receive medication and vaccine first.

**Quarantine might be required.**

- Quarantine (separating people from others) might be used to protect the public during a pandemic. It's possible that schools and businesses would close and public events would be cancelled. Health officials might ask people to stay home.



## Pandemic flu is not the same as seasonal flu.

**Seasonal (or common) flu**

- Occurs every year during the winter.
- Affects 5-20 percent of the population.
- Most people have some immunity.
- For most people, it is unpleasant, but not life-threatening.
- People who are very young, very old, and/or have certain chronic illnesses are most at risk of serious illness.
- A vaccine is usually available.
- Antiviral drugs help treat those at risk and those who are sick.

**Pandemic flu**

- Can occur any time of the year. Has occurred three times in the last 90 years.
- May affect 30 percent or more of the population.
- People have little or no natural immunity.
- Is often life-threatening.
- Everyone could be at risk of serious illness.
- A vaccine currently is not available.
- Antiviral drugs are likely to be in limited supply during a pandemic.

Vaccine against seasonal flu will not protect against pandemic flu. However, getting a yearly flu shot is one of several things you can do to keep yourself healthy, and that may help you fight off a pandemic flu virus.

## Flu terms defined

Seasonal flu, avian flu, and pandemic flu are not the same.

**Seasonal (or common) flu** is a respiratory illness that can be transmitted person-to-person. Most people have some immunity, and a vaccine is available.

**Avian (or bird) flu** is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine available.

**Pandemic flu** is a virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is no pandemic flu. [www.pandemicflu.gov](http://www.pandemicflu.gov)

- U.S. Department of Health & Human Services

## Work out the bugs

Get into shape Exercise helps maintain a healthy weight, and it strengthens the immune system.

That's good defense for an offensive bug. If you don't belong to a gym or have exercise equipment at home, start by walking a few times a week, and gradually add more minutes and more days.

## Family support contacts

**BEST CARE**  
**Employee Assistance Program (EAP)**  
(402) 354-8000  
1-800-666-8606  
if no answer:  
(402) 354-2710  
[www.BestCareEAP.org](http://www.BestCareEAP.org)

## United Way of the Midlands

To get help on a health or human service issue or to give help:  
[www.uwmidlands.org](http://www.uwmidlands.org)  
[www.ne211.org](http://www.ne211.org)  
call: 2-1-1

## Limit the spread of germs and prevent infection

Wash hands frequently with soap and water, and teach children to do so.

Cover coughs and sneezes with tissues, and throw tissues away after use. Block cough or sneeze with your upper sleeve if you don't have a tissue.

Avoid touching eyes, nose and mouth to prevent germs from entering your body.

Stay away from those who are sick as much as possible.

Stay home from work and school if sick and contagious.

Consider purchasing masks for family members to help protect against germs.

Make sure your family knows how to prepare and cook food properly.

## When a family member is ill

- Keep everyone's personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets food or eating utensils.
- Disinfect doorknobs, switches, handles, toys and other surfaces.
- Use detergent and very hot water to wash clothes. Wash your hands after handling dirty laundry.
- Wear disposable gloves when cleaning up body fluids.
- One person should be the designated caregiver.
- Wear a mask when giving care.

*-American Red Cross*

## Practice good hygiene

### Wash your hands

Illnesses like colds and flu spread from person to person in respiratory droplets of coughs and sneezes. The droplets move through the air to other people, but they also land on surfaces such as desks or doorknobs, where they can live for hours.

Keeping your hands clean is one way to stay healthy and keep germs from spreading. Wash your hands as often as you can. Always wash your hands:

- Before preparing food
- Before eating
- After coughing or sneezing
- After touching an animal
- After using the bathroom

Using soap and warm water, rub your hands together for at least 20 seconds. Scrub the back of your hands, as well as your palms, wrists, fingers and under the nails. Dry your hands with a clean towel or paper towel.

Also, keep your hands away from your face, especially your eyes, mouth and nose.

### Cover your mouth

- Use a tissue to cover your cough or sneeze, then throw it away. If you don't have a tissue, use your shirt sleeve or arm to block the cough or sneeze.
- Clean your hands after coughing or sneezing. Use alcohol-based hand wipes and gel sanitizers when soap and water aren't available. Many stores have dispensers near the shopping carts, also a big germ carrier.

## There's more than one computer virus

A 2002 University of Arizona study found that surfaces in personal work areas, such as offices and cubes, had higher bacteria levels than surfaces in common areas, such as toilets.

Computer keyboards ranked fifth, following telephones, desks, water fountain handles and microwave door handles.

Wash your hands routinely and use wipes to keep your keyboard and mouse clean.

## Hotline available

If you have questions about the handling or preparation of meat or poultry, call the USDA Meat and Poultry Hotline:

- 1-888-MPHotline (1-888-674-6854)
- 1-800-256-7072 (TTY)

## Practice food safety

Proper handling of foods can help keep you safe from food-borne illnesses.

### Handle meat, including poultry, with care.

Here are some tips for avoiding the viruses and bacteria that may exist in meat:

- Wash your hands well before and after touching meat.
- Store and prepare raw meat separately from other foods.
- Use a separate cutting board for preparing raw meat.
- After preparing raw meat, wash the board and utensils thoroughly with soap and hot water. You also can disinfect the board with a mild bleach solution.
- Don't let raw meat or its juices touch anything that will not be cooked afterward, such as raw fruits or foods that are already cooked.

### Poultry and eggs are safe to eat if cooked properly.

- Thorough cooking destroys germs, including the H5N1 virus, if present.
- Cook poultry to at least 165° F. Use an internal thermometer.
- Cook eggs until whites and eggs are firm.

## Use common sense around animals

Safety around birds and other animals is important because it is possible to catch flu germs from an infected bird, pig or other animal. Also, if a person or animal is infected with H5N1 and another flu virus, the two viruses might mix together, creating a new dangerous flu virus.

### U.S. poultry producers are working to keep domestic birds healthy.

To help prevent the spread of disease among animals, they are:

- keeping domestic poultry away from wild birds
- cleaning and disinfecting equipment and vehicles
- requiring employees to wear clean clothes and follow strict disinfecting practices

### Report sick birds.

If you are around domestic birds, such as chickens, turkeys, ducks and geese, let authorities know if you see any possible signs of avian flu:

- decreased energy or appetite
- fewer eggs
- deformed or thin-shelled eggs

Report suspicions to your local cooperative extension office or call the USDA at 1-866-536-7593.

### Be careful with wildlife.

Keep your distance from wild animals. Don't touch them or pick up sick or dead animals.

Hunters should not handle or eat sick game. When handling game, wear rubber gloves. Wash hands, surfaces and tools thoroughly. Practice food safety with game, including cooking it to 165° F.

## If you plan to travel

Health conditions vary in other parts of the world.

Check the Centers for Disease Control and Prevention website, [www.cdc.gov](http://www.cdc.gov), for travel advisories and tips.



**OPPD  
Insurance  
Contact  
Information**

**Blue Cross/Blue Shield  
of Nebraska PPO and  
Blue Cross/Blue Shield  
of Nebraska High  
Deductible (HDHP)**  
Blue Cross/Blue Shield  
of Neb., PO Box 3248  
Omaha, NE 68180-0001  
Group # 300187  
1-888-592-8961  
www.nebraskablue.com

**US Bank – Health  
Savings Account**  
1-877-470-1771

**Ameritas**  
P.O. Box 82520  
Lincoln, NE 68501  
Customer Service:  
1-800-487-5553  
Customer Service Fax:  
402-467-7336

**PayFlex**  
PayFlex Systems USA  
PO Box 3039  
Omaha, NE 68103-0039  
Health & Dependent  
Care  
345-0666 (local)  
1-800-284-4885  
402-231-4310 (fax)  
www.payflex.com

**OPPD Benefits**  
HR Service Center  
402-636-3111

**Pandemic flu resources**

[dhhs.ne.gov/Documents/DHSPandemic-Flu-Brochure.pdf](http://dhhs.ne.gov/Documents/DHSPandemic-Flu-Brochure.pdf)

NE Health & Human Services System  
e-mail: [birdflu@hhss.ne.gov](mailto:birdflu@hhss.ne.gov)  
(402) 471-2937

**Your local health department.**

For contact information, visit: [dhhs.ne.gov/  
Documents/lhd-phone-numbers.pdf](http://dhhs.ne.gov/Documents/lhd-phone-numbers.pdf)

**[www.pandemicflu.gov](http://www.pandemicflu.gov)**

The official U.S. government web site on  
pandemic flu

**[www.cdc.gov](http://www.cdc.gov)**

Centers for Disease Control & Prevention

**[www.usda.gov](http://www.usda.gov)**

U.S. Department of Agriculture

**[www.nwhc.usgs.gov](http://www.nwhc.usgs.gov)**

National Wildlife Center

**[www.redcross.org/ne/omaha](http://www.redcross.org/ne/omaha)**

For more information, including recommendations  
on monitoring pandemic flu symptoms, preventing  
dehydration, reducing fever and preparing for a  
pandemic, visit this site and download a copy of  
the flyer "*Home Care for Pandemic Flu.*"

**Family Emergency  
Health Information Sheet**

It's important to think about health issues that could arise if an influenza pandemic or other disaster occurs and how they could affect you and your loved ones. In an emergency, you may need to provide as much information as you can about your medical history, especially those having serious health conditions or allergies. Create a family emergency health plan using this information. Fill in information for each family member.

| Family Member | Blood Type | Allergies | Past/Current Medical Conditions | Current Medications/ Dosages |
|---------------|------------|-----------|---------------------------------|------------------------------|
|               |            |           |                                 |                              |
|               |            |           |                                 |                              |
|               |            |           |                                 |                              |
|               |            |           |                                 |                              |
|               |            |           |                                 |                              |
|               |            |           |                                 |                              |
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