

Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, older adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification, important documents and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor's names.

Specific consideration for people with disabilities:

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication, dosage, special equipment and instructions.

Resources

OC Links

(855) OC-Links or (855) 625-4657
TDD Number: (714) 834-2332

www.ochealthinfo.com/bhs/about/pi/oclinks/

Monday - Friday, 8:00 a.m. to 6:00 p.m.

Centralized Assessment Team
(Emergency Psychiatric Evaluation)
(866) 830-6011

7 days a week, 24 hours a day

24 Hour Suicide Prevention
(877) 7 CRISIS or (877) 727-4747
www.suicidepreventionlifeline.org/

NAMI WarmLine

Non-crisis support

(877) 910 WARM or (877) 910-9276

www.namIOC.org

Monday - Friday, 9:00 a.m. to 3:00 a.m.
Saturday - Sunday 10:00 a.m. to 3:00 a.m.

Orange County Information Line

Dial 211

www.211OC.ORG

SAMHSA

24 Disaster Distress Helpline

800-985-5990 or

Text TalkWithUs to 66746

www.disasterdistress.samhsa.gov/

OC Health Care Agency

Health Disaster Management

www.healthdisasteroc.org/

County of Orange Health Care Agency



County of Orange
Health Care Agency
Behavioral Health Services
Disaster Response

405 W. 5th Street, Suite 550
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

County of Orange Health Care Agency



Anthrax Emergency



Behavioral Health Services Disaster Response

405 W. 5th Street, Suite 550
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

Mission Statement

Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.

What Is an Anthrax Emergency?

Anthrax is an acute infectious disease caused by the spore-forming bacterium *Bacillus Anthracis*.

It occurs most commonly in wild and domestic animals (e.g. cattle, sheep, goats, camels, antelope and other herbivores). However, it can also occur in humans when they are exposed to infected animals.

How Can Exposure Occur?

Anthrax from Animals

Humans can become infected with anthrax by handling products from infected animals or by breathing in anthrax spores from infected animal products (e.g. wool, etc.). People can also become infected with gastrointestinal anthrax by eating undercooked infected meat.

Anthrax as a Weapon

The powder form of anthrax can be used as a weapon.



emergency.cdc.gov/agent/anthrax

Have You Been Exposed?

Anthrax can be spread in three ways:

Inhalation — Lungs

The initial symptoms of inhaling anthrax are like a common cold. After several days, the symptoms may progress to severe breathing problems and shock. Anthrax is usually fatal if inhaled and not treated immediately with antibiotics.

Gastrointestinal — Digestive

After consuming contaminated meat, you may experience acute nausea, loss of appetite, vomiting, fever followed by abdominal pain, vomiting of blood and severe diarrhea. Symptoms may also include lesions and soreness in the throat, difficulty swallowing and marked swelling of the neck and regional lymph glands.

Cutaneous — Skin

The initial symptom is a small sore that develops into a blister, usually 1-3 centimeters in diameter. The blister then develops into a skin ulcer with a black area in the center. The sore, blister and ulcer do not hurt.

Minimize Exposure

Treatment After Infection

Treatment is usually a 60-day course of antibiotics. Success depends on the type of anthrax and how soon treatment begins.

Prevention After Exposure

Treatment is different for a person who is exposed to anthrax but is not yet sick. Healthcare providers will use antibiotics (such as ciprofloxacin, levofloxacin, doxycycline or penicillin) combined with the anthrax vaccine to prevent anthrax infection.

Vaccination

There is a vaccine to prevent anthrax but it is not yet available for the general public. Anyone who may be exposed to anthrax, including certain members of the U.S. military, laboratory workers and workers who may enter or re-enter contaminated areas, may get the vaccine. In the event of an attack using anthrax as a weapon, people exposed would get the vaccine.

Common Reactions

- Fear of invisible agent or of contamination
- Fear of dying, if contaminated
- Concern about the safety of the environment
- Anger at perpetrators or government
- Hopelessness and sadness
- Anxiety
- Sleep disturbance
- Social isolation or withdrawal

Resiliency

Successful coping is influenced by the extent to which you can accomplish the following:

- Identify emotional reactions to the fear of being contaminated that are predictable.
- Maintain a routine.
- Maintain contact with family and friends.
- Find ways to relax that do not include alcohol or drug use.
- Participate in activities you enjoy.
- Realize that you cannot control everything.
- Stay focused on personal strengths.
- Limit overexposure to media.
- Ask for emotional and medical assistance as needed.

Long-Term Impact

If you or a loved one have difficulty coping during this period of uncertainty, consider seeking professional help.

Tips for Coping

Coping Strategies for Children and Teens

- Give honest age-appropriate information.
- Help them express their feelings.
- Encourage small children to express their feelings by drawing.
- Maintain parent, child and family routines and provide structure to their day.
- Limit media exposure to avoid unnecessary anxiety and fear.

Coping Strategies for Adults

- Remember that physical and emotional reactions to fear of being contaminated are normal.
- Focus on your strengths.
- Talk about your feelings.
- Become involved in the recovery process. Helping others heal can be beneficial to one's own recovery.
- Accept help from family, friends, co-workers and clergy.
- Make time for recreation and relaxation.

Stay Informed

- Listen to the television and radio for instructions regarding evacuations, public health concerns and safe travel.
- If an evacuation is ordered, the announcement will include information regarding evacuation routes and shelter locations. Evacuate quickly and follow all instructions.
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.