



**Kitsap Rescue Mission
Pacific Building
Emergency Action and Safety Plan
(EASP)**

EMERGENCY PERSONNEL CONTACT INFORMATION

The Designated Responsible Emergency Official (DREO) is the Shelter Program Director as indicated below. The DREO is responsible for fielding emergency calls from the shelter and liaising with the appropriate local emergency responders, County officials, and government emergency agencies to ensure the safety of the shelter, its personnel, and guests.

Helen Kuchera, KRM Program Director

**DREO*

hkuchera@kitsaprescue.org

406-670-0077

Jason Miller, Shelter Support Manager

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360-660-0762

Toni Caruthers, Shelter Shift Lead

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Robin Lund, Executive Director

**Designated to shut down operations*

**Responsible for all media and public communications*

rlund@kitsaprescue.org

360-731-2313

EMERGENCY PHONE NUMBERS

South Kitsap Fire Department: 911 Non-emergency # (360) 871-2411

EMS/Paramedics: 911

Port Orchard Police: 911 Non-emergency # (360) 876-1700

Kitsap County Sheriff: (360) 337-7101

When to call 911

- ✓ To get help when someone is hurt. For example:
 - If someone falls and is seriously injured.
 - If you see someone hurt in an accident.
 - If you see someone acting suspiciously, stealing, or breaking into a home or building.
 - If you smell smoke or see a fire.

- If you see people fighting and hurting each other.
- If you see someone being robbed or beaten.
- If you believe emergency assistance may be needed but are not sure, call 911 and describe the situation.

When not to call 911

In the event of a natural disaster or emergency, minimize your calls to 911 unless it is a life-threatening police, medical or fire emergency. The following guide should help you determine when it is appropriate to call 911 in a disaster.

- ✓ Never call 911 as a joke.
- ✓ Never call 911 to ask for information.
- ✓ Never call just to see if 911 is working.
- ✓ Stay off the telephone unless you have a critical need to make a telephone call.
- ✓ Do not call 911 unless you need emergency response services from police, fire, or emergency medical personnel.
- ✓ If you experience other types of problems not related to these emergency services, call the appropriate non-emergency telephone number for those services as listed above.
- ✓ Do not hang up until they tell you that you should; they may have to ask you more questions.

*In the case of prolonged inclement weather or an actual emergency in shelter which affects the overall operations or shift changes, all staff will be notified of any changes via the TEAMS Platform. If this is not possible due to internet disruption, all staff will be notified of changes via phone. Current staff contact information can be found as an addendum in this EASP manual and will be updated ongoing. Staff emergency contact information can be found on the Mission Tracker platform. This manual will be kept electronically with a paper copy of this manual in a binder at the shelter Lobby front desk.

*Hazard Assessments will be performed daily during staff rounds at each shift to ensure that the shelter premises are free from any physical or chemical hazards that may exist and/or cause an emergency

UTILITY COMPANY EMERGENCY NUMBERS

Puget Sound Energy: 888-225-5773
 West Sound Utility District (Water): 360-876-2545

TYPES OF EMERGENCIES

In accordance with the US Dept. of Labor, this document will address the general issues identified in the Evacuation Plans and Procedures E-tool as requested by Kitsap County:

- Medical - (Guest or Staff)
- Threats of bodily harm/workplace violence
- Civil disturbances
- Fire – if not easily controlled by extinguisher
- Earthquake
- Floods
- Explosions
- Hurricanes/Tornados
- Toxic material releases
- Radiological and biological accidents

MEDICAL EMERGENCY

Call 911 and provide the following information:

1. Nature of medical emergency
2. Location of the emergency (address of building)
3. Your name and the phone number from which you are calling.
4. Do not move the victim unless it's absolutely necessary.
5. Provide CPR, First Aid and/or AFIB as indicated prior to the arrival of the emergency responders.
6. If there are no personnel trained in CPR, First Aid and AFIB tell the emergency operator and follow their direction.

EVACUATION PROCEDURE

When an evacuation is imminent, the facility alarm will be sounded. Alarm drills/evacuation drills will be practiced bi-monthly, every other month. During the drills or in the case of an actual emergency, staff members will provide instructions to shelter guests to walk to the closest evacuation exit, exit the building, and meet outside in the designated meeting space in the parking lot.

The following protocol will be followed:

1. When the alarm sounds, staff will immediately begin evacuating the building, closing all doors of the building and securing an attendance sheet for roll call.
2. The closest exit to the person will be used to evacuate and staff and guests will proceed directly to the designated meeting place in the parking lot.
3. Staff will ensure all residents have left the building and will take roll call with the attendance sheet.
4. No one will re-enter the building until the “all-clear” has been issued by staff or in the case of an actual emergency, the “all-clear” will be provided by the DREO (or community emergency management entity).

EVACUATION ROUTES

Evacuation route maps are posted throughout the Pacific Building indicating the appropriate meeting space (assembly point), in the parking lot, and all shelter staff are required to know the appropriate evacuation routes. The following information is marked on evacuation maps:

1. Emergency exits
2. Primary and secondary evacuation routes
3. Locations of fire extinguishers
4. Fire alarm pull stations' location
5. Assembly points

THREATS OF BODILY HARM/WORKPLACE VIOLENCE

Kitsap Rescue Mission will not tolerate threats of violence, attempted bodily harm, or workplace violence at the Mission. KRM staff have all attended extensive de-escalation and other training to most safely and professionally deter abusive and assaultive behavior at the shelter. Staff have portable radios and safety buzzers that they are required to carry with them at all times while on the property. The protocol for the escalation of threats, bodily harm, or potential workplace violence is as follows:

1. Staff will alert onsite Security on the portable radios immediately for assistance
2. Call 911
3. Security will attempt to isolate or remove the person from the building until law enforcement arrives to intervene
4. No one who has threatened, or attempted bodily harm or violence toward staff, other guests, or onsite community provider partners, will be allowed to return to shelter for the safety of the community.

CIVIL DISTURBANCES

In the case of a Civil Disturbance either inside or outside the Pacific Building property the following protocol will be followed:

Interior Civil Disturbance:

1. Notify onsite Security immediately
2. Call 911
3. Should threats of violence or assaultive behavior ensue, follow the above steps of *Threats of Bodily Harm or Workplace Violence protocol*

Exterior Civil Disturbance:

1. Notify onsite Security immediately
2. Call 911
3. Ensure all building doors, windows and offices are closed and locked
4. Instruct guests to stay away from windows and doors
5. Call 911

FIRE EMERGENCY

- Activate the nearest fire alarm
- Call 911
- Notify site personnel about the fire emergency

Attempt to fight the fire ONLY if:

- The Fire Department has been notified.
- The fire is small and is not spreading to other areas.
- Escaping the area is possible by backing up to the nearest exit.
- The fire extinguisher is in working condition and you are trained to use it.

Upon being notified about the fire emergency, occupants must:

- Leave the building using the designated escape routes
- Assemble together in the designated area
- Remain outside until the personnel or emergency responder announces that it is safe to reenter.

The Staff must:

- Coordinate an orderly evacuation of other staff and guests
- Perform an accurate head count of staff and guests in the designated area
- Determine if anyone is missing
- Provide the Fire Department with any requested information
- Ensure that all guests and employees have been evacuated
- Report any problems to the appropriate Emergency Responder at the assembly area
- Assist all physically challenged guests and staff in emergency evacuation to safely exit the building

EARTHQUAKES

- Staff will stay calm and solicit instructions from the DREO
- Keep away from overhead fixtures, windows, filing cabinets, and electrical power.
- Assist people with disabilities in finding a safe place.
- Evacuate when instructed by the DREO to the designated area
- Leave areas where parts of the building appear to have become destabilized

FLOODS

✓ **What to do before a Flood:**

- Listen to the radio or television for reports of flood danger
- Call the Program Director to receive directions and to potentially prepare guests for evacuation
- Evacuate guests when indicated as per direction of Program Director

✓ **What to do During a Flood**

- Call the Program Director for instruction
- Turn off the utilities until you are instructed that it is safe to turn them on. Avoid weakened floors, walls and rooftops.
- Wash your hands frequently with soap and clean water if you come in contact with flood waters

✓ **What to do after a flood**

- Wear gloves and boots when cleaning up.
- Open all doors and windows. Use fans, if possible, to air out the building.
- Wash all clothes and linens in hot water.
- Discard soft goods damaged by the flood i.e. mattresses and stuffed furniture.
- Wash dirt and mud from walls, counters and hard surfaced floors with soap and water. Disinfect by wiping surfaces with a solution of one cup bleach per gallon of water (follow Kitsap County recommendations re: cleaning solutions on the Pacific Building).

EXPLOSIONS

The following protocol is to be taken should there be an explosion in the shelter:

- ✓ Take cover immediately under a sturdy table or desk
- ✓ Call the Program Director for directions as soon as possible
- ✓ Stay calm and prioritize self-protection
- ✓ Assess the damage to your immediate area
- ✓ Check for injuries and provide first aid if necessary
- ✓ Prepare the guests for potential evacuation and follow instructions from the appropriate emergency personnel as referred by the Program Director
- ✓ Watch for potential fire, hazardous materials and building collapse

HURRICANES/TORNADOS

What to do before a hurricane or tornado

- ✓ Ensure the disaster supply kits are accessible

- ✓ Familiarize yourself with the closest evacuation route.
- ✓ Contact the Program Manager for directions
- ✓ Check with KARE for animal care instructions
- ✓ Prepare guests for potential evacuation if indicated

What to do during a hurricane or tornado

- ✓ Don't panic. Take quick action to protect yourself and help others.
- ✓ If you are indoors, move away from windows or objects that could fall
- ✓ Avoid downed electric power lines, utility poles and trees.
- ✓ Stay in the building and instruct guests to do the same.
- ✓ Listen to your radio for emergency instructions

What to do after a hurricane or tornado

- ✓ Check yourself and those around you for injuries.
- ✓ Evacuate damaged buildings. Do not re-enter until declared safe emergency responders.
- ✓ Call 911 only to report a life-threatening emergency.
- ✓ If the power goes out, keep the refrigerator and freezer doors closed to keep food frozen for up to two days.
- ✓ Try to contact your out-of-area phone contact but avoid making local telephone calls
- ✓ Monitor the radio or television for instructions or for official "all-clear" notice. Radio stations will broadcast what to do, the location of emergency shelters, medical aid stations, and the extent of damage.

Power Outages and Utility Shut Offs

Power outages can cause a number of safety concerns; knowing the following information can help.

Before a power outage

- ✓ Make sure your disaster preparedness kit contains light sticks, flashlights, a battery-powered radio with extra batteries and a wind-up clock.

During a power outage

- ✓ Turn off lights where possible and electrical appliances except for the refrigerator and freezer.
- ✓ Even if it is dark, turn light switches and buttons on lamps or appliances to the "off" position.
- ✓ Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.

- ✓ Leave one lamp on so you will know when power is restored. Wait at least 15 minutes after the power is restored before turning on other appliances.
- ✓ Never use gas ovens, gas ranges, barbecues or portable or propane heaters for indoor heating, they use oxygen and create carbon monoxide that can cause suffocation.
- ✓ Use battery-operated flashlights or glow sticks for lighting.
- ✓ Stay away from downed power lines and sagging trees with broken limbs.
- ✓ Keep food safe by using foods first that can spoil most rapidly.
- ✓ Keep doors to refrigerators and freezers closed. Your refrigerator's freezer will keep food frozen for up to a day. A separate fully loaded freezer will keep food frozen for two days.
- ✓ Use an ice chest packed with ice or snow to keep food cold if possible.
- ✓ If in doubt, throw it out. Throw out meat, seafood, dairy products, and cooked food that does not feel cold
- ✓ Never taste suspect food. Even if food looks and smells fine, illness-causing bacteria may be present.

TOXIC MATERIAL RELEASES

During a toxic material release, shelter in place to minimize exposure to the contaminant by staying in a protected place. The protocol is as follows:

- ✓ Contact the Program Manager for specific directions
- ✓ Seal the shelter by closing all the doors and windows using duct tape and plastic sheeting to further the seal gaps around them if available
- ✓ Turn off the ventilation by shutting off the air conditioning or heat and any fans to prevent outside air from circulating inside the shelter
- ✓ Monitor information- listen to the local news broadcasts or emergency alerts for updates and instructions from authorities
- ✓ Stay inside, keep guests inside and do not leave the shelter unless absolutely necessary or instructed to do so by emergency personnel
- ✓ Use emergency supplies such as water and non-perishable food

RADIOLOGICAL AND BIOLOGICAL ACCIDENTS

Follow all of the same protocol as above in toxic material releases, however you should also:

Move staff and guests to the innermost room of the building and remain there until further instructions from emergency officials are provided.

Provide staff and guests with masks to cover your noses and mouths to minimize inhalation of potentially contaminated particles.

Stay hydrated by drinking bottled water or other sealed beverages

CHILDREN AND DISASTERS

It's important to remember that some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency. Other children may not show a change in behavior but may still need your help.

- ✓ Children may exhibit the following behaviors after a disaster
- ✓ Be upset over the loss of a favorite toy, blanket, etc., which is important to them.
- ✓ Change from being quiet, obedient, and caring to loud, noisy, and aggressive, or change from being outgoing to shy and afraid.
- ✓ Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- ✓ Be afraid the event will recur.
- ✓ Become easily upset.
- ✓ Lose trust in adults. After all, their adults were not able to control the disaster.
- ✓ Revert to younger behavior (bed wetting, thumb sucking).
- ✓ Want to stay close to parents. Refuse to go to school or daycare.
- ✓ Feel they caused the disaster because of something they said or did.
- ✓ Become afraid of wind, rain, or sudden loud noises.
- ✓ Have symptoms of illness, such as headaches, vomiting or fever.
- ✓ Worry about where they and their family will live.

Things parents can do to help their children:

- ✓ Talk with the children about how they are feeling. Assure them that it's OK to have those feelings.
- ✓ Help children learn to use words that express their feelings, such as "happy", "sad", or "angry."
- ✓ Children should not be expected to be brave or tough. Tell them it's OK to cry.
- ✓ Don't give children more information than they can handle about the disaster.
- ✓ Assure fearful children you will be there to care for them; consistently reassure them.
- ✓ Go back to former routines as soon as possible. Maintain a regular schedule.
- ✓ Reassure children that the disaster was not their fault.
- ✓ Let children have some control, such as choosing clothing or what meal to have for dinner.
- ✓ Re-establish contact with extended family.
- ✓ Help your children learn to trust adults again by keeping promises you make.
- ✓ Help your children regain faith in the future by making plans.
- ✓ Get needed health care as soon as possible.
- ✓ Spend extra time with the children at bedtime.

- ✓ Make sure children eat healthy meals and get enough rest.
- ✓ Allow special privileges for a short period of time, such as leaving the light on when they go to bed.
- ✓ Find ways to emphasize to your children that you love them.
- ✓ Allow children time to grieve losses.
- ✓ Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.

ILLNESS AND HEALTH SAFETY

Influenza & COVID (Seasonal/Annual)

- Prevent the spread of germs:

The flu virus spreads from person to person when an infected person coughs, sneezes or touches things that others use. To protect yourself and others:

- ✓ Cover your mouth and nose when you cough or sneeze. Cough into your sleeve or cover your mouth and nose with a tissue.
 - ✓ Wash your hands. Soap and warm water are best, but alcohol-based hand gel or disposable wipes also work.
 - ✓ Don't touch your eyes, nose, or mouth. The flu virus is often spread when a person touches something that has the flu virus on it and then touches his or her eyes, nose, or mouth.
 - ✓ Stay home when you're sick or have flu symptoms. Drink extra water get plenty of rest and check with a healthcare provider as needed.
- Home-care basics:
 - ✓ The flu virus causes the body to lose water through fever and sweating. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse when lying or sitting down. These are signs of dehydration. To prevent dehydration, it is especially important for a person with the flu to drink a lot of water- up to 12 glasses a day.
 - ✓ A flu pandemic could be devastating. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask at work or other public places.

Facility and Living Space

- ✓ KRM shall ensure facilities are kept in a safe and sanitary condition, and be in good repair with proper ventilation, lighting, and temperature control.

- ✓ When there are active Flu or COVID cases in shelter, physical Distancing (6 feet apart) will be required in all common areas in the building.
- ✓ When necessary, there will be a designated room for those who are ill and meals will be delivered in those spaces
- ✓ First Aid Kits shall be in place stocked with sufficient supplies at the Lobby desk.
- ✓ A cleaning and maintenance schedule shall be in place that includes sanitizing restrooms and the facility on a regular basis.
- ✓ Frequently touched surfaces will be disinfected at least twice daily. **Kitsap County has specific cleaning supplies they require us to use on specific surfaces. These products must be used on the facility. Training about these products is provided.**
- ✓ KRM shall have sharps containers for handling sharps (injection equipment, hypodermic needle, and other instruments used to pierce the skin), available to guests as appropriate. Sharps containers will be emptied using appropriate disposal.
- ✓ Physical barriers will be put in place as determined by KRM. This may include sneezing guards, colored taped off areas, temporary fencing, curtains, etc.
- ✓ KRM will ensure that guests understand that they are a vital part of the community and will facilitate open and on-going communication with neighboring guests, businesses, agencies, and law enforcement in order to promote community health and safety, and effectively address emerging issues.
- ✓ Per legal guidelines regarding smoking in workplaces or within 25 feet of entrances, smoking and/or vaping will only be allowed in the designated outside smoking hut in the back of the building in the green space under the gazebo.
- ✓ KRM will have appropriate emergency, evacuation, and fire safety plans and provide on-going training for staff on these plans.

Health Safety and Security

- ✓ KRM will maintain and follow written policies and procedures for the prevention and control of communicable diseases. Policies should include components of universal precautions, blood/airborne pathogens, tuberculosis (TB) and other infectious diseases.
- ✓ KRM will handle and store hazardous materials, including cleaning supplies appropriately.
- ✓ KRM will have a plan and process for reporting elder abuse and domestic violence.
- ✓ KRM will encourage Kitsap Public Health District (KPHD) to conduct site visits for the purposes of assessing (a) conformance with the Guidelines and (b) general public health and safety conditions. Site visits will be for health and safety purposes only and encompass program space including common areas and areas designated or used for food preparation and storage, cleaning equipment and supplies, laundry facilities, and solid waste and wastewater management.
- ✓ KPHD shall be provided with access with 24 hours' notice.

- ✓ In the event of an officially declared Public Health Emergency, KRM shall implement recommendations from KPHD to respond to or prevent disease transmission and participate in coordinated outbreak prevention efforts as needed.

Supplies, Cleaning, and Disinfection

- ✓ KRM will have hand-cleaning stations such as dispensers of alcohol-based hand sanitizer, gloves, masks, and disinfectant wipes near entry doors and /or reception desks.
- ✓ Families will go their own laundry with the exception of bedding which staff will launder once weekly.
- ✓ Families will put their bedding in the large laundry receptacles located in each sleeping area once a week for staff to pick up.
- ✓ All bedding will be washed including blankets
- ✓ Shelter guests will participate in the housekeeping of the facility in coordination with staff to ensure the facility is kept clean and tidy
- ✓ Gloves will be worn while doing any laundry

Standard Precautions PPE Supplies located on site at Pacific Building
Item Description
Temperature Kiosk in Lobby (when entering building or requested)
Digital Thermometers
COVID tests
Face Coverings /Masks
Hand Sanitizers greater than 60% alcohol
Gloves
Tissues
Trash Receptacles
Cleaning Supplies
Paper towels

Symptoms of illness

Cough

- Determine if the guest has a fever
 - Taking their temperature using the kiosk in lobby or by digital thermometer
 - Fever: Any temperature 100.4 F or greater is considered a fever.
 - No fever: People with temperatures at or below 100.3 F may continue into the shelter using normal procedures.

- Asking “Have you felt like you had a fever in the past day?”
- Ask the guest “Do you have a new or worsening cough today?”
- Ask the guest, “Do you have any of these other symptoms?”
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If the guest has a *fever* **OR** a new/worsening *cough* **OR** any of the *other symptoms*:

- Provide a face covering for the guest to wear over their nose and mouth if one is available and if the guest can tolerate it. Advise the guest about cough etiquette and provide tissues. Face coverings should not be placed on children younger than 4 years old, anyone who has trouble breathing or is unconscious, anyone who is incapacitated or otherwise unable to remove the face covering without assistance.
- Direct the guest to the designated sleeping area
- Let the guest know:
 1. If their symptoms worsen, they should notify a staff member immediately.
 2. They should not leave their room/the designated area except to use the restroom and they should stay at least 6 feet away from others.
 3. If they must leave their room/the designated area, they must wear a face covering
 4. They should wash their hands often or use a hand sanitizer that contains at least 60% alcohol.

✓ **Testing**

- Guests who have tested positive should be provided with face coverings to wear (unless contraindicated) whenever they leave their rooms or their designated areas.
- Test guests and staff often when
- Facility-wide testing of asymptomatic individuals with recent known or potential exposure to COVID may be recommended for a case of COVID has been identified.
- Work with partners PCHS to offer diagnostic testing as soon as possible to all guests and staff who were at the site during the time period from 48 hours before symptom onset of the person diagnosed with COVID.
- It may not be possible to provide testing to every individual who might have been exposed, but the intent is to broadly offer testing to anyone who might have been exposed.
- Repeat testing of all previously negative or untested guests and staff (e.g., once a week) is recommended until the testing identifies no new cases of COVID.

- Follow-up testing is recommended for anyone not tested or who tested negative if they develop symptoms of COVID at any time.
- Ensure that individuals who have tested positive receive appropriate medical care and use CDC guidance to determine when to end isolation.

✓ **Isolation**

- Isolate people with confirmed COVID in shelter
- Ensure appropriate accommodation for families if parents or children require isolation.
- Advise staff with COVID on how to isolate at home.
- Guests who have tested positive should be provided with face coverings to wear (unless contraindicated) whenever they leave their rooms or their designated areas.
- Self-Isolate individuals or families that know they have been exposed directly to COVID
- Isolate individuals with symptoms that are waiting for test results

Smallpox

Smallpox is extremely infectious and is spread from one person to another by infected saliva droplets. Exposure may come from face-to-face contact, airborne spread (coughing or sneezing), or through direct contact with contaminated materials. People with smallpox are most infectious during the first week of illness because that is when the largest amount of viruses are present in saliva. However, some risk of transmission lasts until all scabs have fallen off.

- ✓ The incubation period for the disease ranges from about seven to 17 days following exposure. Initial symptoms include high fever, fatigue, headache, and backache.
- ✓ A rash--most prominent on the face, arms and legs--follows in two to three days. The rash starts with flat red lesions that evolve at the same rate.
- ✓ Lesions become pus-filled and begin to crust early in the second week. Scabs develop, and then separate and fall off after about three to four weeks.
- ✓ The majority of patients with smallpox recover, but death occurs in up to 30 percent of cases.

✓ **Preventive measures**

- If you have symptoms, consult a healthcare provider as soon as possible.
- There is no evidence of increased risk of smallpox outbreak or bioterrorism attack using smallpox, but the United States does maintain an emergency supply of smallpox vaccine. The vaccine is not currently available to the public because it can have severe side effects.

✓ **Treatment for smallpox**

- There is no proven treatment for smallpox, but research to evaluate new antiviral agents is ongoing. Patients with smallpox can benefit from supportive therapy such as

- intravenous fluids and medicine to control fever or pain, and antibiotics for any secondary bacterial infections.
- If the vaccine is given to a person within four days of exposure to smallpox, it may lessen the severity of--or possibly prevent--illness. Vaccine against smallpox contains a live virus called *vaccinia*; it does not contain the smallpox virus.
 - The vaccine is stored and distributed by the CDC through the Strategic National Stockpile of pharmaceutical supplies. In the event smallpox is used as a weapon, the distribution of vaccine would be coordinated by the federal CDC, state, and local health departments.

Cover Your Cough

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by Coughing or Sneezing. These illnesses spread easily in crowded places where people are in close contact.

How do I stop the spread of germs if I'm sick?

- ✓ Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- ✓ If you don't have a tissue, sneeze or cough into your sleeve.
- ✓ After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- ✓ Stay home when you are sick. Do not share eating utensils, drinking glasses, towels, or other personal items.
- ✓ Clean your hands often with soap and water or an alcohol-based hand cleaner. Avoid touching your eyes, nose, or mouth.
- ✓ Avoid close contact with people who are sick, if possible.
- ✓ Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.
- ✓ Cover Your Mouth
- ✓ Wash your hands often

References

General Emergency Preparedness

<https://www.doh.wa.gov/Portals/1/Documents/Pubs/821-076-Prepare-en-H.pdf>

<https://www.cdc.gov/disasters/index.html>

Public Health Preparedness

<https://www.doh.wa.gov/Emergencies/BePreparedBeSafe/Publications/Factsheets>

<https://www.doh.wa.gov/Emergencies/BePreparedBeSafe/Diseases>

<https://www.cdc.gov/az/a.html>