



SCENARIO EXERCISE WORKSHEET: SAFETY FUNCTION ACTION STRATEGIES, OBJECTIVES & TACTICS FOR **DISASTER RESPONDERS**

SCENARIO:	Pandemic Influenza	
PREPARE SKILLS SET	<ul style="list-style-type: none"> • PLAN Disaster Role • PRACTICE Disaster Role • PRIORITIZE Stress Management 	IDENTIFY PREPARE SKILLS to use for this scenario: <ul style="list-style-type: none"> - Review family disaster plan & prepare my family - Prepare Go-Kit for extended time away from home - Review my response role - Plan personal stress control approaches - Pack items for a healthy lifestyle – earplugs and eye mask for sound sleep; portable exercise equipment - Review/bring my SAFETY FUNCTION ACTION flipbook

KEYS TO DISASTER

HEALTH	STRATEGIES	OBJECTIVES	TACTICS
SAFETY	SAFEGUARD <small>SAFEGUARD and protect disaster responders from harm.</small>	<ul style="list-style-type: none"> • SECURE • SHELTER • SHIELD • SIGNAL 	Select, adapt, apply SAFEGUARD RESPONDER Tactics: <ul style="list-style-type: none"> - Provide security/illness checks to clear personnel for duty - Provide security personnel/law enforcement/National Guard as necessary to safeguard personnel - Prioritize vaccination/prophylaxis for response personnel - Shield from infection: gloves, gowns, masks, hand washing, hand sanitizer, cough etiquette, enforced sick leave
	SUSTAIN <small>SUSTAIN disaster responders with vital supplies and equipment.</small>	<ul style="list-style-type: none"> • SUPPLY • SERVE • STOCKPILE • STRETCH 	Select, adapt, apply SUSTAIN RESPONDER Tactics: <ul style="list-style-type: none"> - Ensure adequate food, water & medical services for staff - Stockpile personal protective gear, soaps, sanitizers for staff - Ration limited protective resources wisely - Monitor personnel for signs of febrile respiratory illness
FUNCTION	COMFORT <small>COMFORT, support, manage stress, and diminish distress for disaster responders.</small>	<ul style="list-style-type: none"> • RELAX • REASSURE • RESPECT • RESTATE • REFUEL 	Select, adapt, apply COMFORT RESPONDER Tactics: <ul style="list-style-type: none"> - Encourage regular use of stress management techniques - Emphasize actions taken to reduce staff risks - Guard against burnout—limit on-duty hours; mandate breaks - Support teammates displaying signs of stress or fatigue - Validate teammates' concerns & reactions - Support teammates with ill family members - Provide support for bereavement for teammates who lose a loved one or a colleague to panflu
	CONNECT <small>CONNECT disaster responders with team members and sources of interpersonal support. Maintain contact with home and family.</small>	<ul style="list-style-type: none"> • UNITE • UNIFY • UTILIZE SUPPORT 	Select, adapt, apply CONNECT RESPONDER Tactics: <ul style="list-style-type: none"> - Activate teammate and buddy support systems - Actively build linkages across teams - Provide "safety-net" support hotlines, websites - Maintain communications for regular contact with home - Be available for teammates, especially first timers - Actively encourage social support - Provide "concierge" support for responder families
ACTION	ADVISE <small>ADVISE disaster responders about the disaster situation. Educate about positive coping strategies.</small>	<ul style="list-style-type: none"> • ADVISE ON DISASTER • ADVISE ON MISSION • ADVISE ON COPING 	Select, adapt, apply ADVISE RESPONDER Tactics: <ul style="list-style-type: none"> - Provide regular pandemic disaster situation reports/briefings - Monitor influenza updates (CDC/WHO websites) - Mitigate fear behaviors by focusing on the facts and what is being done; help teammates retain sense of personal control - Advise teammates regularly about positive coping strategies
	ACTIVATE <small>ACTIVATE disaster responders to serve responsibly, capably, and resiliently.</small>	<ul style="list-style-type: none"> • ACTIVATE RESPONSIBLY • ACTIVATE CAPABLY • ACTIVATE RESILIENTLY 	Select, adapt, apply ACTIVATE RESPONDER Tactics: <ul style="list-style-type: none"> - Conduct self-check – Am I Ready? Willing? Able? - Review self-care precautions for influenza - Stay alert and focused on duties at hand - Praise and encourage team members for good work - Add lessons learned to regular briefings so staff are able to learn-and-grow from the experience



SCENARIO EXERCISE WORKSHEET: SAFETY FUNCTION ACTION STRATEGIES, OBJECTIVES & TACTICS FOR **DISASTER SURVIVORS**

SCENARIO:	Pandemic Influenza	
RESPOND SKILLS SET	<ul style="list-style-type: none"> • APPROACH Survivors • ATTEND to Cultural Issues Special Needs • APPRAISE Survivors 	IDENTIFY RESPOND SKILLS to use for this scenario: <ul style="list-style-type: none"> - Realize clients may be scared; approach them in a non-threatening way - Introduce self and role. Explain why I am wearing a mask/respirator, and speak in a calm and supportive voice - Keep a comfortable distance from the client (both for protection and out of respect) - Identify client needs and tailor services to meet needs

KEYS TO DISASTER

HEALTH	STRATEGIES	OBJECTIVES	TACTICS
SAFETY	SAFEGUARD	<ul style="list-style-type: none"> • SAVE • SECURE • SHELTER • SHIELD • SIGNAL 	Select, adapt, apply SAFEGUARD SURVIVOR Tactics: <ul style="list-style-type: none"> - Structure clinic and POD settings to limit overlap of non-infected and infected persons - Continuously sanitize/disinfect facility to the extent possible - Separate and/or isolate symptomatic clients - Observe strict hand washing and infection control practices - Provide visible, adequate security forces - Alert clients to infection threats at the site
	SAFEGUARD survivors from harm and offer protection.		
SAFETY	SUSTAIN	<ul style="list-style-type: none"> • SUPPLY • SERVE • STOCKPILE • STRETCH 	Select, adapt, apply SUSTAIN SURVIVOR Tactics: <ul style="list-style-type: none"> - Provide vaccines and antivirals according to specified criteria - Provide life-saving medical care for symptomatic patients - Ration scarce medical and personnel resources; triage clients - Educate citizens regarding self-sufficiency in home settings during social distancing – stocking supplies for up to 2 weeks
	SUSTAIN survivors by providing basic survival needs.		
FUNCTION	COMFORT	<ul style="list-style-type: none"> • RELAX • REASSURE • RESPECT 	Select, adapt, apply COMFORT SURVIVOR Tactics: <ul style="list-style-type: none"> - Provide education to citizens regarding stress management - Provide stress management guidance via hotlines, websites - In care settings, stabilize distressed or overwhelmed clients - Validate strong reactions on the part of fearful clients - Minimize the likelihood of panic by providing factual information and educating on concrete actions clients can take - Provide emotional support for persons with ill family member - Provide bereavement support for those who lose a loved one
	COMFORT, calm, stabilize, and orient distressed and emotionally-overwhelmed survivors.		
FUNCTION	CONNECT	<ul style="list-style-type: none"> • UNITE • UTILIZE SUPPORT 	Select, adapt, apply CONNECT SURVIVOR Tactics: <ul style="list-style-type: none"> - Educate shelter-at-home families about interpersonal support - Be a connection for clients, offer support directly - Provide options for “remote” connections via hotlines, websites, social media links - Connect clients with professionals on scene who can answer questions or provide guidance - Inform clients of the importance of social support from others
	CONNECT survivors to family, friends, neighbors, pets, community support systems, and disaster responders.		
ACTION	ADVISE	<ul style="list-style-type: none"> • ADVISE ON DISASTER • ADVISE ON COPING 	Select, adapt, apply ADVISE SURVIVOR Tactics: <ul style="list-style-type: none"> - Provide clients with key facts about pandemic influenza: information on hygiene, cough etiquette, social distancing - Provide clients with information on vaccines, antivirals, masks - Advise clients about caring for sick persons in their home - Refer clients to websites for info on the pandemic and coping - Inform about stress reactions and positive coping strategies
	ADVISE and inform survivors about the disaster and teach coping strategies.		
ACTION	ACTIVATE	<ul style="list-style-type: none"> • ASSIST • ACCESS 	Select, adapt, apply ACTIVATE SURVIVOR Tactics: <ul style="list-style-type: none"> - Encourage clients to heed social distancing warnings - Encourage clients to practice hand hygiene, cough etiquette - Engage clients to actively participate in education and stress management for self, family, and friendship network - Encourage clients to actively participate in a volunteer role
	ACTIVATE survivors to participate in disaster recovery, aid other survivors, and access resources.		