



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

SCENARIO:	Pandemic Influenza – P.O.D.	
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"> - Ensure self and team properly wear facemasks or N95 respirators when in close contact with others - Note location of security personnel at all times; have whistle on hand - Require security checks for all P.O.D. staff and responders - Shield from disease - hand washing stations or hand sanitizer
	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 - Ensure sufficient amounts of hand sanitizing agents and PPE are available for staff - Use resources wisely as medications and masks are limited - Monitor each other for signs and symptoms 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"> - Guard self & others against burnout – monitor work hours & enforce regular breaks - Bring MP3 player and a book to use on breaks - Support teammates displaying signs of stress or fatigue - Validate teammates' concerns & reactions
	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"> - Connect with other responders to make sleeping arrangements - Contribute to create a positive work environment - Maintain regular contact with home; encourage team to do the same - Be available for teammates, especially first timers - Reach out to other responder groups; encourage social support
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"> - Seek disaster situation reports and briefings from supervisor - Monitor influenza updates (CDC/WHO websites) - Mitigate panic by focusing on the facts and what is being done; help other teammates to maintain control - Review positive coping strategies; advise teammates as needed
	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 standard and contact precautions for influenza - Stay alert and focused on duties at hand - Remind self and team of the great work we do and the difference that is made



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

SCENARIO:	Pandemic Influenza – P.O.D.	
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 the reason(s) they have come to the POD and identify ways to meet their 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"> - Provide masks to clients who show symptoms of respiratory illness and/or have been exposed - Keep media away from POD to protect privacy of clients - Make sure security is present and in plain view - Alert clients to the threats and the level of the pandemic - Routine cleaning and disinfection strategies
	SAFEGUARD survivors from harm and offer protection.		
FUNCTION	SUSTAIN	<ul style="list-style-type: none"> • SUPPLY • SERVE • STOCKPILE • STRETCH 	Select, adapt, apply SUSTAIN SURVIVOR Tactics: <ul style="list-style-type: none"> - Provide antivirals to those who meet the specified criteria - Offer medical care to those who need it - Monitor limited resources; coordinate with POD manager when supplies are low - Ration scarce resources; triage clients
	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"> - Stabilize overwhelmed or emotionally distressed clients - Listen and respond attentively to client requests and needs; validate their reactions
	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"> - Be a connection for clients, offer support - Connect clients with other public health officials on scene to answer questions and concerns - 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 hand hygiene, cough etiquette, social distancing - Provide clients with information on the antivirals and masks being provided - Advise clients about caring for sick persons in their home - Advise clients to visit government websites (CDC) for up-to-date information - Inform clients 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 good hand hygiene and cough etiquette
	ACTIVATE survivors to participate in disaster recovery, aid other survivors, and access resources.		