When We Need You

Kentucky needs volunteers that are trained and organized.
For information about volunteer service opportunities in your community, visit the Web site of the Kentucky Commission on Community Volunteerism and Service at http://chfs.ky.gov/dhss/kccvs.

For other volunteer opportunities and information visit:
- Citizen Corps Councils http://www.citizencorps.gov
- Medical Reserve Corps http://www.medicalreservecorps.gov
- Volunteers In Police Service http://www.policevolunteers.org
- The National Voluntary Agencies Active in Disaster (http://www.nvoad.org)
- Technical Assistance (VITA) (http://www.enterpriseworks.org)

What You Can Do To Prevent, Prepare and Cope

- Have a family emergency plan
- Create an emergency communication plan in case family members are separated
- Know evacuation/escape routes in your community
- Create a disaster supply kit (three-day supply of food & water, clothing, blankets, first aid kit/prescription medicines, battery-powered radio and flashlight & batteries, candles/matches, extra set of car keys and eyeglasses, cash or traveler's checks)
- Write down health information on all family members
- Plan for pets or service animals (they may not be permitted in public shelters)
- Identify neighbors who may need your help

Disaster Information Web sites:

- Commonwealth News Center http://kentucky.gov/Newsroom
- Kentucky Division of Emergency Management http://kyem.dma.ky.gov
- Kentucky Department for Public Health Preparedness Branch http://chfs.ky.gov/dph/epi/preparedness
- Kentucky Community Crisis Response Board http://kccrb.ky.gov
- Weather and Road Information http://www.511.ky.gov
- Kentucky State Police http://www.kentuckystatepolice.org/contact.htm
- Citizen Corps http://citizencorps.gov
- Department of Health and Human Services http://www.hhs.gov
- Centers for Disease Control and Prevention http://www.bt.cdc.gov
- American Red Cross http://www.redcross.org
### Bioterrorism

Today, public health hazards include the possibility for bioterrorism. The U.S. Centers for Disease Control and Prevention (CDC) has identified biological agents that pose the greatest threats. Exposure to any of these agents requires immediate medical attention.

**Poison Control Hotline:** 800-222-1222

#### Disease

<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Treatment</th>
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<tbody>
<tr>
<td>Anthrax</td>
<td>Inhaled- severe breathing problems; Skin- sores with black centers; Ingested- nausea, abdominal pain, diarrhea, vomiting.</td>
<td>Antibiotics</td>
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<tr>
<td>Smallpox</td>
<td>High fever, rash that spreads from face, arms and legs to the trunk of the body.</td>
<td>No treatment, but vaccine provides good protection even after exposure; isolation.</td>
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<tr>
<td>Plague</td>
<td>Fever, headache, coughing up blood and pneumonia.</td>
<td>Antibiotics must be given within 24 hours of onset of symptoms.</td>
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<tr>
<td>Tularemia, or rabbit fever or deer fly fever</td>
<td>Similar to cold or influenza – sudden fever, diarrhea, headache, body aches, dry cough and weakness.</td>
<td>Antibiotics</td>
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<tr>
<td>Botulinum toxin</td>
<td>Increasing muscle paralysis, dry mouth, blurred vision.</td>
<td>Antitoxin can reduce the severity of the disease, but cannot reverse the paralysis.</td>
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<tr>
<td>Viral hemorrhagic fevers</td>
<td>High fever, dizziness, muscle aches, exhaustion, bleeding in the skin and from eyes, ears, nose and other orifices.</td>
<td>Vaccines for some VHFs, but no treatment for others, only supportive therapy.</td>
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### Personal Health Information

<table>
<thead>
<tr>
<th>Date of Birth</th>
<th>Weight</th>
<th>Height</th>
<th>Blood type</th>
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**Medications/allergies:** (name, dosage and frequency)

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<th>Name of out-of-town contact:</th>
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**For Those with Special Needs**

- **Medical conditions:**
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- **Closest Hospital:**
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- **Family physician:**
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- **Family dentist:**
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