

CLIMATE & HEALTH: PREPARE JEFFERSON COUNTY

PUBLIC HEALTH EMERGENCY PREPAREDNESS

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JEFFERSON COUNTY DEMOGRAPHICS

Most populated County in the six-county North Country region.

Total Population: 116,637

Size: 1,268 square miles

> 65 years: 14%
> 50 years: 30.8%
< 15 years: 20.8%
< 5 years: 8%

43 municipalities:
❖ 1 city
❖ 23 towns
❖ 19 villages

12.4% of residents below poverty level

21% of residents live in a DAC

13% of residents are disabled

Figure 2. Jefferson County vs. NYS Economic Data

	Jefferson County	New York State
Annual Household Income (\$)	\$58,271	\$75,157
Percentage in Poverty (%)	12.4%	13.9%
Per Capita Income (\$)	\$29,892	\$43,208
Attainment of Highschool Diploma or Higher (%)	91.2%	87.4%
Attainment of Bachelor's Degree (%)	24.3%	38.1%



Notable Features:

- St. Lawrence River (1000 Islands)
- Lake Ontario
- Fort Drum
- Thousand Islands Bridge - border crossing to Ontario, Canada
- Watertown International Airport
- Perch River Wildlife Management Area
- Tug Hill Plateau (southern portion of county)
- New York State Parks, 13

These popular outdoor features make Jefferson a summertime tourist destination that attracts visitors from outside the region.

The County's population has grown significantly throughout the past 30 years, primarily driven by the addition of residents affiliated with the military, assigned to Fort Drum. However, the population is projected to decline through 2030.

TARGET POPULATION

- ❖ **Elderly, Low Income, Persons with Disabilities**
- ❖ **Vulnerable populations as identified in the CDC/ATSDR Social Vulnerability Index (SVI)**
 - ❖ Heat Vulnerability
 - ❖ Socio-economic Vulnerability
 - ❖ Elderly Isolation/Elderly Vulnerability
 - ❖ Environmental/Urban Vulnerability
- ❖ **Targeted Communities**
 - ❖ **Antwerp** – 31.5% households receive public assistance
 - ❖ **Carthage** – 18% below poverty line
 - ❖ **Redwood** – median household income \$36,850
 - ❖ **Watertown** – areas of the city have a poverty rate of 32-34%, identified as a NYS Disadvantaged Community
 - ❖ **Mannsville** – 20.9% below poverty line
 - ❖ **Theresa** – households receiving SNAP benefits exceeds 19%

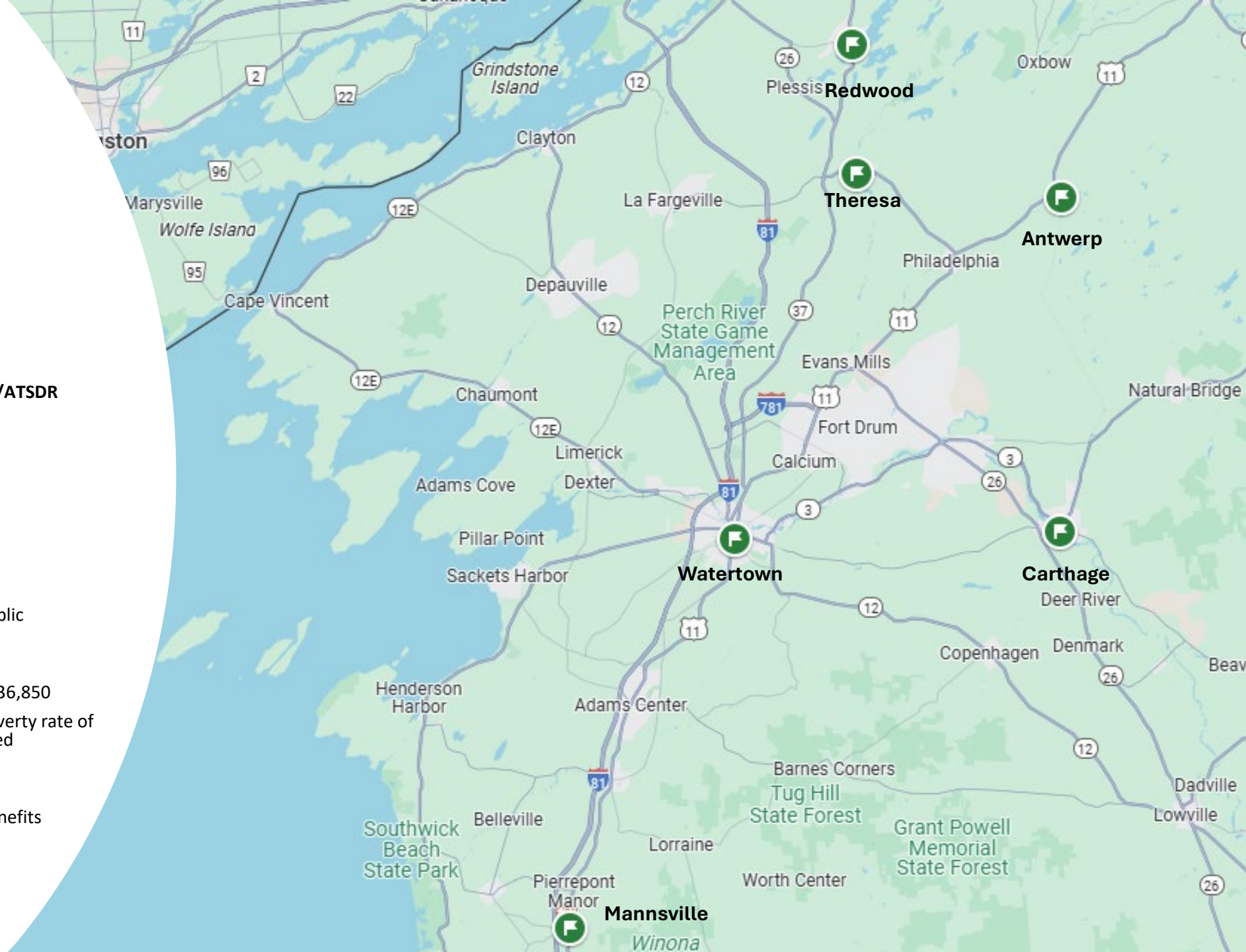


Figure 3a. Heat Vulnerability Index Jefferson County

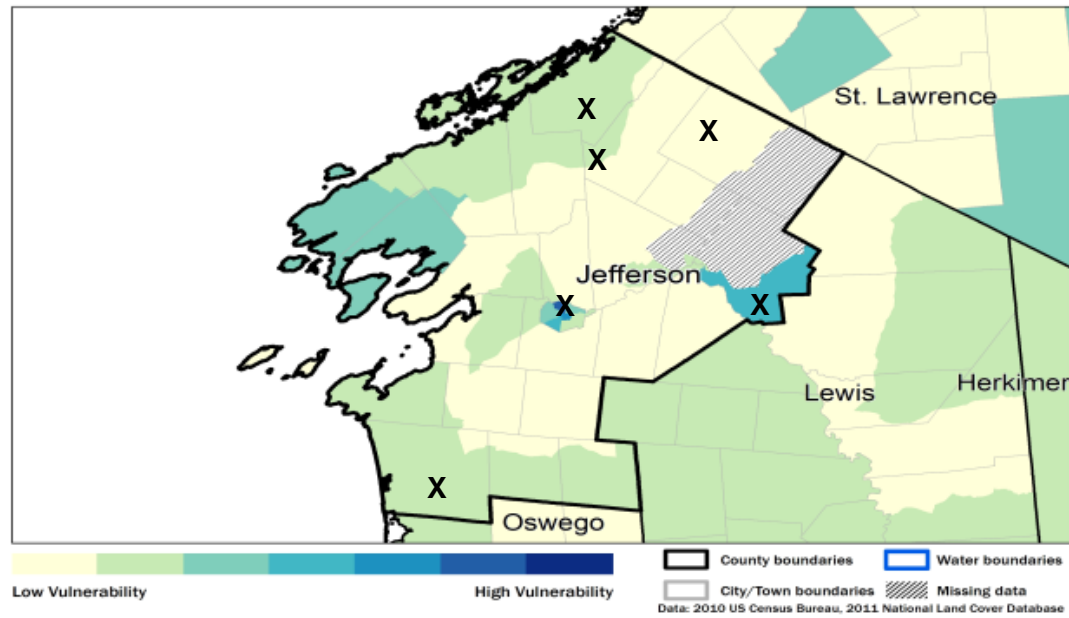


Figure 3e. Elderly Isolation/Elderly Vulnerability Jefferson County

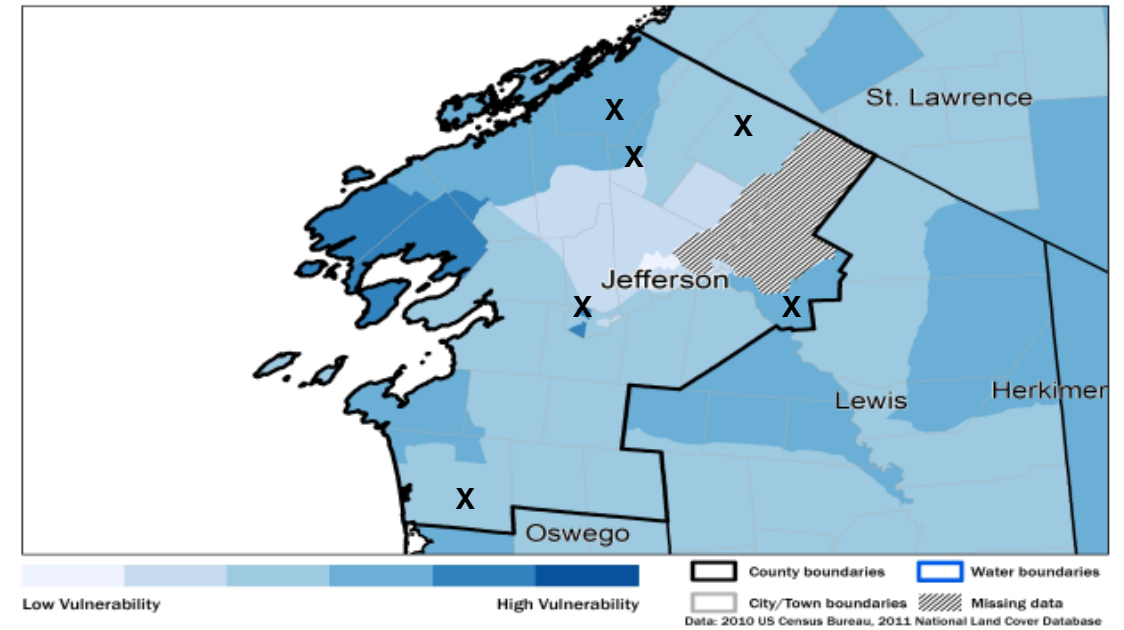


Figure 3c. Socio-Economic Vulnerability Jefferson County

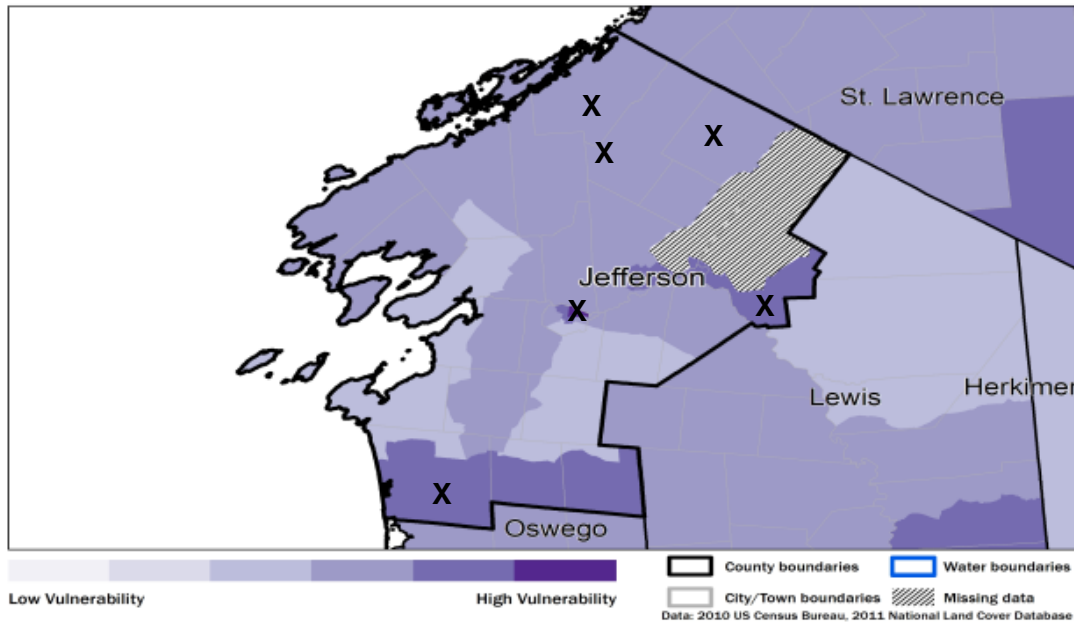
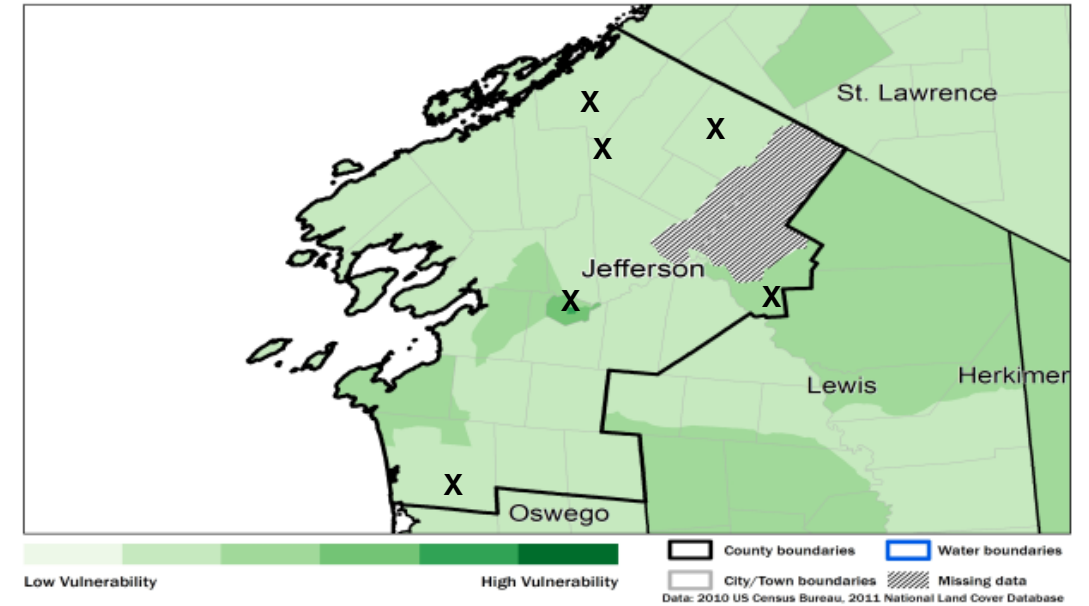


Figure 3d. Environmental/Urban Vulnerability Jefferson County



PROJECT SCOPE



Educate about extreme weather, health risks, climate resilience, and emergency preparedness in target populations



Hold a minimum of 5 presentations on *Climate and Health: Emergency Preparedness*, provide starter emergency supply kits to attendees, pre-survey gathering information on demographics and preparedness actions



Increase Prepare Jefferson County app downloads by 400 new downloads, directly related to promotion with this project



Increase internal capacity on climate and health through the *Climate for Health Ambassador* online training (3 staff) and share with EMO the online self-paced course, *AWD-433-W: Climate Literacy for Emergency Managers*

PROJECT OVERVIEW



JCPHS selected emergency preparedness as the primary focus of this project and used the NYSACHO funding to purchase items to assemble and distribute starter emergency preparedness kits.



Community outreach with information about extreme weather, health risks, resilience and emergency preparedness at various events: Clayton Spring Fest, Jefferson County Fair, Thousand Islands Land Trust Community Picnic, Farmer's Markets, School Wellness Fairs, etc.



Social media posts on the topics of extreme weather and preparedness were shared throughout the project.



Staff developed a PP presentation on climate and health with an emphasis on emergency preparedness. The presentation was intentionally made to be broad, covering many topics of climate and health including extreme weather, vector-borne disease, rabies, one health, invasive species, food systems and preparedness. Presentations were 1 hour long and discussed the health risks and impacts, adapting to climate impacts and local resources available.



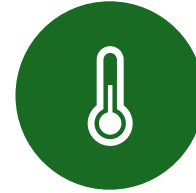
Promoted the download of the Prepare Jefferson County app via social media, community bulletin boards (at libraries, post office, etc.), and signage at county fair.



Hosted Dr. Augusta Williams to present a Worker Safety & Health: Climate Resilience training for outdoor workers on July 31st (9 attendees).



11 presentations were held at libraries, senior housing, and partner agencies within the targeted communities. All attendees received a starter emergency preparedness kit for their participation. Educational literature from NYSDOH, CDC, FEMA, Ready.gov, and other agencies were available for attendees to take home with them.



Increased internal capacity on climate and health. 6 staff completed Climate for Health Ambassador Training.

COLLABORATIVE PARTNERS

INTERNAL

- ❖ JCPHS Emergency Preparedness and Response Coordinator / Rabies and Vector Control Coordinator
- ❖ Jefferson County Office of Fire and Emergency Management
- ❖ Jefferson County Office for the Aging

EXTERNAL

- ❖ North Country Library System
 - ❖ MacSherry Library (Alexandria Bay / Redwood)
 - ❖ Carthage Free Library
 - ❖ Depauville Library
- ❖ Northern Regional Center for Independent Living (NRCIL)
- ❖ North Jefferson Improvement Association
 - ❖ Senior Housing
Antwerp, Philadelphia, Black River, Clayton
- ❖ United States Post Office

CLIMATE & HEALTH: EMERGENCY PREPAREDNESS PRESENTATION OVERVIEW

1 hour presentation

Informal, allowing for questions and discussion throughout

Pre-Survey

All participants provided a starter emergency preparedness kit

Table with print materials educating on preparedness at each presentation

TOPICS COVERED:

- ❖ Adapting Climate
 - ❖ Projected Changes of Temperatures in NYS
 - ❖ Extreme Weather
 - ❖ Extreme Heat, Winter Storms, Air Quality, Tornadoes, High Winds, Flooding
 - ❖ Health Risks
 - ❖ Building Resilience
- ❖ Determinants of Vulnerability / Vulnerable Populations
- ❖ Health Concerns During/After Storms and Flooding
 - ❖ Injury, Drowning, Death
 - ❖ Electrical, Chemical, Natural Hazards
 - ❖ Displacement / Mental Health
 - ❖ CO Poisoning
- ❖ Climate and Food Systems
 - ❖ Foodborne Illness
 - ❖ Quantity / Quality of Food
 - ❖ Disruption to Supply Chain
- ❖ Invasive Species
 - ❖ Health Risks (Giant Hogweed & Wild Parsnip)
 - ❖ Economic & Environmental Harm
- ❖ Vector-Borne Disease
 - ❖ Ticks (Lyme Disease, Anaplasmosis, Ehrlichiosis, RMSF, Babesiosis)
 - ❖ Mosquitoes (EEEV, WNV, Malaria)
- ❖ Rabies
- ❖ One Health
- ❖ Emergency Preparedness
 - ❖ Building Emergency Supply Kit (recommended items, maintaining the kit, storage locations)
 - ❖ Family Emergency Plan
 - ❖ Emergency Alerts
 - ❖ Promote Download of Prepare Jefferson County app
 - ❖ Watch vs. Warning
 - ❖ Potential Disasters in NYS (natural, human-caused, technological, biological)

CLIMATE AND HEALTH

EMERGENCY PREPAREDNESS

Join us for a free presentation!

- Gain knowledge on how climate impacts your health & the health of those you love
- Learn about specific health risks that Jefferson County residents face
- Tips on how to build resilience & be prepared for extreme weather events
- Get connected with local resources

Presented by

Jefferson County Public Health Service



Friday, June 20th 10-11am at OFA Senior Center (Watertown)



Friday, June 27th 5-6pm at Depauville Free Library

Wednesday, July 2nd 1-2pm at Macsherry Library (Alex Bay)

Tuesday, July 8th 2-3pm at Carthage Free Library

Tuesday, July 8th 5-6pm at Carthage Free Library

Tuesday, July 22nd 6-7pm at Macsherry Library (Alex Bay)

Attendees will receive their own FREE starter emergency preparedness kit!



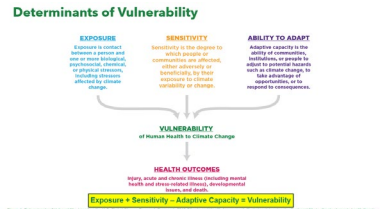
- FIRST AID KIT
- TICK REMOVAL KIT
- DEET REPELLENT WIPE
- EMERGENCY BLANKET
- PREPPED KIT
- FLASHLIGHT
- WHISTLE
- WET ONES HAND WIPES

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JEFFERSON COUNTY PUBLIC HEALTH SERVICE RECEIVED FUNDING FROM
THE NEW YORK STATE ASSOCIATION OF COUNTY HEALTH OFFICIALS
TO ADVANCE WORK WITH CLIMATE AND HEALTH.



An adapting climate...



Climate Change Will Drive Domestic Migration across the United States

ROBERTS, N.Y. 10145 - In 2005, following historic wildfires across Southern California, Jamie Jagger and his wife, Moore, left their home in Los Angeles. They packed their bags and moved to New York state.

They abandoned their home and possessions for a better life in the heart of New York state. But their move was not just a personal choice. It was a response to a global crisis. Climate change is causing the burning of forests, the drying of rivers, and the melting of glaciers. This is leading to a global crisis. Climate change is causing the burning of forests, the drying of rivers, and the melting of glaciers. This is leading to a global crisis.

Will Buffalo Become a Climate Change Haven?

The Buffalo River is a beautiful river that flows through the heart of the city. It is a source of pride for the city and its residents. But it is also a source of concern. Climate change is causing the river to dry up. This is a problem for the city and its residents. Climate change is causing the river to dry up. This is a problem for the city and its residents.

Invasive Species

Organisms, plants, animals, and pathogens that are not native to a particular ecosystem and whose introduction causes or threatens harm to native biota.

INVASION CURVE

More than 100 aquatic invasive species have been documented in the Great Lakes. Invasive species are a major threat to the Great Lakes. They are causing the loss of native species and the degradation of the ecosystem. They are causing the loss of native species and the degradation of the ecosystem.

Since 1950, about 100 invasive species have been documented in the Great Lakes. Invasive species are a major threat to the Great Lakes. They are causing the loss of native species and the degradation of the ecosystem. They are causing the loss of native species and the degradation of the ecosystem.

Emergency Preparedness

Emergency preparedness involves taking proactive steps to ensure safety before, during, and after a disaster. It includes creating a family emergency plan, gathering emergency supplies, and practicing evacuation drills.

Individual Actions:

1. Develop and discuss a family emergency plan.
2. Build a family emergency supply kit and prepare your home.
3. Be aware and stay updated before, during, and after a disaster.
4. Practice evacuation drills.
5. Get involved: donate some of your time to Emergency Preparedness.

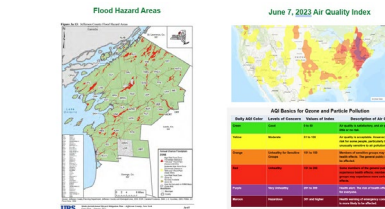
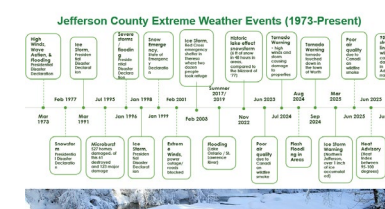
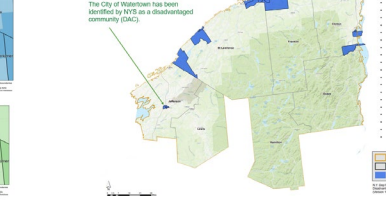
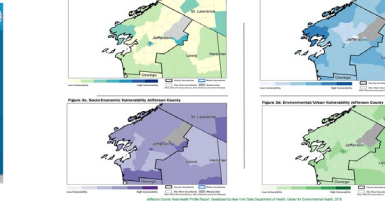
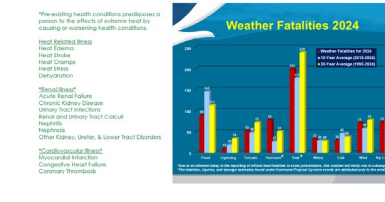
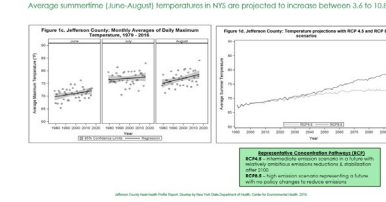
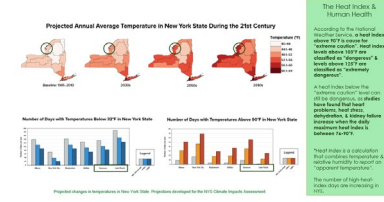
Maintaining Your Kit

Once assembled, remember to maintain it so it's ready when needed.

- Keep canned food in a cool, dry place.
- Store food in a tightly sealed plastic or metal containers.
- Replace expired items as needed.
- Refresh your needs every year or update it as you find new changes.

Kit Storage Locations

- Basement
- Attic
- Garage
- Storage shed
- Under the stairs
- Under the bed
- Under the couch
- Under the table
- Under the chair
- Under the desk
- Under the bed
- Under the couch
- Under the table
- Under the chair
- Under the desk

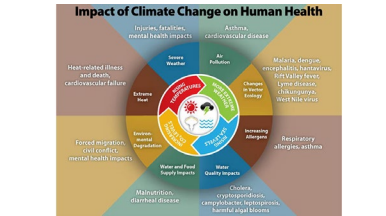


7 News Clips: Extreme Weather

Tornado Preparedness (2024)

Storm/Flash Flooding (2024)

Blast from the Past: Microburst (1995)



Health Concerns During Storms & Flooding

- ◆ Sewer system overflows, which spreads bacteria, parasites, and other harmful items
- ◆ Safe movement - can people get where they need to go?
- ◆ Drowning
- ◆ Injury due to falling objects, lightning, hazards in water (e.g. electrical, chemical)
- ◆ Displacement

After Storms & Flooding

After a storm or flood, there may be lots of hazards present that you need to be watchful for:

- ◆ Electrical Hazards
- ◆ Chemical Hazards
- ◆ True and Durable Hazards
- ◆ Carbon Monoxide - generators
- ◆ Lifting Injuries

What to Know About Generators and Carbon Monoxide (CO)

CO is called the "silent killer" because it is colorless and odorless and can kill in minutes. It is a byproduct of burning fossil fuels. It is a byproduct of burning fossil fuels. It is a byproduct of burning fossil fuels.

Man and dog die of carbon monoxide poisoning from portable generator, Phelps County coroner says

A 30-year-old man and his dog were found dead inside their home. The coroner said the deaths were caused by carbon monoxide poisoning from a portable generator.

The food system involves a complex web of interactions with our physical and biological environment. It is a complex web of interactions with our physical and biological environment. It is a complex web of interactions with our physical and biological environment.

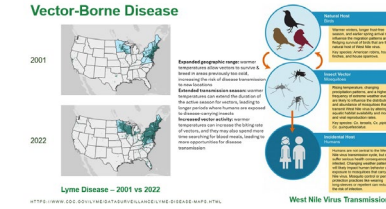
Food System and Environment

Wild Parosip

Wild Parosip

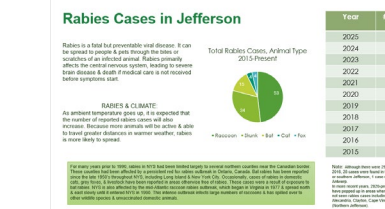
Giant Hogweed

Giant Hogweed



Communicable Disease Annual Reports NYSDOH - Jefferson County

Year	Lyme Disease	Anthrax	Botulism	Salmonella	E. coli	Shigella	Staphylococcus	Streptococcus	Other
2023	244	5	0	0	2	0	0	3	16
2022	159	4	0	0	0	0	0	0	28
2021	11	3	0	0	0	0	0	2	17
2020	0	0	0	1	0	0	0	0	33
2019	139	1	0	2	0	0	0	0	43
2018	53	2	0	1	0	0	0	1	30
2017	67	0	1	0	0	0	0	1	26
2016	53	0	0	0	0	0	0	0	17
2015	60	0	0	0	0	0	0	0	12
2014	29	0	0	0	0	0	0	0	21



One Health

One Health

Why Prepare?

- ◆ During an emergency, disaster, or crisis, you need to be prepared. You need to be prepared. You need to be prepared.
- ◆ Advanced planning prevents chaos. You need to be prepared. You need to be prepared. You need to be prepared.
- ◆ After an emergency, you may need to be prepared. You need to be prepared. You need to be prepared.

Potential Disasters in New York State

Potential Disasters in New York State

Recommended items to consider including in a basic emergency supply kit:

- ◆ Water (one gallon per person for several days, for drinking and sanitation)
- ◆ Food (at least a several-day supply of non-perishable food)
- ◆ First aid kit
- ◆ Tools and supplies
- ◆ Maps
- ◆ Batteries
- ◆ Flashlight
- ◆ Whistle
- ◆ Local maps
- ◆ Plastic sheeting, tarpaulins, and duct tape
- ◆ Moist towelettes, garbage bags and plastic bins for personal sanitation
- ◆ Cell phone with chargers and a backup power
- ◆ High-energy foods
- ◆ Comfort items

YOU are the First Responder

YOU are the First Responder

Additional items to consider including based on your individual needs...

- ◆ Soap, hand sanitizer, and disinfecting wipes to disinfect surfaces
- ◆ Prescription medications (7-day supply)
- ◆ Wrench or pliers (to turn off utilities)
- ◆ Manual can opener (for food)
- ◆ Local maps
- ◆ Plastic sheeting, tarpaulins, and duct tape
- ◆ Moist towelettes, garbage bags and plastic bins for personal sanitation
- ◆ Cell phone with chargers and a backup power
- ◆ High-energy foods
- ◆ Comfort items

Emergency Alerts

Emergency Alerts

TACO WATCH

TACO WATCH

TACO WARNING

TACO WARNING

Watch vs Warning

Watch vs Warning

Climate & Health / Emergency Preparedness Resources

Climate & Health / Emergency Preparedness Resources

PRE-SURVEY

The pre-survey was developed to collect information on demographics of participants to identify if we were reaching our target population of vulnerable individuals.

Survey questions regarding individual preparedness actions were designed using a combination of response scales to allow more nuanced options.

Dichotomous: “Yes/No” options to identify whether participants have done these actions.

Multiple Choice: “No, but I plan to” option was included for participants to have more range in ability to answer. This is considered a word scale multiple choice question which is a type of Likert scale question.

Uncertainty/Neutral Response: “I don’t know” option was included to help prevent respondents from guessing or providing inaccurate information.

Demographics

CLIMATE & HEALTH

EMERGENCY PREPAREDNESS SURVEY



PLACE OF RESIDENCE _____

CIRCLE THE ANSWERS THAT BEST DESCRIBE YOU:

AGE: UNDER 18 18-24 25-34 35-44 45-54 55-64 65+

OCCUPATION: RETIRED DISABLED PART-TIME FULL-TIME NOT EMPLOYED

DO YOU CURRENTLY HAVE HEALTH INSURANCE? YES NO

DO YOU HAVE ANY PHYSICAL, MENTAL, OR
EMOTIONAL CONDITION THAT LIMITS YOUR
ABILITY TO DO EVERYDAY ACTIVITIES? YES NO

**Please fill out this survey to help us better understand
the preparedness actions of Jefferson County residents.**

Preparedness
Questions

	Yes	No	No, but I plan to	I don't know
ARE YOU CURRENTLY SIGNED UP FOR EMERGENCY INFORMATION & ALERT SYSTEMS? (E.G. NATIONAL WEATHER SERVICE, PREPARE JEFFERSON COUNTY APP, NY-ALERT)	☐	☐	☐	☐
DO YOU HAVE COPIES OF IMPORTANT DOCUMENTS IN A SAFE, EASY TO GET TO LOCATION? (I.E. INSURANCE POLICIES)	☐	☐	☐	☐
DO YOU CURRENTLY HAVE A DISASTER/EMERGENCY SUPPLY KIT IN AN EASY TO GET LOCATION?	☐	☐	☐	☐
HAVE YOU PREPARED & DISCUSSED AN EMERGENCY PLAN WITH ALL MEMBERS OF YOUR HOUSEHOLD?	☐	☐	☐	☐
IN THE PAST 5 YEARS, HAVE YOU OR ANYBODY IN YOUR HOUSEHOLD TAKEN A TRAINING IN FIRST AID, CPR, OR CERT?	☐	☐	☐	☐

PRE-SURVEY RESULTS

11 Presentations, 152 attendees
Average 13.8 attendees per presentation

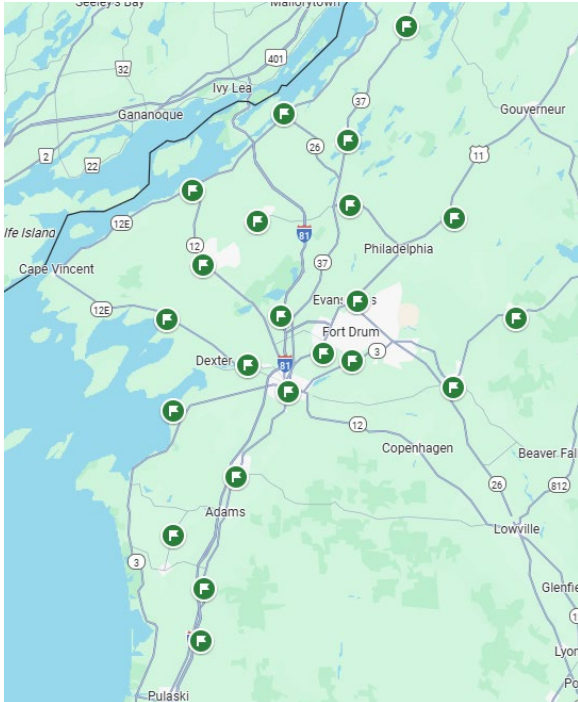
53.29% located within targeted communities

6.58% reside in Lewis County

3.29% reside in St. Lawrence County

2.63% reside in Jefferson County, but did not provide a municipal location

14.5% reside in NYS DAC

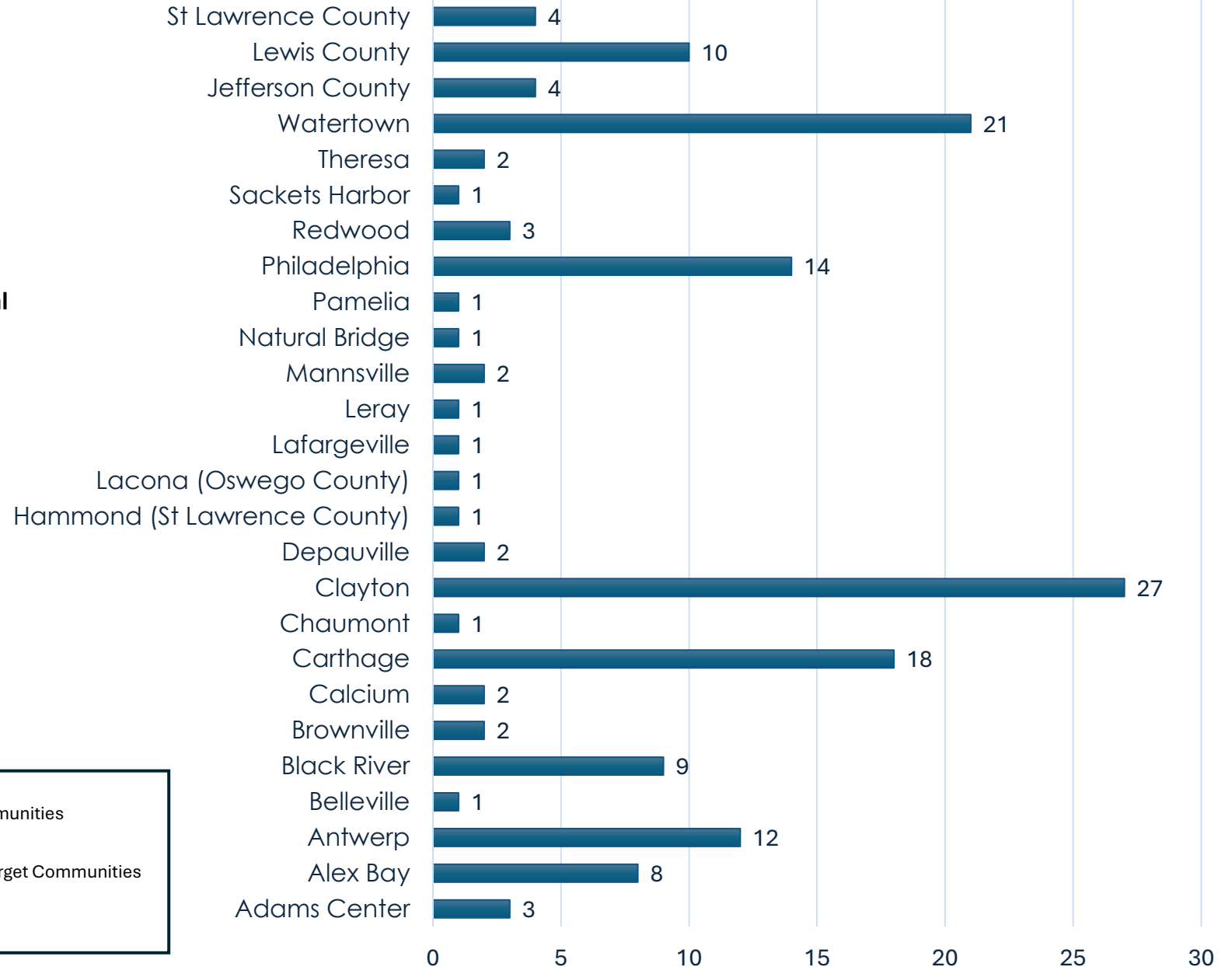


Target Communities

Neighbor Target Communities

NYS DAC

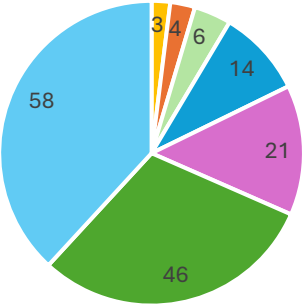
Number of Attendees Based on Place of Residence



SURVEY RESULTS

Age	Percent
Under 18	1.97
18-24	2.63
25-34	3.95
35-44	9.21
45-54	30.26
55-64	30.26
65+	38.16

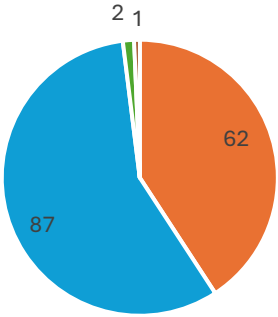
Age of Attendees



Under 18 18-24 25-34 35-44 45-54 55-64 65+

Physical, mental, emotional condition that limits everyday activities	Percent
Yes	40.79
No	57.24
Circled Both	1.32
Left Blank	0.66

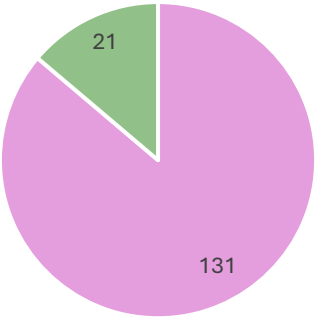
Do you have a physical, mental, emotional condition that limits everyday activities?



Yes No Circled Both Left Blank

Health Insurance	Percent
Yes	86.18
No	13.82

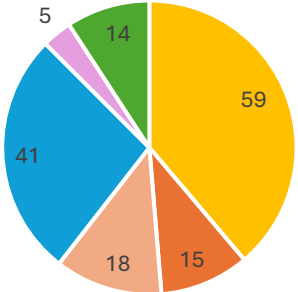
Do you have health insurance?



Yes No

Occupation	Percent
Retired	38.82
Disabled	9.87
Part-time	11.84
Full-time	26.97
Not employed	3.29
Retired & Disabled	9.21

Occupation of Attendees



Retired Disabled Part-time Full-time Not employed Retired & Disabled

SURVEY RESULTS

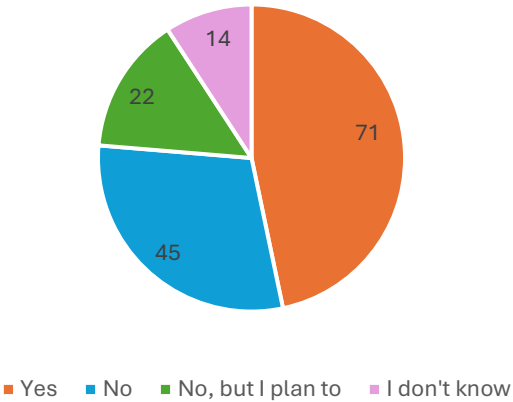
88.16% of participants reported they did not have an emergency supply kit prior to the presentation.

Signed up for emergency alerts	Percent
Yes	46.71
No	29.61
No, but I plan to	14.47
I don't know	9.21

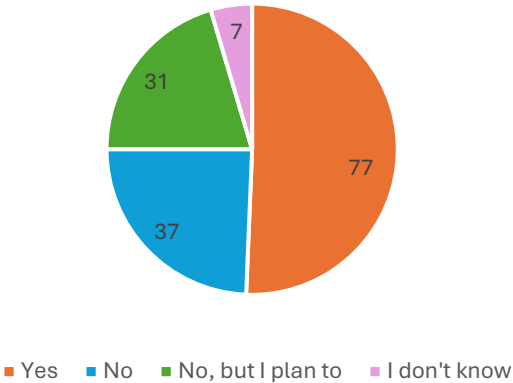
Important Documents Safe Place	Percent
Yes	50.66
No	24.34
No, but I plan to	20.39
I don't know	4.61

Currently have supply kit	Percent
Yes	11.84
No	42.11
No, but I plan to	44.08
I don't know	1.97

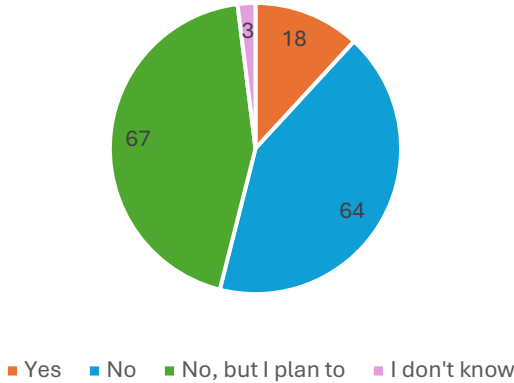
Are you signed up for emergency alerts?



Do you have copies of important documents in a safe place?



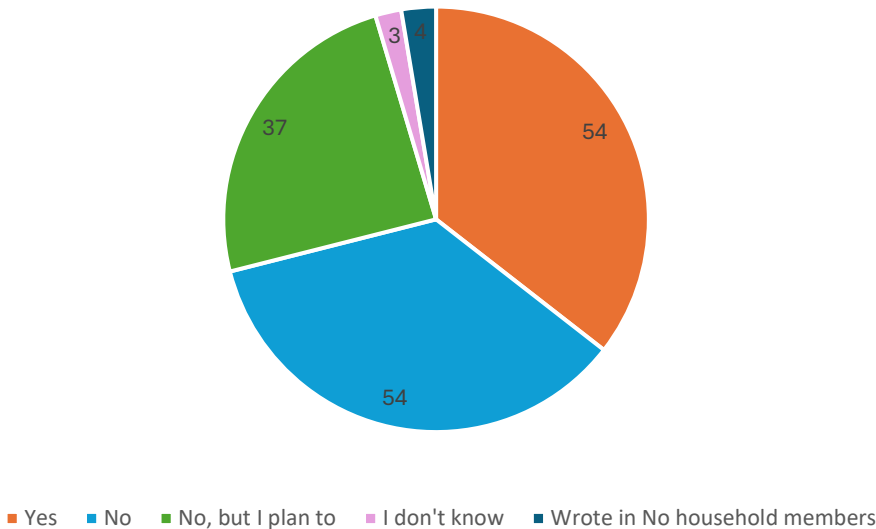
Do you currently have an emergency supply kit?



SURVEY RESULTS

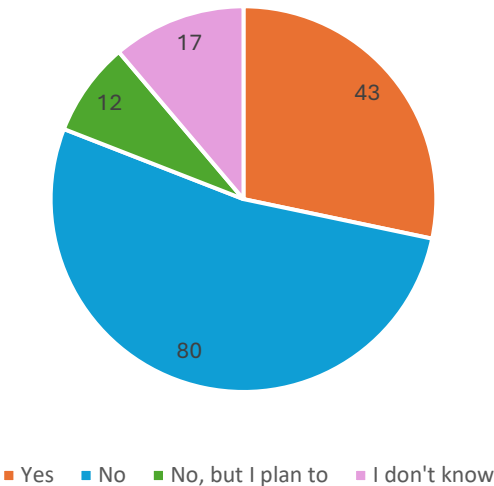
Family Emergency Plan	Percent
Yes	35.53
No	35.53
No, but I plan to	24.34
I don't know	1.97
Wrote in No Household Members	2.63

Do you currently have a family emergency plan?



Certified First Aid, CPR, or CERT	Percent
Yes	28.29
No	52.63
No, but I plan to	7.89
I don't know	11.18

In the past 5 years has anyone in your household been certified in First Aid, CPR, or CERT?





STARTER EMERGENCY PREPAREDNESS KITS

- ❖ Drawstring Bag with JCPHS logo
- ❖ First Aid Kit (80 items)
- ❖ Prepped Kit (Gloves, Mask, Cleansing Wipe, Alcohol Hand Sanitizing Gel)
- ❖ Emergency Blanket
- ❖ Flashlight
- ❖ Whistle
- ❖ Wet Ones Hand Wipes

Additional items included but not purchased with funding:

- ❖ Tick Removal Kit (tweezers, alcohol wipes, Band-Aid, magnifying glass, identification card, plastic zip baggie)
- ❖ DEET Insect Repellent Wipe (single use)

Grant funding was used to purchase supplies to fill 288 kits

- ❖ **152 kits** provided to presentation attendees
- ❖ **44 kits** provided to Indian River School District 4-H program (youth age 8-12, to bring home to parents) targeted communities Antwerp and Theresa are within this school district
- ❖ **9 kits** provided to attendees of Dr. Augusta Williams presentation on Worker Safety & Health: Climate Resilience training held on 7/31

Flyers with QR codes were posted at post offices throughout the county to spread awareness of the Prepare Jefferson County app and encourage downloads.

Carthage
Watertown
Henderson
Sackets Harbor
Deferiet
Redwood
Theresa
Mannsville
Clayton
Great Bend
Black River
Alex Bay

PREPARE JEFFERSON COUNTY, NY MOBILE APP



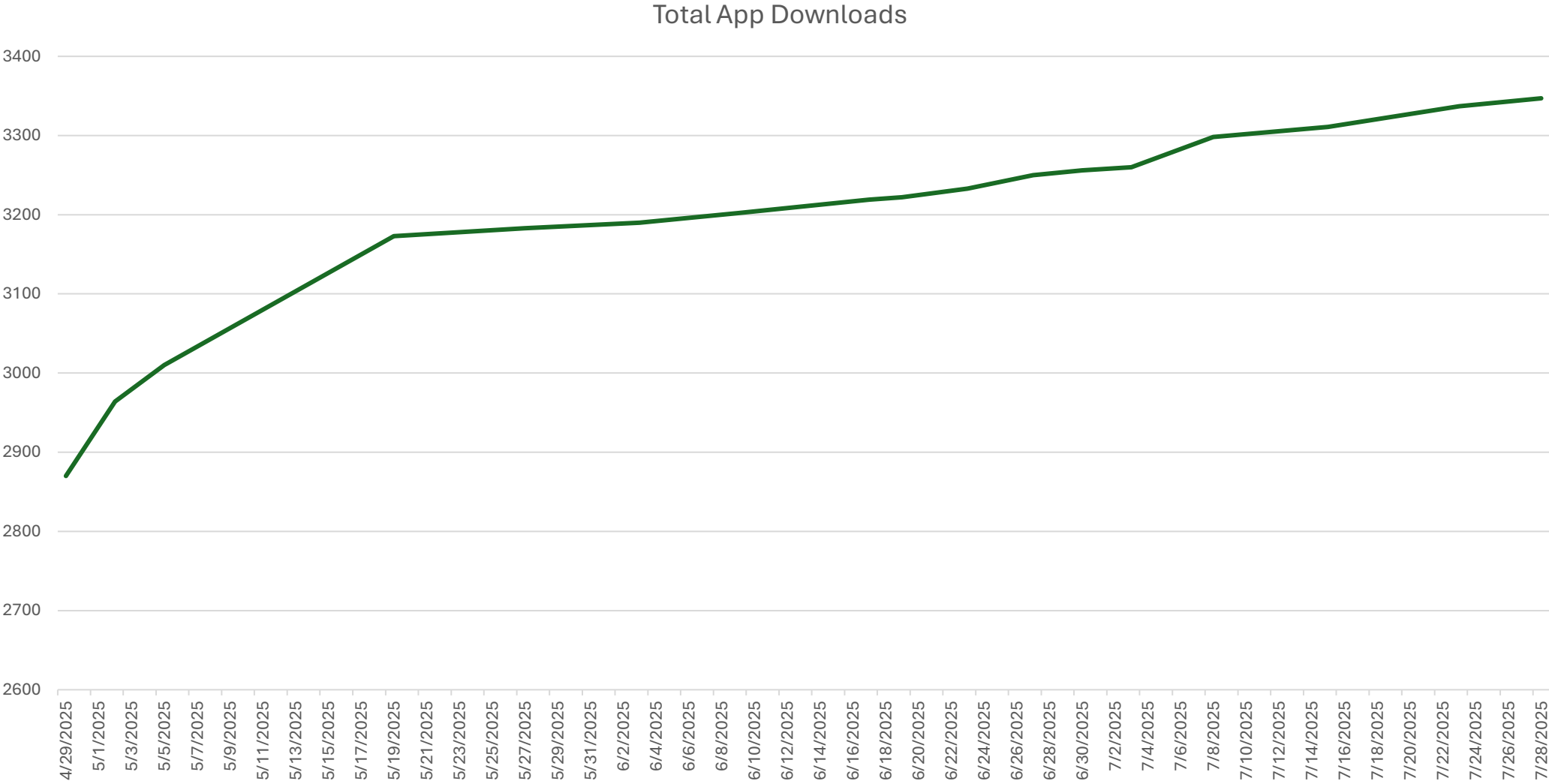
SCAN
to download



Built by:  **myEMAapp.com**

PREPARE JEFFERSON COUNTY APP DOWNLOADS

Downloads
Start Date 4/29/25: 2870
End Date: 7/28/25: 3347
New Downloads: 477



Highlighted dates are dates when presentations occurred, flyers posted in community, and flyers available at outreach events.

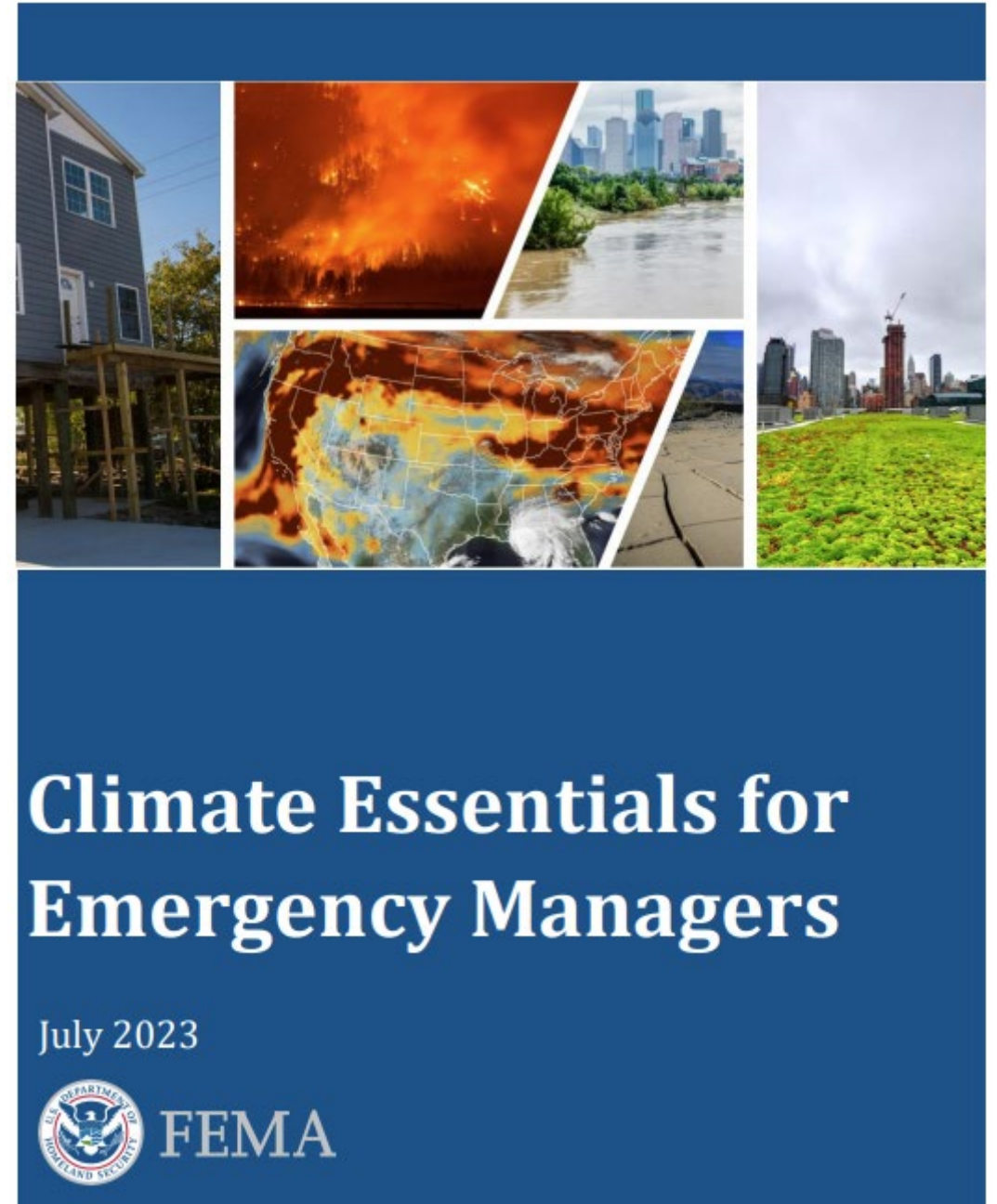
INCREASING INTERNAL CAPACITY ON CLIMATE & HEALTH

Online self-paced course “AWD-433-W: Climate Literacy for Emergency Managers no longer available.

Provided FEMA document on *Climate Essentials for Emergency Managers* to Jefferson County EMO as a replacement.

Climate for Health Ambassador Training completed by 6 staff at JCPHS.

- 4 Prevent Nurses
- 2 Public Health Specialists





Cathy Biggs completed the course

NACCHO Climate for Health Ambassador Training

on April 29, 2025

and has earned this certificate of completion.



Erna Davidson completed the course

Climate for Health Ambassador Training

on May 08, 2025

and has earned this certificate of completion.



Sidnee Parisian completed the course

NACCHO Climate for Health Ambassador Training

on April 21, 2025

and has earned this certificate of completion.

CLIMATE FOR HEALTH AMBASSADOR TRAINING



Sherry Irene Smith completed the course

NACCHO Climate for Health Ambassador Training

on April 21, 2025

and has earned this certificate of completion.



Jamie Lynn Spooner completed the course

NACCHO Climate for Health Ambassador Training

on April 22, 2025

and has earned this certificate of completion.

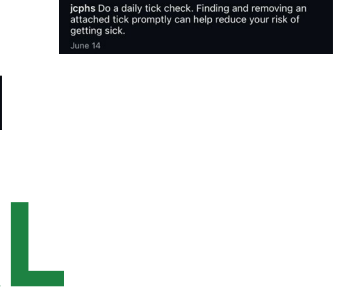
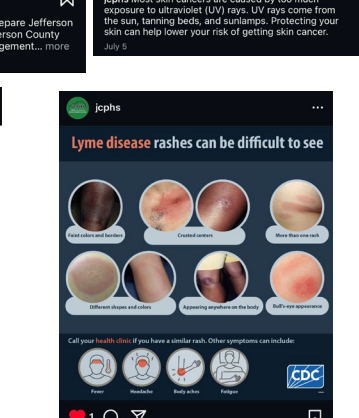
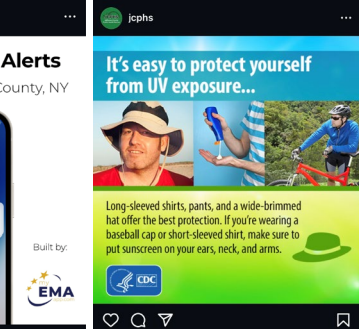
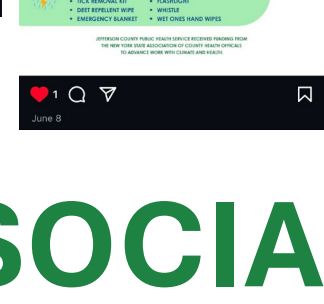
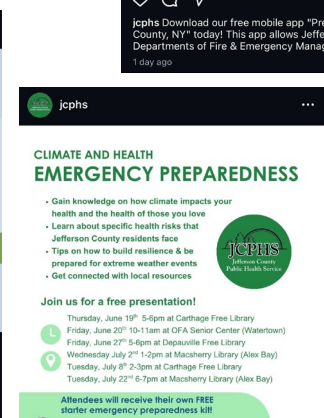
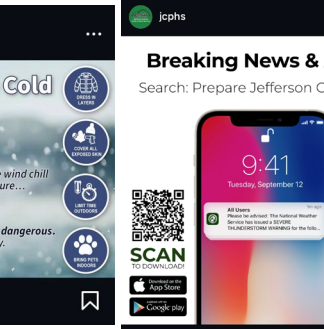
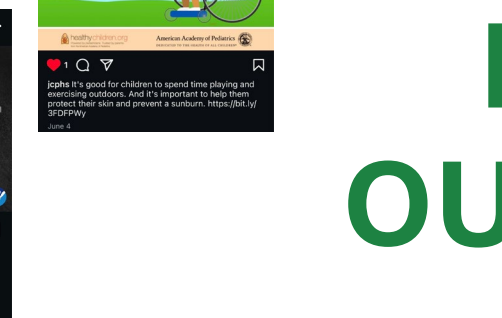
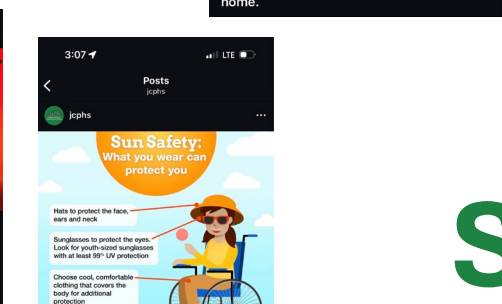
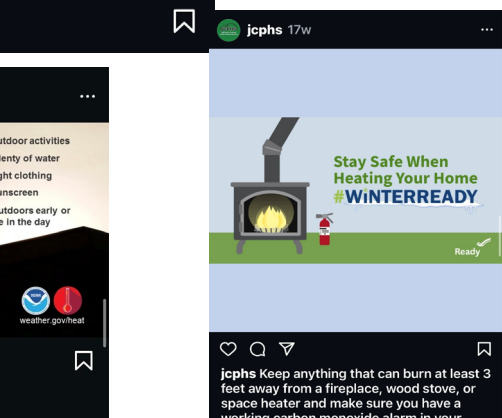
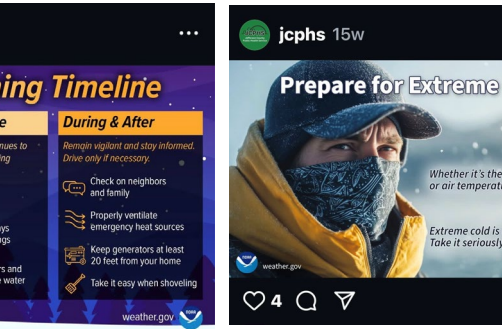
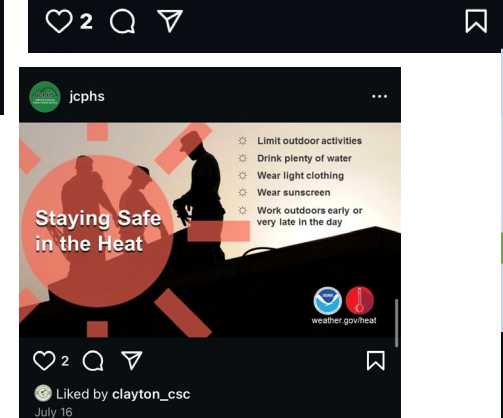
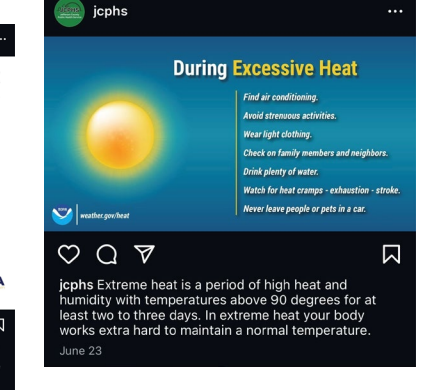
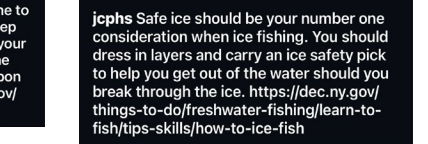
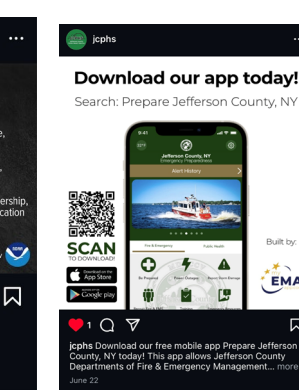
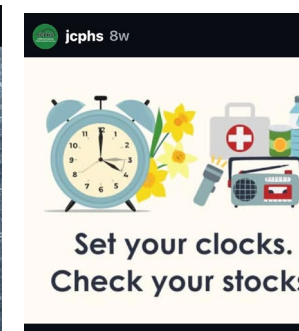
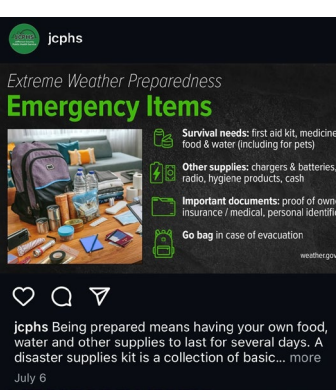
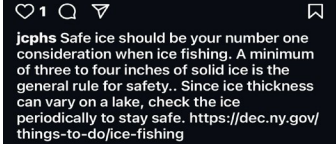
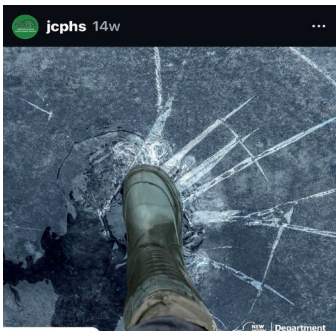
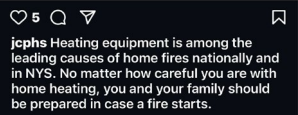


Laurie Woodward completed the course

NACCHO Climate for Health Ambassador Training

on April 23, 2025

and has earned this certificate of completion.



SOCIAL MEDIA OUTREACH

RESOURCES UPDATED

Archived

Emergency Preparedness Begins at Home.

Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. State and local officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.

✓ Family Communication Plan

Know how your family will contact each other and where you will meet.

✓ Food & Water

Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.

Bottled Water

- ☐ 1 gallon, per person, per day
- ☐ Keep in cool, dry place

Dry & Canned Foods

- ☐ Canned fruits, vegetables & meats
- ☐ Manual can opener
- ☐ Juice boxes, canned milk
- ☐ Dried fruit, nuts, crackers, cereal bars
- ☐ Baby food and formula
- ☐ Pet food

✓ First Aid & Tools

Have a first aid kit with health products and prescription medicine.

First Aid

First Aid Kit

- ☐ Bandages, gauze, rubbing alcohol
- ☐ Medical gloves and tape, scissors
- ☐ Pain reliever
- Health Products**
- ☐ Soap, toilet paper, tooth paste

Tools & Special Items

- Remember these important items:
- ☐ Flashlight, battery-powered radio
 - ☐ Extra batteries
 - ☐ Important documents such as birth certificates and bank account numbers

✓ Evacuation Kit

Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24 to 48 hours.

- ☐ A change of clothing
- ☐ First aid supplies
- ☐ Bottled water and cereal bars
- ☐ Prescription medicine

✓ Review

Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.



Updated

EMERGENCY PREPAREDNESS BEGINS AT HOME

Planning ahead for an emergency will give you peace of mind and keep your friends and family safe. State and local officials are working together to prepare for a range of possible emergencies, from severe weather, to a flu pandemic, or acts of terrorism. Here are some simple steps you can take to prepare for when an emergency takes place:

✓ Family Communication Plan

Determine how your family will contact each other and a location to meet.

✓ Food & Water

Have at least a 3-day supply of food and water for each person in your home. Consider individual diet needs and any pets in the home.

- ☐ Bottled water (1 gallon per person for several days, for drinking & sanitation)
- ☐ *Keep in a cool, dry place

- ☐ Ready-to-eat canned meats, fruits, and vegetables
- ☐ Manual can opener

- ☐ Dried fruit, nuts, crackers, cereal bars
- ☐ Juice boxes, canned milk
- ☐ High-energy foods
- ☐ Comfort/stress foods
- ☐ Baby food & formula
- ☐ Pet food

✓ First Aid & Tools

Have a first aid kit with health products and prescription medicine.

First Aid Kit

- ☐ Bandages, gauze, rubbing alcohol
- ☐ Medical gloves, tape, and scissors
- ☐ Pain reliever

Basic Hygiene Supplies

- ☐ Disinfecting wipes, hand sanitizer
- ☐ Garbage bags
- ☐ Soap, toilet paper, toothpaste, feminine products

Tools & Important Items

- ☐ Flashlight
- ☐ Battery-powered or hand crank radio
- ☐ Extra batteries
- ☐ Whistle (to signal for help)
- ☐ Cell phone with chargers
- ☐ Wrench or pliers (to turn off utilities)
- ☐ Fire extinguisher
- ☐ Important documents (copies of insurance policies, identification, & bank accounts) saved electronically or in a waterproof bag

✓ Evacuation Kit

Have supplies ready in your car or in a backpack in case you must leave home or in case you get stranded in your car. Pack lightly and include basic supplies for 24 – 48 hours.

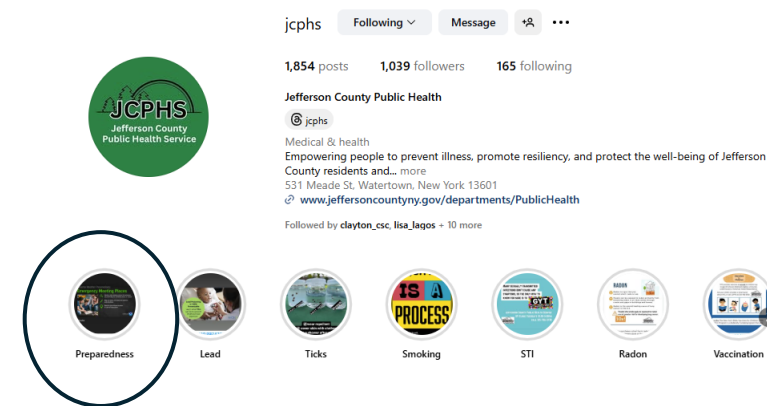
- ☐ Warm clothing, sturdy shoes, & blankets
- ☐ First aid supplies
- ☐ Bottled water, cereal bars
- ☐ Prescription medicine, eyeglasses

✓ Review

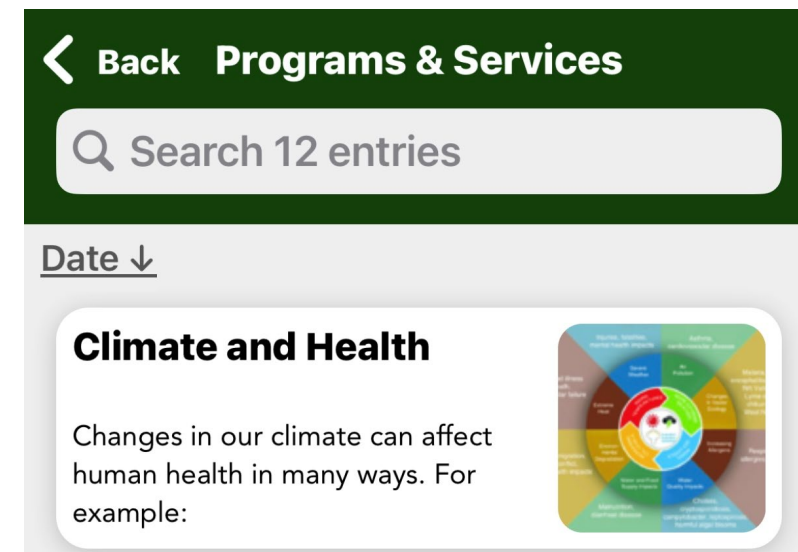
Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan if needed.



Added Preparedness “Highlight” on Instagram



Added Climate and Health Tab to Prepare App



RESOURCES USED



Emergency Supply List



Preparing Makes Sense For People With Disabilities, Others with Access and Functional Needs and the Whole Community.



Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan.

To prepare for the unexpected, keep your pets in mind as you follow these tips:

- 1. Make a plan.
- 2. Build an emergency kit.
- 3. Stay informed.



PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.

KNOW YOUR RISK

Prepare for the risks where you live.

MAKE A PLAN

Prepare yourself and your family before disaster strikes.

TAKE ACTION

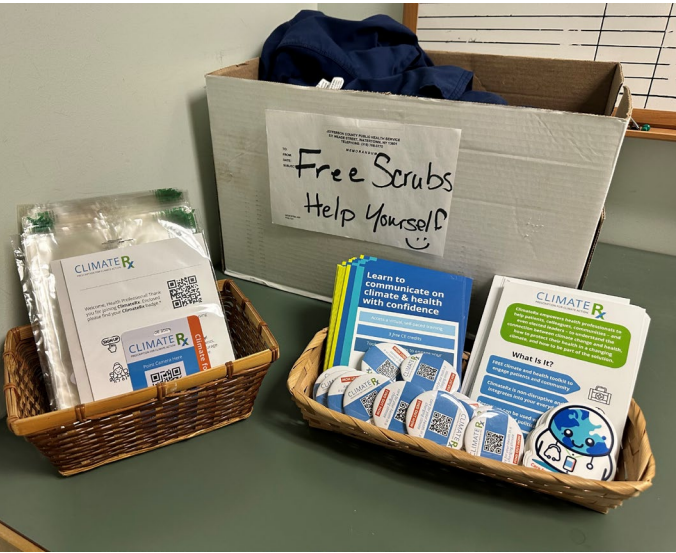
Be ready to respond to and recover from a disaster.

Visit [FEMA.gov](#) where you can input your location to get information about disasters in your area.

Consider the **specific** needs of your household like medical needs or items for your pets.

Gather supplies that fit your family's needs.

Secure important **documents**.



CLIMATE Rx

PRESCRIPTION FOR CLIMATE ACTION

Point Camera Here

care for your health in a changing climate

ASK ME HOW

Care for Your Health and Our Climate

Heat and Health in New York State

New Yorkers are at risk of heat-related illness because summer temperatures are warming and our bodies are not used to long periods of extreme heat. County Heat and Health Profiles help identify populations and neighborhoods at highest risk. Learn more about extreme heat and what can be done to help people keep cool during the hottest days of the year.

WHAT WE KNOW

Heat Exposure

Heat waves or extreme heat events are extended periods of high temperatures and can be harmful to health. Summer temperatures have been increasing across NYS and are expected to continue rising.

Health Sensitivity

The risk of heat stress, dehydration, kidney illness, cardiovascular illness, and death increases for up to 4 days after a heat wave. Children, older adults, and those with preexisting conditions or participating in outdoor activities are at higher risk.

Community Vulnerability

The community and its environment influence heat-related illness. Urban areas or communities with large populations, limited English proficiency, low income, and limited access to air conditioning are at higher risk.

WHAT WE LEARNED

A 5° F change in temperature can double a New Yorker's risk of heat-related illness.

Rising Temperatures in New York State, 1981-2016

In the past decade average summer temperatures have risen by 1.2° F in most areas in the state.

Days with Max Temperature Above 90° F in New York State, 1981-2016

The number of days with maximum temperatures above 90° F in New York State has been increasing, putting New Yorkers at higher risk of heat-related illness.

WHAT TO DO ABOUT IT

Take steps to prevent heat-related illness

- Know the risks and signs of heat-related illness. [www.health.ny.gov/extremehot](#)
- Check your local weather so you can be prepared. [www.weather.gov](#)
- Find a place to get cool. [www.health.ny.gov/environmental/heat/cooling](#)
- Get involved in community planning. [www.climateaction.ny.gov](#)

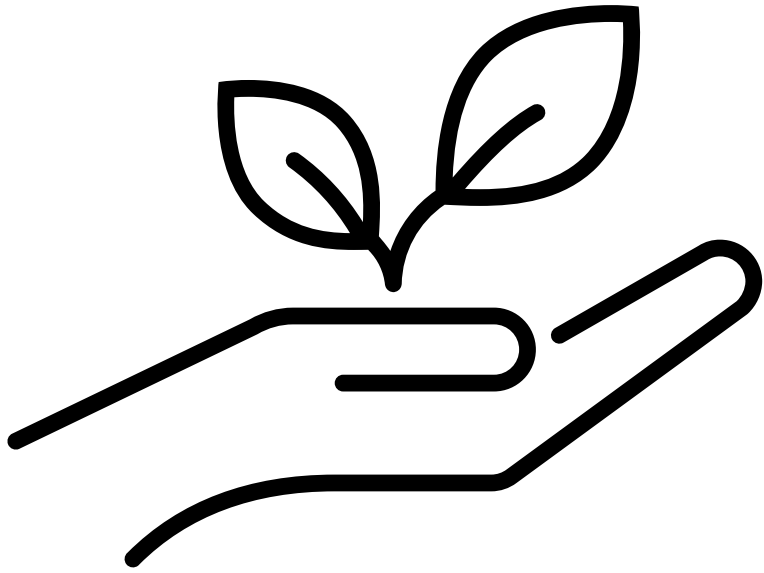
View your County's Heat and Health Profile at [www.health.ny.gov/extremehot](#)

Heat Tracking

Powered by the National Aeronautics and Space Administration's Research to Space and Earth Sciences NASA NEXUS. [www.nasa.gov/nexus](#)

6/2/20

Department of Health



HEALTH IMPACT

Short Term:

- ❖ Increased knowledge about climate risks to human health
- ❖ Increased awareness of available emergency alerts and preparedness resources
- ❖ Tools to be prepared in an emergency (kits provided)

Long Term:

- ❖ Increased resilience to adapt to climate impacts
- ❖ Improved mental health and well-being
- ❖ Decreased risk of illness, injury, and death

CHALLENGES



Supply Chain Issues

Delay in the delivery of items, items being out of stock, and needing to find alternatives within budget



Limited Time Frame

Kick-off call on March 14th and all project activities end on July 31st



Scheduling Issues

Some locations initially expressed interest in holding a presentation but were lost to follow up. Identified other partners to work with



Reduced Participation

Busy time of year
Other events in community
Seasonal businesses opening
People wanting to spend time outdoors

HIGHLIGHTS AND ACHIEVEMENTS

- ❖ Achieved SMART goals that were set in this project.
- ❖ Updated emergency preparedness checklist to be more comprehensive and align with branding as JCPHS recently worked toward PHAB accreditation.
- ❖ Created a “highlight” tab for preparedness on Instagram for stories shared to remain accessible.
- ❖ Many presentation participants vocalized how much they enjoyed the presentation, that they learned a lot, and some said it was the best presentation they’ve had.
- ❖ Climate RX sent an email offering free resources, JCPHS ordered these on 4/3 and provided to all JCPHS Certified Home Health Agency staff as well as distributed among health care provider offices within the county.
- ❖ Added Climate and Health tab to Prepare Jefferson County app. This was recently added to JCPHS webpage with links to resources as part of the NYSDOH performance incentive.
- ❖ Dr. Augusta Williams from SUNY Upstate Medical University presented a training at JCPHS to the public on Worker Safety and Health: Climate Resilience on July 31st.



JCPHS
Jefferson County
Public Health Service

WORKER SAFETY & HEALTH TRAINING: Climate Resilience

Thursday, July 31 1:00 - 2:30pm

You Will Learn:

- Learn about health & safety risks associated with summer weather (heat, sun exposure, tick-borne illnesses, etc.).
- Explore workplace hazards associated with extreme weather events, like flooding.
- Leave with tips of how to keep yourself & others safe when working outdoors.

No Cost Training by:

Augusta Williams, ScD, MPH
SUNY Upstate Medical University

Jefferson County
Public Health Service
531 Meade Street
Watertown, NY 13601

Please call 315-786-3700 to RSVP.

Thank you.

Cecilia Wirth, MPH, Public Health Specialist

315-786-3759

cwirth@jeffersoncountyny.gov

Contributor:

Sidnee Parisian, Public Health Specialist (temp)

531 Meade Street

Watertown, NY 13601

www.jcphs.org

*“A healthy planet and healthy people
are two sides of the same coin.”*

- Dr. Margaret Chan, Former Executive Director, WHO

