

Family Survive & Thrive Guide: Coming Home Safely™



August 06, 2020
CareUniversity Webinar #144

For resource downloads go to:
www.MedTacGlobal.org

Welcome

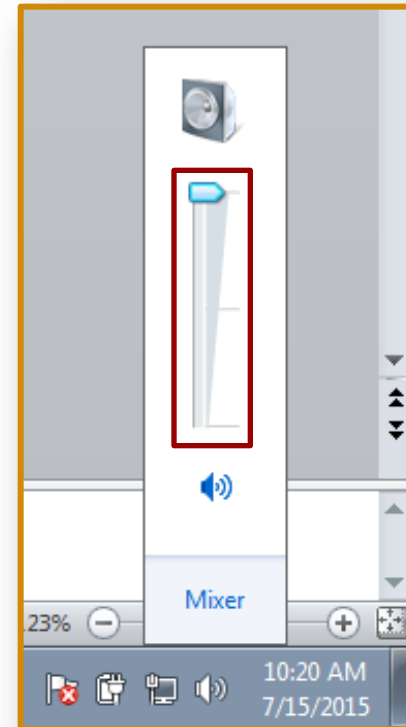
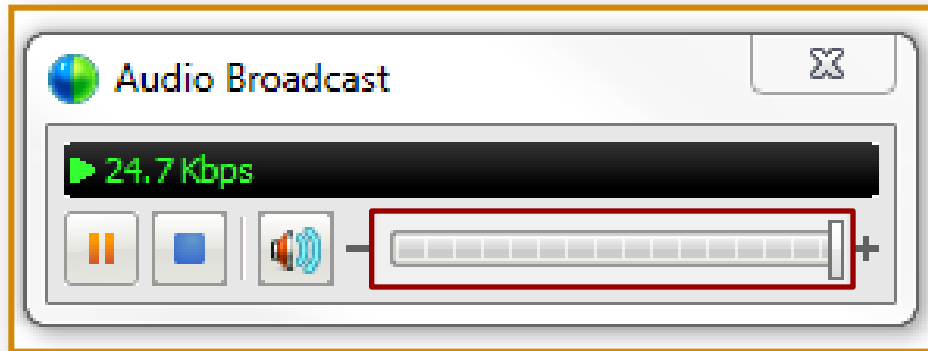


Charles Denham, MD

Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care
August 06, 2020**

CareUniversity Webinar #143

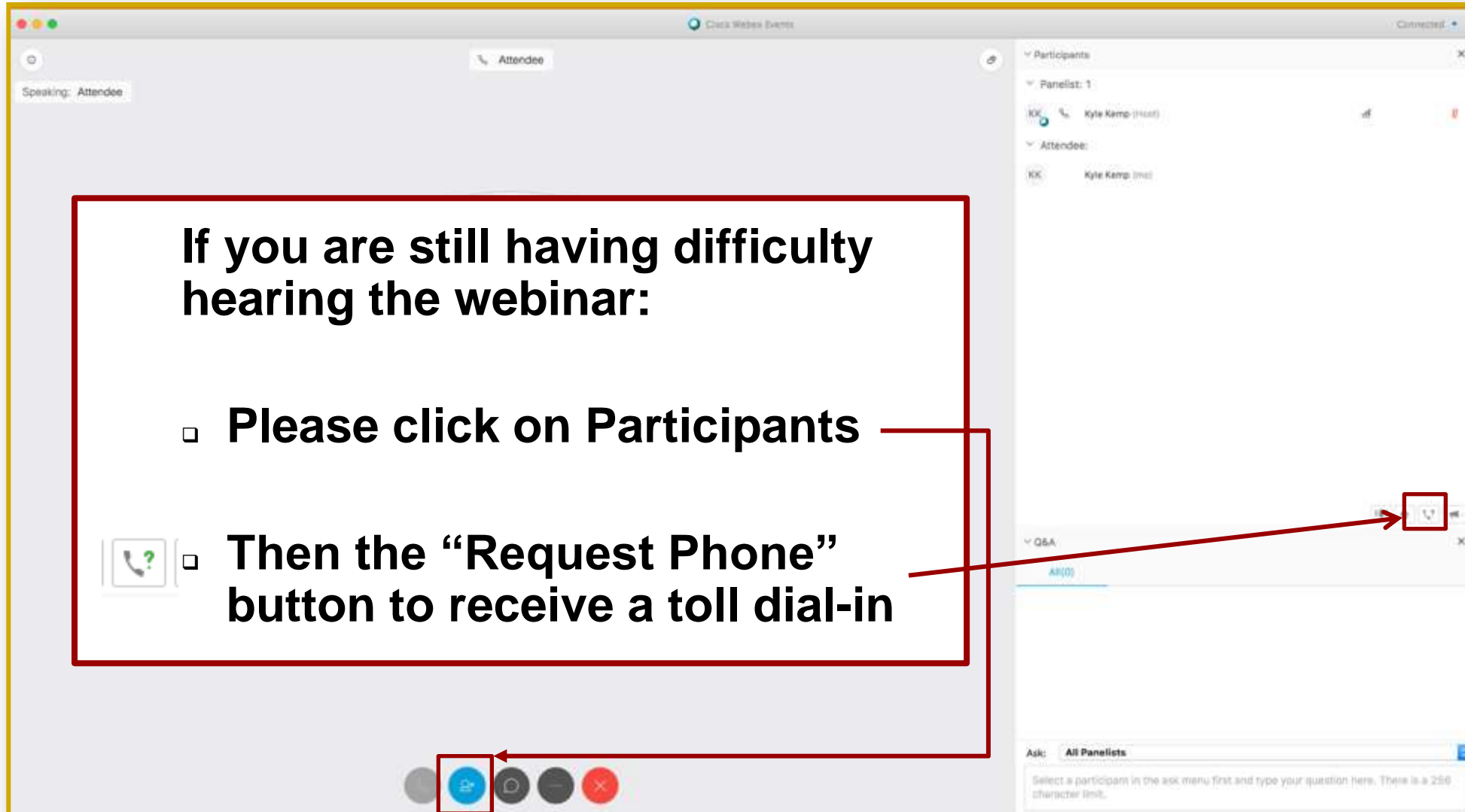


To optimize webinar sound volume, please check:

- WebEx volume
- Computer volume
- External speaker volume

If you are still having difficulty hearing the webinar:

- Please click on Participants
- Then the “Request Phone” button to receive a toll dial-in



The screenshot shows a Zoom webinar interface. The main window displays a text overlay with instructions. The right sidebar shows the 'Participants' list with 'Kyle Kamp (Host)' and 'Kyle Kamp (me)'. The bottom toolbar has a blue 'Request Phone' button highlighted with a red box. A red arrow points from the 'Request Phone' button in the Participants list to the 'Request Phone' button in the bottom toolbar.



Our Purpose, Mission, and Values



Our Purpose:

We will measure our success by how **we protect and enrich the lives of families...patients AND caregivers.**

**EMERGING THREATS
COMMUNITY OF PRACTICE**

Our Mission:

To accelerate performance solutions that **save lives, save money, and create value** in the communities we serve and ventures we undertake.

CAREUNIVERSITY®

Our ICARE Values:

Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.

TMIT Global National Research Test Bed

3,100 Hospitals in 3,000 Communities



Disclosure Statement

The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship medication or device companies discussed in their presentations.

- Anne Rhoades has nothing to disclose.
- Gregory H. Botz, MD, FCCM, is a professor in the Department of Critical Care at the UT MD Anderson Cancer Center. He received his medical degree from George Washington University School of Medicine in Washington, DC. He completed an internship in internal medicine at Huntington Memorial Hospital and then completed a residency in anesthesiology and a fellowship in critical care medicine at Stanford University in California. He also completed a medical simulation fellowship at Stanford with Dr. David Gaba and the Laboratory for Human Performance in Healthcare. Dr. Botz is board-certified in anesthesiology and critical care medicine. He is a Fellow of the American College of Critical Care Medicine. He has nothing to disclose.
- Dr. William Scharf has nothing to disclose.
- Randal Styner has nothing to disclose.
- David Beshk has nothing to disclose
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- John Tomlinson has nothing to disclose.
- Matt Horace has nothing to disclose.
- Charles Denham, MD, is the Chairman of TMIT; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare Tsunami* documentary and Toolbox, including models. HCC is a former contractor for GE and CareFusion, and a former contractor with Siemens and Nanosonics, which produces a sterilization device, Trophon. HCC is a former contractor with Senior Care Centers. HCC is a former contractor for ByoPlanet, a producer of sanitation devices for multiple industries. He does not currently work with any pharmaceutical or device company. His current area of research is in threat management to institutions including conflict of interest, healthcare fraud, and continuing professional education and consumer education including bystander care.

Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



Ann Rhoades



David Beshk



Heather Foster RN



Dr. C Peabody



Dr. Casey Clements



Chief William Adcox



Matt Horace



Randal Styner



Paul Bhatia EMT



Dr. William Scharf



John Tomlinson



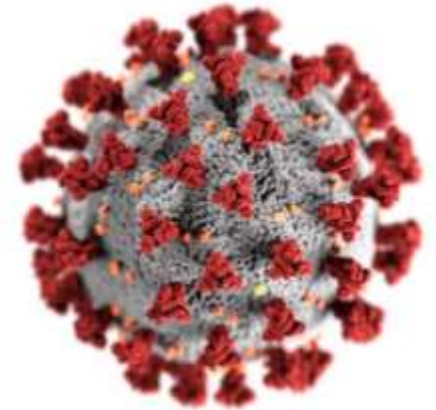
Dr. Charles Denham

Voice of the Patient



Jennifer Dingman

**Founder, Persons United Limiting
Substandard and Errors in Healthcare
(PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO**



Tracking Home

Critical Trends ▾

Global Map

U.S. Map



COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE)



Cumulative Confirmed Cases

Active Cases

Incidence Rate

Case-Fatality Ratio

Testing Rate

Hospitalization Rate

[Tracking Home](#)

[Critical Trends](#) ▼

[Global Map](#)

[U.S. Map](#)



COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at ...



[Cumulative Confirmed Cases](#)

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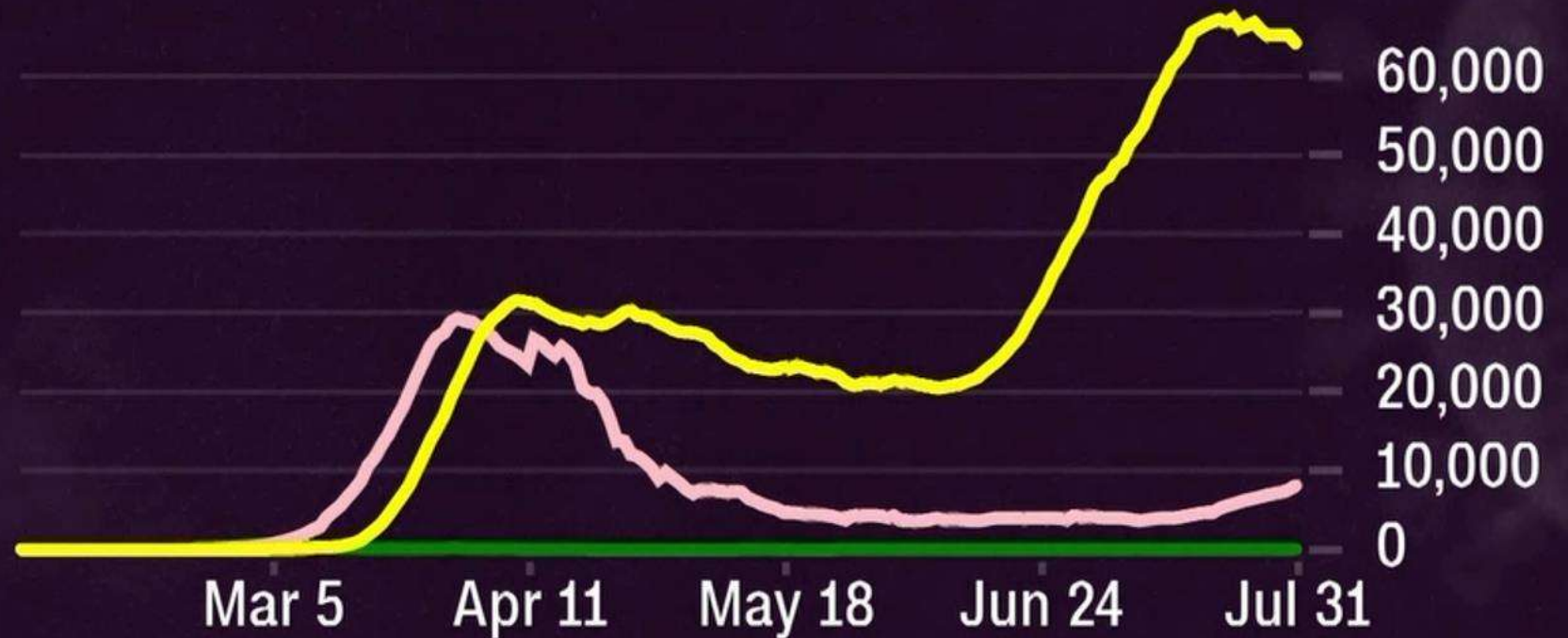
[Testing Rate](#)

[Hospitalization Rate](#)

CORONAVIRUS PANDEMIC

7-DAY MOVING AVERAGE OF NEW CASES

— SOUTH KOREA
— EUROPEAN UNION
— UNITED STATES



SOURCE: JOHNS HOPKINS UNIVERSITY

Health Security: The Family View

PUBLIC HEALTH



**Tradeoffs for Population:
Cost of Doing Business**

Versus

FAMILY HEALTH



**You will pay more
and do more to
spare your family**

Source: C Denham

Coming Home Safely Questions

- **How do we keep from bringing the virus home?**
- **What are the best practices to protect my family?**
- **What if I am exposed to a COVID-19 patient at work?**
- **How do I put together a Family Safety Program?**
- **Can we have safe play dates?**
- **Why are indoor activities riskier than those outdoors?**
- **What Personal Protective Equipment do I need to care for a loved one at home?**
- **How do we get teens and those in their 20's and 30's to take the lead in being safe and protecting families?**
- **What if a Contact Tracer Calls finds one of my family have been exposed?**
- **What should be on my family “what if list”?**

Survive & Thrive Guide™ Series

Hot Zone

Public & Work Exposure



Warm Zone

Disinfection Area



Safe Zone

Home with Family



Survive & Thrive Guide™ Series

MED TAC GLOBAL Survive & Thrive Guide **Coronavirus Response CareUniversity Series**

Don't Bring it Home



This program addresses the critical needs of families of essential workers who are at risk for bringing viruses and pathogens home. The goal is to prevent putting families at risk from at work exposure.



HOME FAMILY CAREGIVERS



CAREMOMS & FAMILIES



CAREMOMS & FAMILIES



AT WORK



HEALTHCARE ORGANIZATIONS

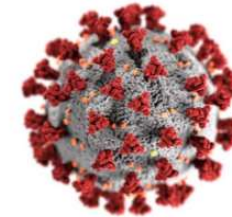


PROFESSIONAL CAREGIVERS

CareUniversity Med Tac Bystander Rescue Care



HOME FAMILY CAREGIVERS



CAREMOMS & FAMILIES



AT WORK



HEALTHCARE ORGANIZATIONS



PROFESSIONAL CAREGIVERS

Survive & Thrive Guide™ Series

MED+TAC GLOBAL

Survive & Thrive Guide

Coronavirus Response
CareUniversity Series

Back to Work

MED+TAC GLOBAL

Survive & Thrive Guide

Coronavirus Response
CareUniversity Series

Back to School



This program provides the leadership, practice, and technology information that can help ocean lovers return to the beach while making sure to be as safe as possible. We provide the concepts, tools, and resources that the public and professional first responders can use to keep the community safe.

T RUTH	What do you want them to KNOW ?	The Science of Spread and Safety.		H EAD
T RUST	What do you want them to FEEL ?	The Fight for Life for your loved ones.		H EART
T EAMWORK	What do you want them to DO ?	Plan the Work & Work the Plan		H ANDS
T RAINING	What do you want them to SAY ?	All Teach & All Learn		V OICE

Go to <https://www.medtacglobal.org/coronavirus-response/> for Videos and Updates.

MED+TAC GLOBAL

Survive & Thrive Guide

Coronavirus Response
CareUniversity Series

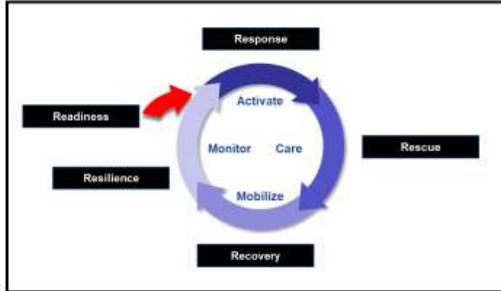
Back to the Pool

MED+TAC GLOBAL


Survive & Thrive Guide

Coronavirus Response
CareUniversity Series

The Health Security Plan



This program provides the leadership, practice, and technology information that can help families prepare a Family Health Security Plan. We provide the concepts, tools, and resources that will help families prepare for pandemics and other major emergencies.



- **Readiness:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills.
- **Response:** Family moves to action to respond to an emergency. Safeguards are put in place.
- **Rescue:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills.
- **Recovery:** Follow up care of family member after an event. Returning to normal family activities and an event.
- **Resilience:** Learn new knowledge and skills from ongoing and prior events. Fortify response, rescue, and recovery actions in plan.

Go to <https://www.medtacglobal.org/coronavirus-response/> for Videos and Updates.

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Survive & Thrive Guide

Coronavirus Response
CareUniversity Series


Back to Worship

MED+TAC GLOBAL


Survive & Thrive Guide

Coronavirus Response
CareUniversity Series

Going to the Emergency Department



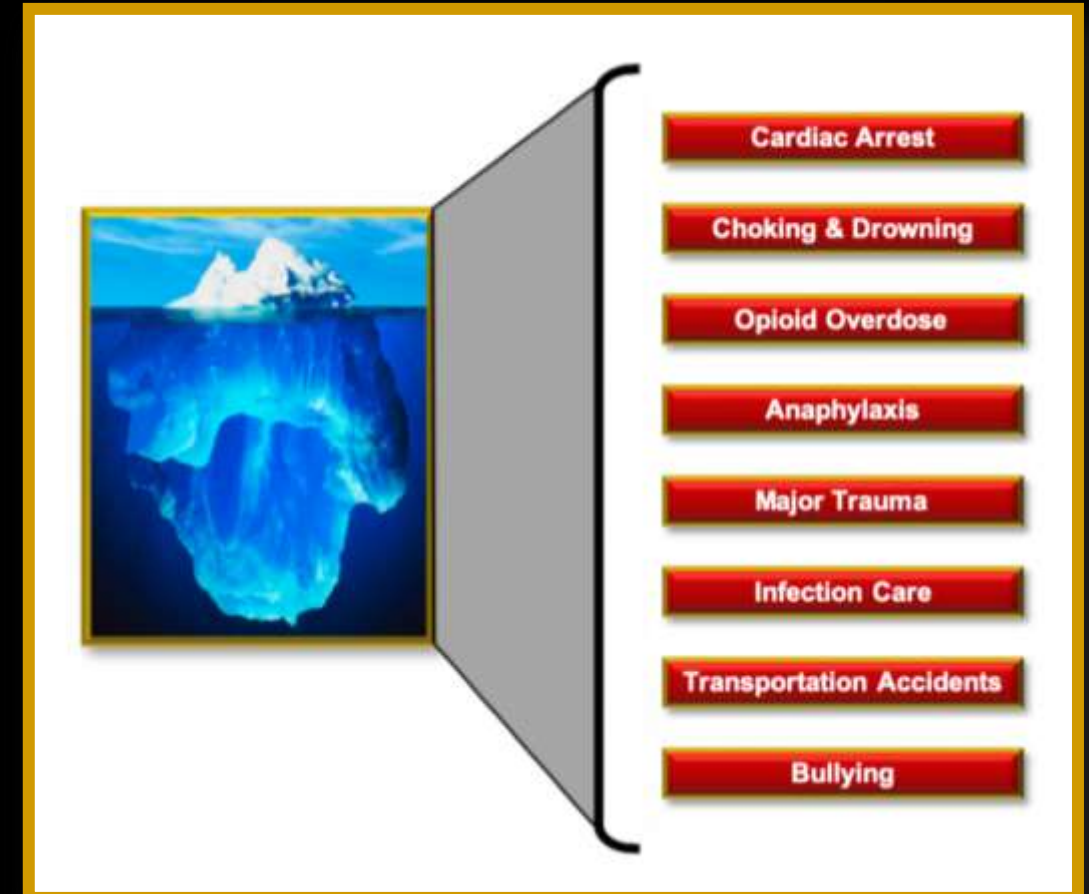
This program provides the leadership, practice, and technology information that can help ocean lovers return to the beach while making sure to be as safe as possible. We provide the concepts, tools, and resources that the public and professional first responders can use to keep the community safe.



Med Tac Bystander Rescue Care Program

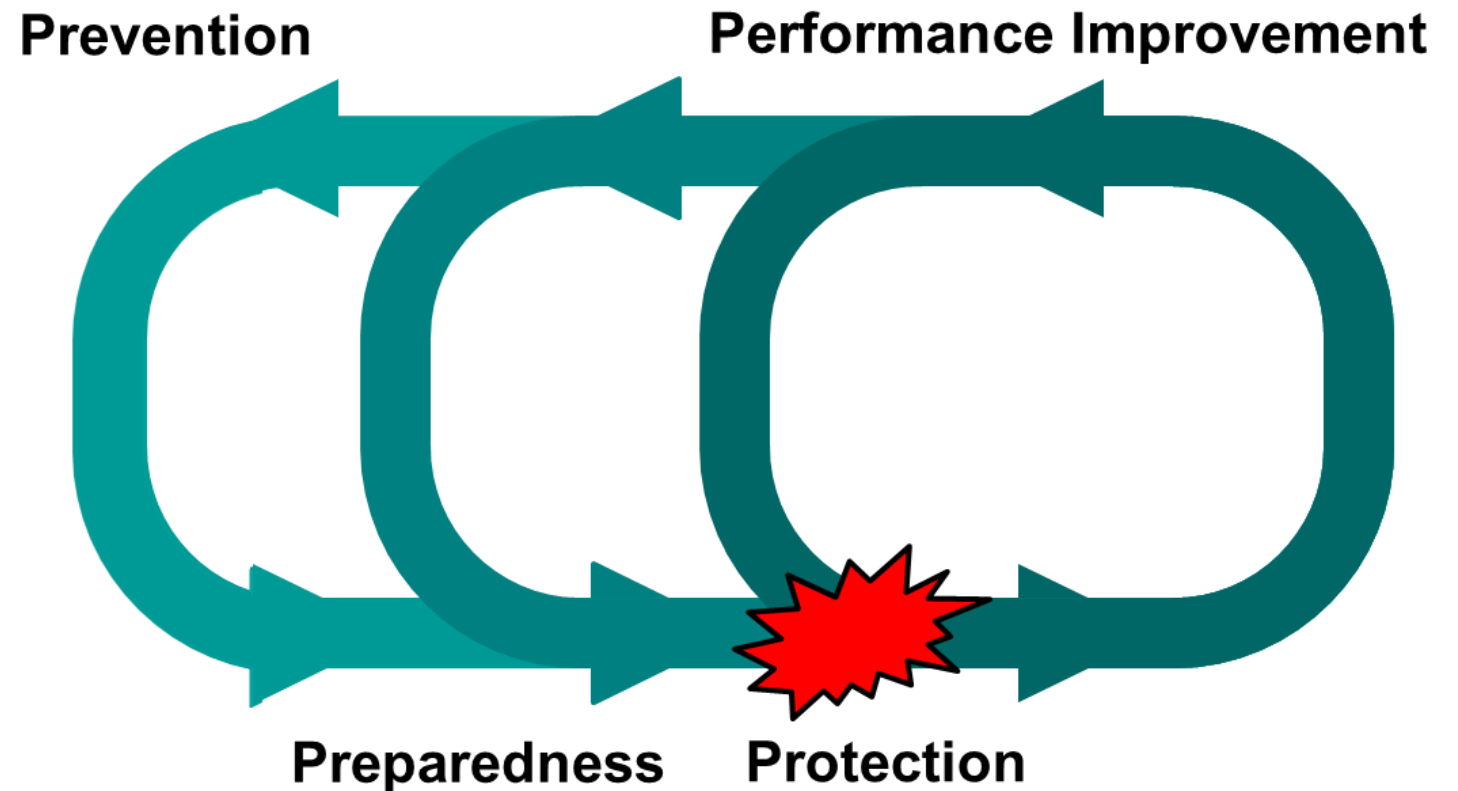
- *Founded in 2015* in Orange County CA.
- *Early Pilots in 5 States* with leaders.
- *Failure to Rescue* is targeted prior to EMS arrival training of the public in evidence-based methods.
- **Focus on 8 Leading Causes** of Preventable Death
- **Collaborate with Leading Medical Centers**

www.MedTacGlobal.org





The 4 P's: Prevention, Preparedness, Protection, and Performance Improvement





Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

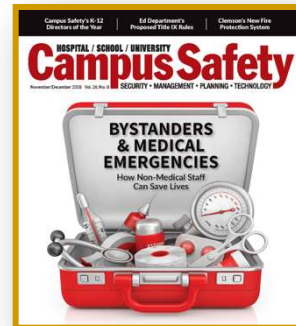
Major Trauma

Infections

Transportation Accidents

Bullying

Med Tac
Story Article



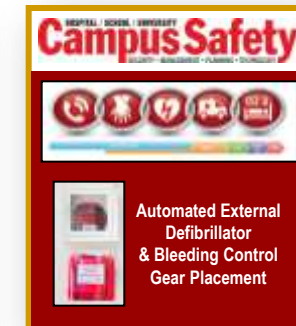
Active Shooter
Healthcare Article



Rapid Response
Teams Article



AED & Bleeding
Control Gear Article



A **Medical-Tactical Approach** undertaken by clinical and non-clinical people can have enormous impact on loss of life and harm from very common hazards:

- **High Impact Care Hazards** are frequent, severe, preventable, and measurable.
- **Lifeline Behaviors** undertaken by anyone can save lives.



Nov/Dec 2018 Issue



Supply kits/care packs like the ones pictured here continue to be developed for any bystander care emergency, in addition to packs for specific use in the lifeguard-surf, divers, aviation and health ministries specialty programs. Med Tac is even developing modified golf carts with AEDs and emergency response gear onboard.

to enable delivery of lifesaving bystander care within 3 minutes of an event and until professional first responders arrive in 8-10 minutes.

- **Video Stories:** Our learning management approach uses the power of stories to communicate concepts, illustrate tools and describe resources. We are continuously capturing stories and adding them to our multimedia curriculum.

- **Immersive Simulation Scenario:** The many stories used in our online training allow us to develop simulation scenarios, putting students in real-life situations that apply and reinforce key concepts. We use techniques pioneered in aviation and other industries to drive retention and competency impact.

START A MED TAC PROGRAM OF YOUR OWN

Although the Med Tac Team won the 2018 Pete Conrad Global Patient Safety Award for its work, we believe any community, inspired by the "all teach — all learn" mantra, can easily start a program like ours. We challenge others to start similar initiatives or join us in this cause.

We believe the CPR/AED/First Aid pro-

grams of the American Heart Association are excellent. Instructors of those programs are ideally suited to engage with campus programs. Further, the Stop-the-Bleed program sponsored by the American College of Surgeons is also excellent when it is taught as designed. The combination of these two programs can dramatically improve the



The University of Texas Police Department serving the UT MD Anderson Cancer Center and the UT Health Science Center at Houston are pioneering a Med Tac program to specifically address the needs of major medical centers and healthcare institutions. Chief William Adcox and the security team at MD Anderson are pioneering the new study domain of inside and outside threats to the caregivers who serve, the patients they serve and the property they need to deliver their care.

frequency and effectiveness of bystander responses to emergencies.

Recent studies have shown that bystander skills degrade over time, so try to assure "competency-currency." Regular, repeated training, with deliberate practice of bystander care skills, complemented by readily accessible emergency care supplies, is the winning combination for a campus team to help serve those entrusted in their care.

Remember, odds are that a medical emergency will happen on your campus and your students, clinicians, public safety officers, teachers, staff members and administrators will be the immediate responders until professional help can arrive. Med Tac can provide them with the skills they need to respond appropriately and save lives.

For more information about Med Tac visit med-tac.org or email info@med-tac.org. CS

WILLIAM ADCOX is the chief security officer for the UT MD Anderson Cancer Center and UT Health Chief of Police. Dr. GREGORY BOTZ is a professor of anesthesiology and critical care and UT MD Anderson Cancer Center. CHARLES DENHAM III is a Junior Med Tac instructor. Dr. CHARLES DENHAM III is the chairman of the Texas Medical Institute of Technology.



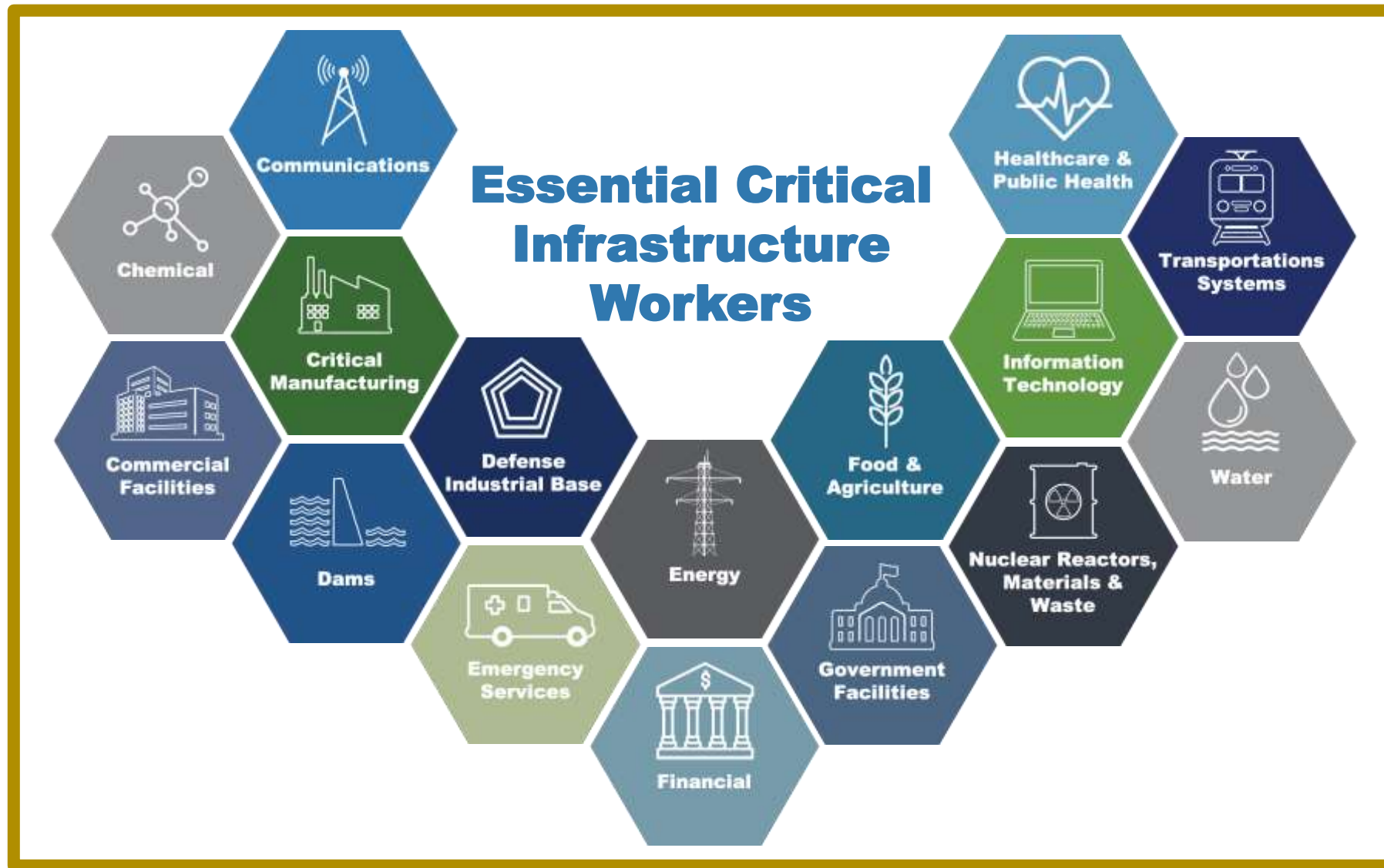
CPR AED

Heartsaver® CPR for
Non-Medical Professionals



**40% of
Work
Force**

**No Family
Training
Provided**





Emerging Threats Community of Practice

Bystander Rescue Care *CareUniversity Series*



John Nance JD



Dr. Gregory Botz



Chief William Adcox



Heather Foster



Dr. Charles Denham



Dr. Casey Clements



Beth Ullem



Dr. McDowell



Dennis Quaid



Preston Head III



Fred Haise



Dr. Steve Swensen



Tyler Sant



Avarie Pettit



Dr. Mary Foley



Bob Chapman



Perry Bechtle III



Becky Martins



Betsy Denham



Charlie Denham III



Dr. C Peabody



Dr. Chris Fox



Randy Styner



Tom Renner



David Beshk



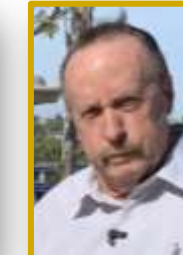
Ann Rhoades



Nancy Conrad



Dr. Chopra



John Little



Debbie Medina





Emerging Threats Community of Practice

Bystander Rescue Care *CareUniversity Series*



John Tomlinson



Dan Ford



Arlene Salamendra



Jennifer Dingman



Bill George



Penny George



Hilary Schmidt PhD



Paul Bhatia EMT

Contributions Through Segments of Documentaries



Prof Christensen



Jim Collins



C Sullenberger



Charlotte Guglielmi



Dr. Don Berwick



Dr. Howard Koh



Dr. Jim Bagian



Dr. Harvey Fineberg





**CAREMOMS
& FAMILIES**



**HOME FAMILY
CAREGIVERS**



AT WORK

Our Discovery:

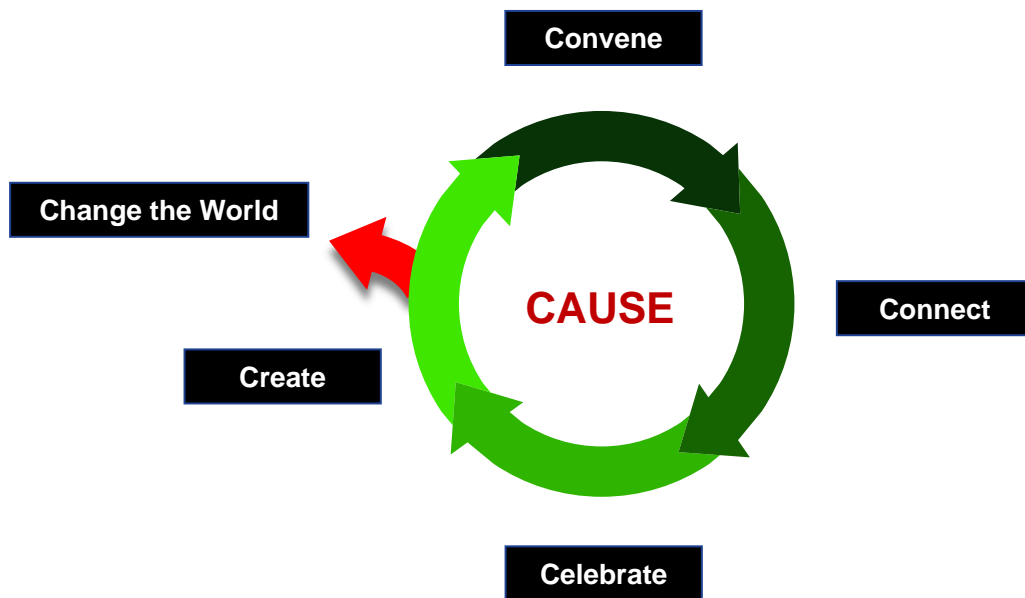
Family Training Works

- Saves Companies
- Saves Money
- Saves Liability
- Saves Capacity



Coronavirus Care Community of Practice

Bystander Rescue Care *CareUniversity Series*



Family Centric

- General Public
- Critical Essential Workers
- Professional Caregivers
- First Responders
- All Faiths Volunteers & Staff
- Educators & School Staff
- Scouts, Teams, and Membership Organizations



MED+TAC About Values & Team Coronavirus Response Webinar Programs

This webpage and videos have been produced for essential infrastructure workers and general public families. We have drawn on our network of 580 subject matter experts and a patient safety consortium of positive of 1,100 hospitals in 1,000 communities to tackle the Coronavirus Crisis. To join the Coronavirus Community of Practice and have the option of taking our Survive & Thrive™ certification courses and earn continuing education credits (CMEs). The first short video in the Basic Videos library below describes how you can participate. Join our free monthly 30 minute webinars for families of professional caregivers, essential workers, and the public. [Click here to register](#). [Join the Community Video Chat Room](#)

Coronavirus – Protecting You & Your Family

See the videos, answers to FAQs, and resources below. They will be continuously updated for the communities we serve.

MED+TAC Coronavirus Care Community of Practice **Bystander Rescue Care CardioUniversity Series**

We have organized the videos below as BASIC MODULES to provide critical information quickly. For those who need more detail, view the **ADVANCED MODULES**. The basic articles may be downloaded below.

BASIC MODULES

- Why Social Distancing WORKS
- Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO

The following **ADVANCED MODULES** address more comprehensive information you may wish to watch. The medical and scientific articles are provided below the videos.

ADVANCED MODULES

- Preparing for CARE at Home
- TELEMEDICINE Works - Try It
- Care of Seniors & those AT-RISK
- The Latest Best Practices
- Caregivers Surf the Next Wave
- Coming Home Safe Webinar
- The New Normal Webinar
- Back to School Safety

The following table provides resource articles and links to video assets that viewers may use and download to understand the science behind the best practices.

Background & Personal Information	Resources
US and US State Best Practices - What Went Wrong? Time Magazine July 1, 2020 https://www.foxnews.com/health/coronavirus-us-best-practices	This is a review of the preparedness of each country's resources can track the best practices for preparedness around the globe.
PANDORA RESOURCES: Getting a Doctor's Supplement to the Roadmap for Pandemic Response 05-20-20 SENIOR J. SARNA CENTER FOR COVID-19 RESPONSE & RESILIENCE	A paper developed at Harvard that proposes to be made of disease prevention against other health challenges. With community specific approaches, it can be successful in suppressing COVID-19 in the US.
Build the Coronavirus Crisis - a Program for Ending, New Yorker 05-15-20 Sarah Swire	One of the best articles to be read by all audiences. It includes one of our members of patient safety. It provides a very complete description of the various programs we have implemented.

Monthly Webinars every first Thursday of the month at 1PM ET (Noon Central and 10AM PT). Free, video, and resources posted.

BASIC MODULES

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Masks: The SCIENCE of Success

- BASIC MODULES:**
- Short Videos 4-10 min
 - Critical Information
 - Hits Pillars of Prevention

ADVANCED MODULES

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TELEMEDICINE Works - Try It

- ADVANCED MODULES:**
- Longer more detailed
 - Webinar Recordings
 - Technical Information

Related Resources

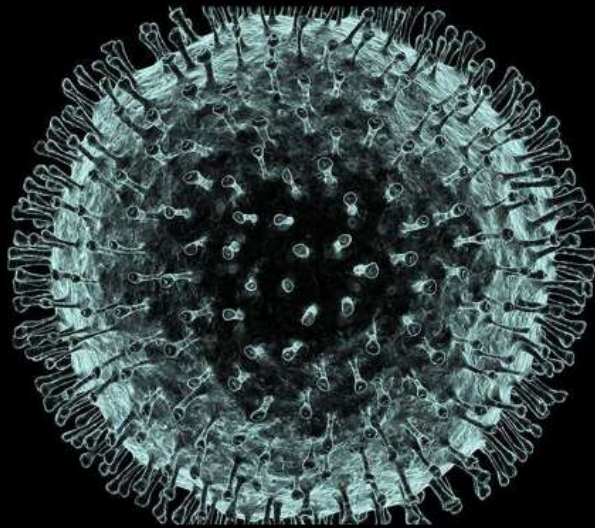
Resources:



Care of the At Risk & Seniors at Home

The Basics

Understand
the Basics



Practices

Care of Your
Loved Ones



**A Miracle on
the Hudson**

Leadership

Form Family Team &
Health Security Plan



Technologies

Putting Supplies
& Gear to Work



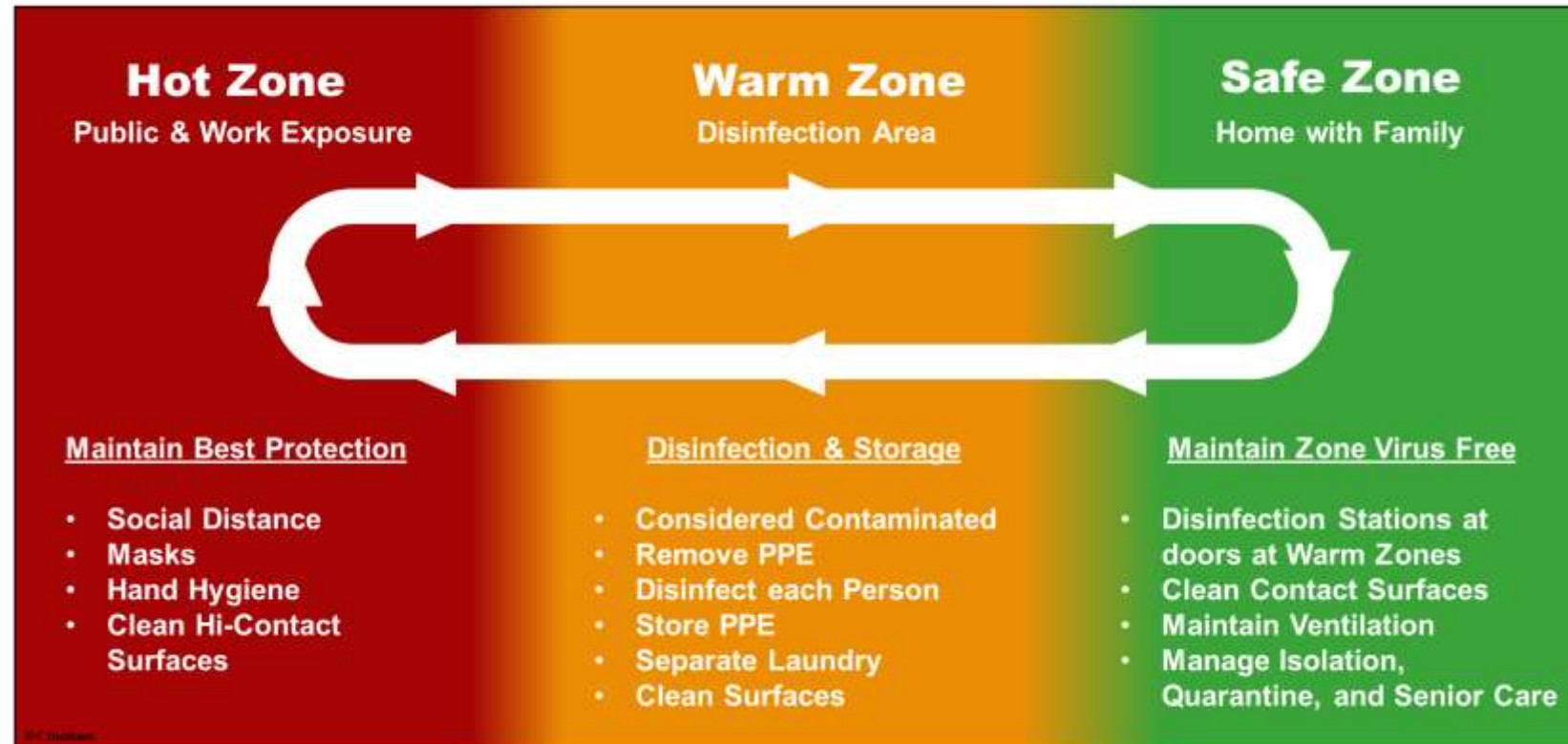
Coming Home Safely Questions

- How do we keep from bringing the virus home?
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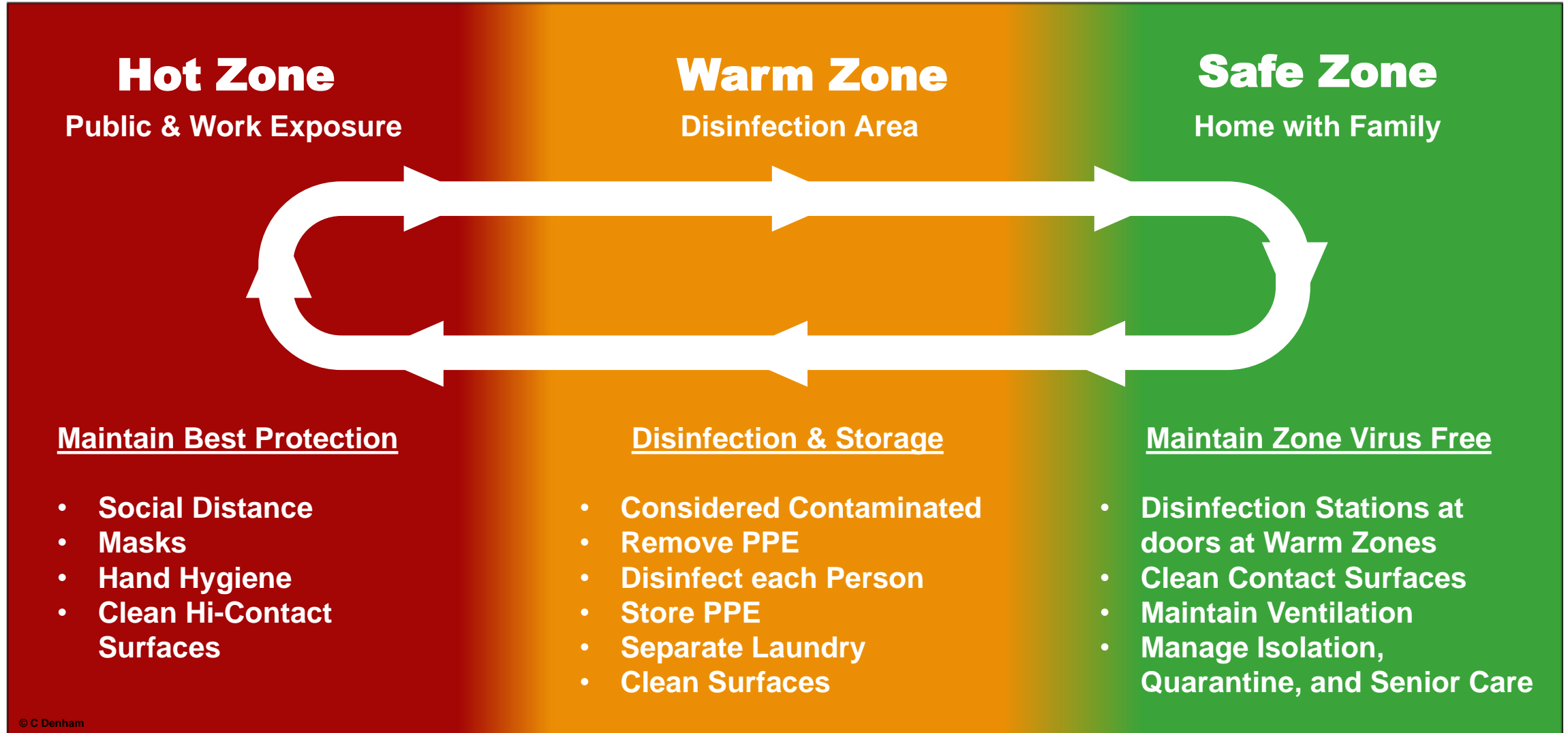
Coming Home Safely

- How do we keep from bringing the virus home?

Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices

A graphic with a red-to-orange gradient background. At the top, the text 'Hot Zone' is in large white font, with 'Public & Work Exposure' below it in smaller white font. In the center is a large white U-shaped arrow pointing to the right. At the bottom, the text 'Maintain Best Protection' is underlined in white, followed by a bulleted list of four items: 'Social Distance', 'Masks', 'Hand Hygiene', and 'Clean Hi-Contact Surfaces'. A small copyright notice '© C Denham' is in the bottom left corner.

Hot Zone
Public & Work Exposure

Maintain Best Protection

- Social Distance
- Masks
- Hand Hygiene
- Clean Hi-Contact Surfaces

© C Denham

HOT ZONE PRACTICES

- Social Distance – 6 Feet is a MINIMUM
- Handwashing is poor even in caregivers – 20 sec
- Avoid Poorly Ventilated Spaces
- Don't Touch Face Masks or the Face
- Be gracious but firm when others invade your space
- It is critical to know how to put on and take off Personal Protective Equipment (PPE). Called “Don and Doff” in healthcare jargon.
- Whenever in doubt, wash your hands.
- Know the process for reporting outbreaks.
- “Exposure to Infected” is being within 6 FEET OF INFECTED FOR LONGER THAN 15 MINUTES.

Hot-Warm-Safe Zone Practices

WARM ZONE

Leaving Hot Zone Practices

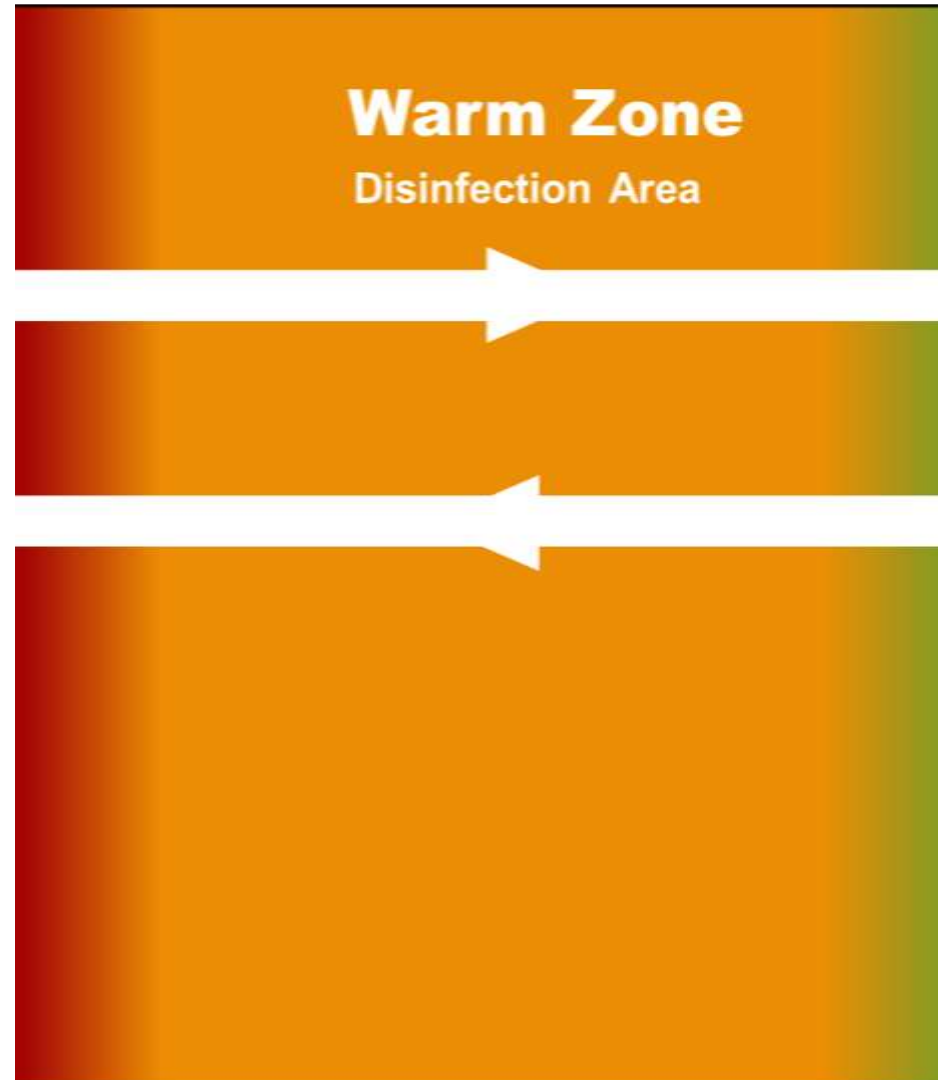
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

WARM ZONE

Joining Hot Zone Practices

- Assure your mask has good fit.
- Practice no mask or face touching
- If contaminated – wash hands.
- Know the rules of the workplace or public venue.

© C Denham



WARM ZONE

Coming Home Practices

- Designate WARM ZONE room or space for disinfecting,
- Assemble & Maintain Disinfection Station with cleaning supplies.
- Keep the family out of WARM ZONE
- Increase precautions if someone is in quarantine or isolation.

WARM ZONE

Leaving Home Practices

- New or Cleaned masks, gloves, face shields and coverings.
- Bring disinfectants in your car or your gear.
- Bring extra masks if you have them.

Hot-Warm-Safe Zone Practices

SAFE ZONE PRACTICES

- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

Care of Someone At Home

- Getting your “MacGyver On” – Use what you have.
- Whether the flu or Coronavirus – use same processes.
- Isolation is for all those who are infected or sick.
- The infected NEED to wear masks. Social distance and hand hygiene are important. Surfaces ARE a risk.
- Quarantine is for who may be infected – assume infected until end of quarantine period or test negative.



Coronavirus Survive & Thrive Guide: Coming Home Safely

Dr. Gregory H. Botz



**Professor of Anesthesiology
and Critical Care, UT – MD
Anderson Cancer Center
Adjunct Clinical
Associate Professor,
Department Anesthesiology
Stanford University
Medical School**

Heather Foster RN



**Infection Prevention Nurse
Acute Care Nurse
Patient Safety Advocate
Global Pete Conrad
Patient Safety Winner
Southwest Colorado**


Coming Home Safely Questions

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- What should be on my family "what if list"?

Coming Home Safely


- **What are the best practices to protect my family?**

Survive & Thrive Guide: Protecting Your Family

 **CDC Guidelines**

 **Social Distancing**

 **Disinfecting Surfaces**

 **Hand Washing**

 **Use of Masks**

SOURCE: Centers for Disease Control

CareUniversity  Med Tac Bystander Rescue Care

BASIC MODULES

Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

CLEAN High Contact Surfaces

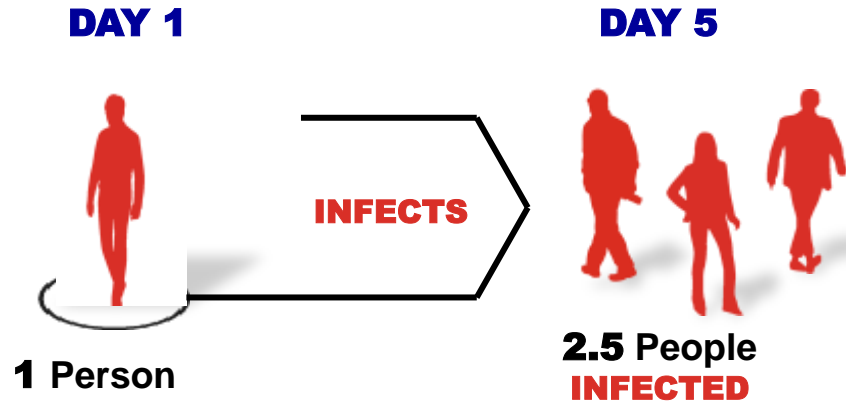
Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

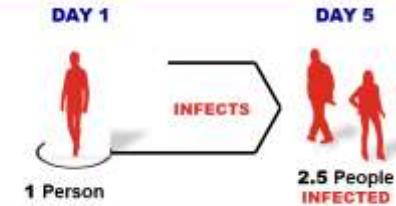
Why ICU, Respirators, and ECMO



No Social Distancing At 30 Days



NO SOCIAL DISTANCING MEASURES IN PLACE



**406 People
INFECTED
IN 30 DAYS**

A circular inset at the bottom left shows a dense crowd of red silhouettes of people, representing the total number of infections after 30 days.

**406 People
INFECTED
IN 30 DAYS**

A circular inset at the bottom right shows a dense crowd of red silhouettes of people, representing the total number of infections after 30 days.

BASIC MODULES

Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

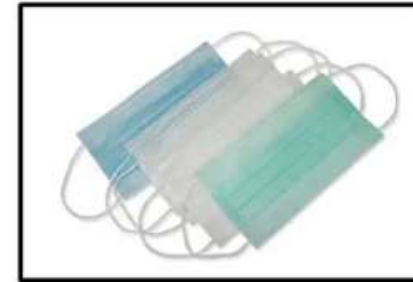
CLEAN High Contact Surfaces

Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

Why ICU, Respirators, and ECMO

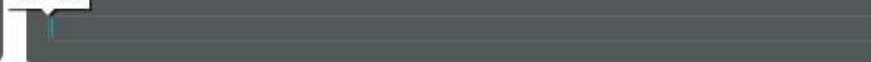
Masks ARE Critical



"I protect you; you protect me"



09:34



BASIC MODULES

Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

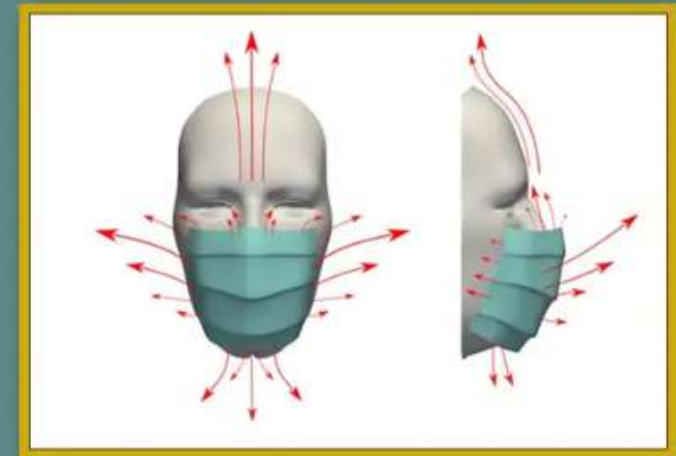
CLEAN High Contact Surfaces

Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

Why ICU, Respirators, and ECMO

Masks: The SCIENCE of Success



27:07



BASIC MODULES

Why Social Distancing WORKS

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Hand Washing & DISINFECTANTS

CLEAN High Contact Surfaces

Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

Why ICU, Respirators, and ECMO

Handwashing & DISINFECTANTS



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CLEAN High Contact Surfaces





Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

Why ICU, Respirators, and ECMO

RISK of High Contact Surfaces

Coronavirus Lives on Surfaces

	Paper and Tissue Paper**	3 hours	<div></div>
	Copper*	4 hours	<div></div>
	Cardboard*	24 hours	<div></div>
	Wood**	2 days	<div></div>
	Cloth**	2 days	<div></div>

	Stainless Steel*	2-3 days	<div></div>
	Polypropylene Plastic*	3 days	<div></div>
	Glass**	4 days	<div></div>
	Paper Money**	4 days	<div></div>
	Outside of surgical mask**	7 days	<div></div>



07:34



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Why ICU, Respirators, and ECMO

ICU Care, Respirators, and ECMO



Global Traveler
August 4, 2020



This CEO has flown 33 times and spent 160 nights away this year. Here's his safety routine

At the Hotel:

- “I clean every surface with wipes — all door handles, light switches, the remote control the phone. wipe down the showerhead.

At Airport:

- “I wear multiple layers of disposable gloves, and peel them off as I go through it. Trams, escalators — peel a layer, check-in, use a kiosk with a touch screen — peel a layer, TSA security check — peel a layer.

In the Plane:

- “I wear multiple layers of disposable gloves and peel them off as I go through it. Trams, escalators — peel a layer, check-in, use a kiosk with a touch screen — peel a layer, TSA security check — peel a layer.

In the Rental Car:

- ““Spend 10 minutes cleaning it. I use sanitizing wipes to clean every surface I might touch, including the steering wheel, seat belt,
- key fob, seat adjusters, rearview mirror and steering column adjuster. I assume the rental car is my own little domain after that.”

Coming Home Safely

- What if I am exposed to a COVID-19 patient at work?



Survive & Thrive Guide:

What if I am EXPOSED TO SOMEONE who is COVID-19 infected?

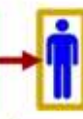
No Exposure No Test



No Symptoms
No Exposure

No Test
Social Distance, Mask, and Hygiene

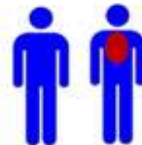
No
Immunity



Vaccine

Immunity

Exposure to Infected
Person and No Test



No Symptoms with Minimal Exposure
Within 6 Feet for Less than 15 Min

No Symptoms
Exposure Within 6 Feet > 15 Min

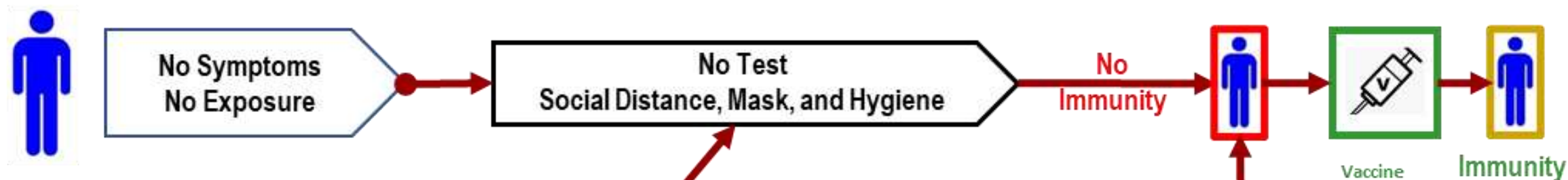


Quarantine
for 14 Days

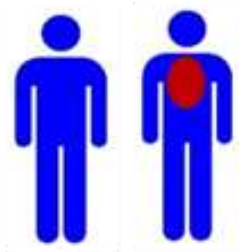


What if I am EXPOSED TO SOMEONE who is COVID-19 infected?

No Exposure No Test



Exposure to Infected Person and No Test



No Symptoms with Minimal Exposure
Within 6 Feet for Less than 15 Min

No Symptoms
Exposure Within 6 Feet > 15 Min



Quarantine
for 14 Days



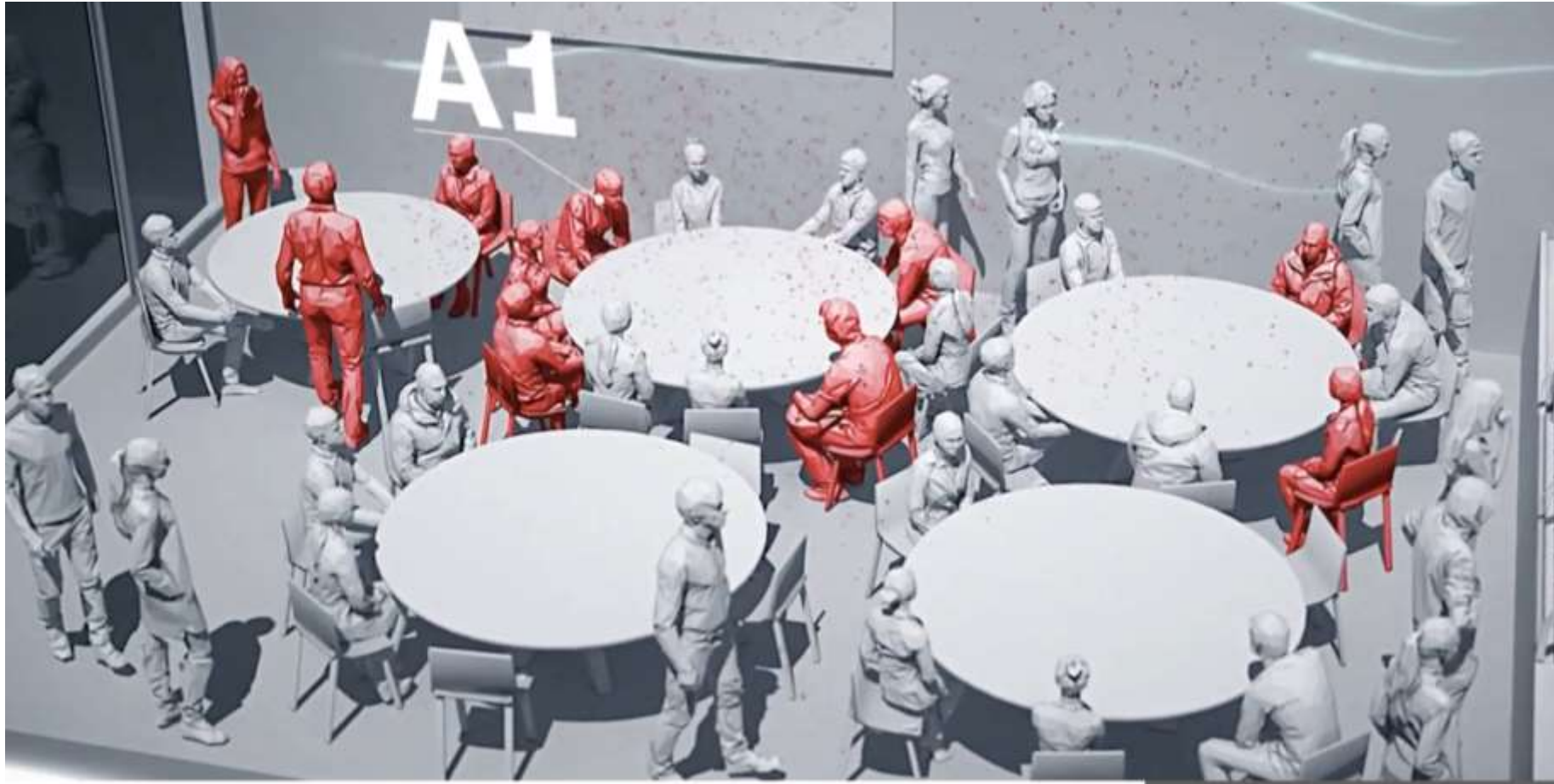
Coming Home Safely

- **Can we have safe play dates?**



Coming Home Safely

- **Why are indoor activities riskier than those outdoors?**



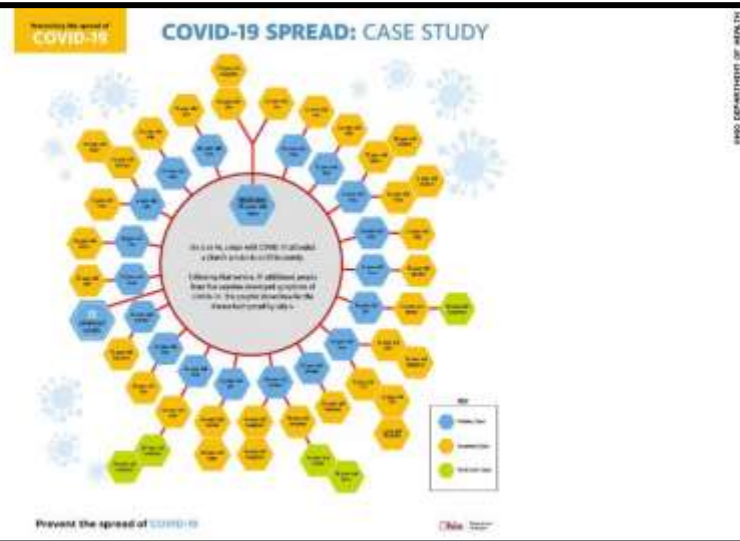


How the Virus Spreads

Almost 100 people in Ohio were infected with coronavirus after man attended church service

By Steve Almasy, CNN

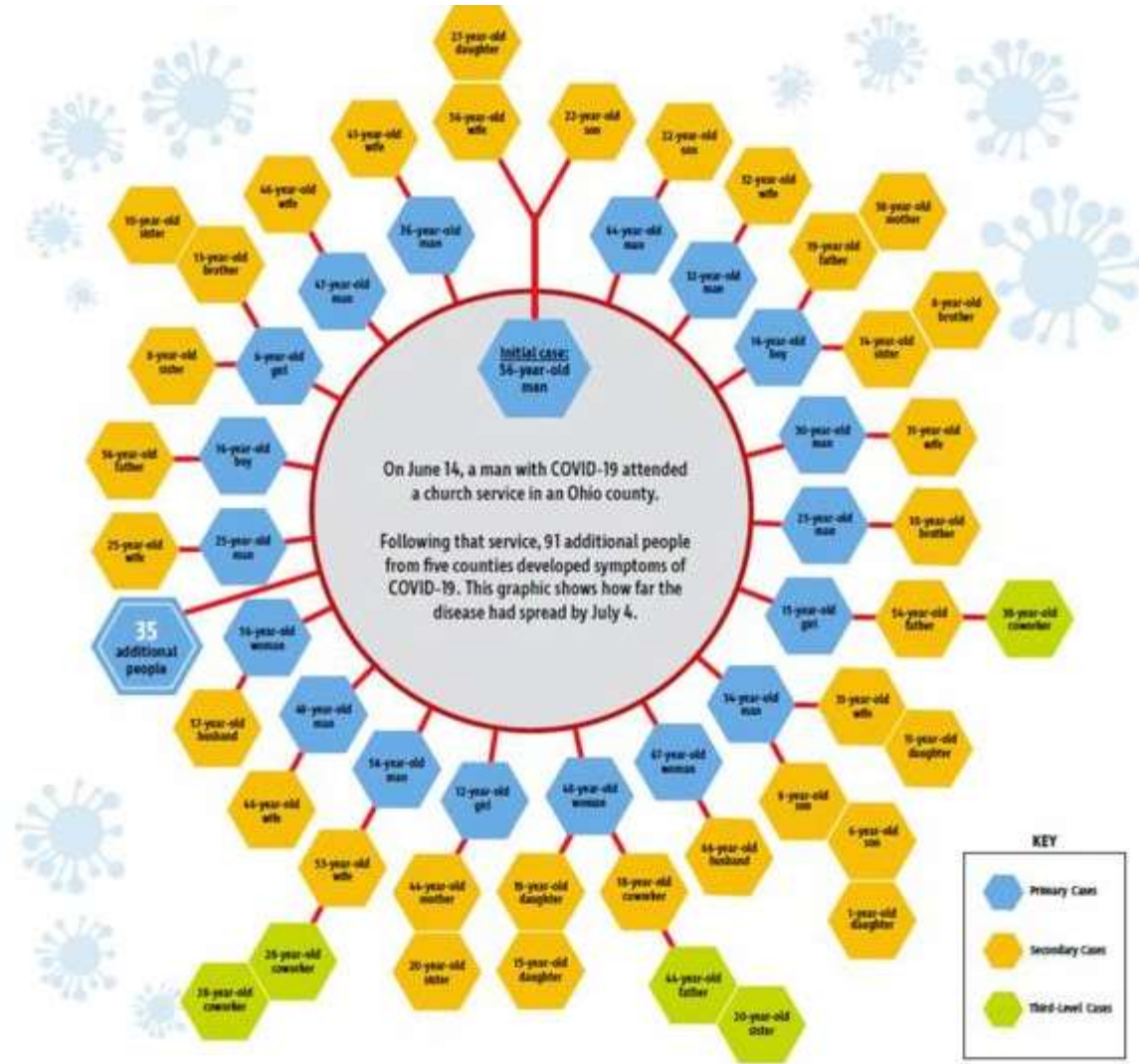
🕒 Updated 8:27 AM ET, Thu August 6, 2020



A man with Covid-19 went to church in mid-June, then **91 other people got sick, including 53 who were at the service**, according to Ohio's governor.

"It spread like wildfire, wildfire. Very, very scary," Gov. Mike De Wine said Tuesday. "We know that our faith-based leaders want nothing more than to protect those who come to worship."

Source: <https://www.cnn.com/2020/08/05/health/ohio-church-coronavirus-spread/index.html>
and Steve Almasy, CNN August 6, 2020



CNN health Food Fitness Wellness Parenting Vital Signs LIVE TV Edition 🔍 👤

LIVE
Dr. Fauci speaks to reporters as experts identify new areas of Covid-19 concern across the US

Almost 100 people in Ohio were infected with coronavirus after man attended church service

By Steve Almasy, CNN
🕒 Updated 8:27 AM ET, Thu August 6, 2020

A Case Study in Ohio found enormous spread by one infected person.

- **Primary Cases** are those directly infected by the first case.
- **Secondary Cases** are those infected by the first level people infected at event.
- **Third Level people** are those infected by second level people.

Coming Home Safely

- **What Personal Protective Equipment do I need to care for a loved one at home?**



N95 Mask



Surgical Mask



Cloth Mask

Coming Home Safely: Teens and Young Adults

- **How do we get teens and those in their 20's and 30's to take the lead in being safe and protecting families?**

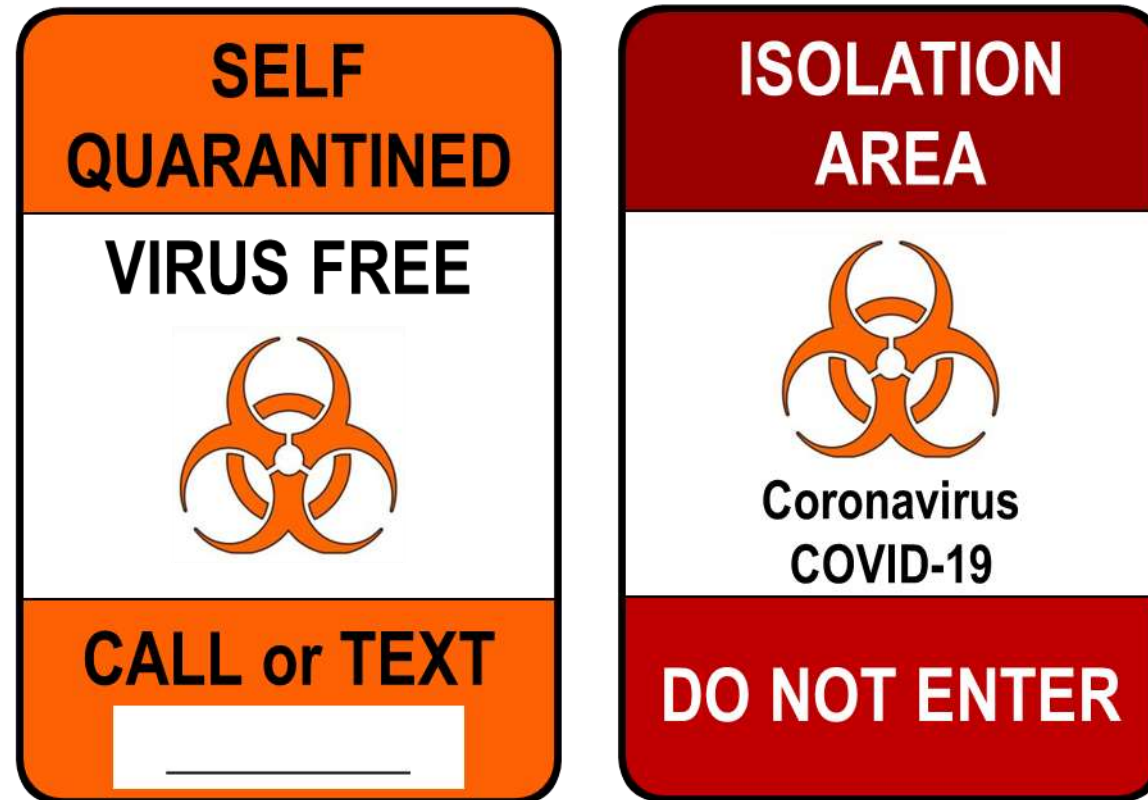


“The good news is 40% of the those infected are asymptomatic...”

The bad news is that 40% of those infected are asymptomatic”

Coming Home Safely: Exposure Notification

- **What if a Contact Tracer Calls finds one of my family have been exposed?**



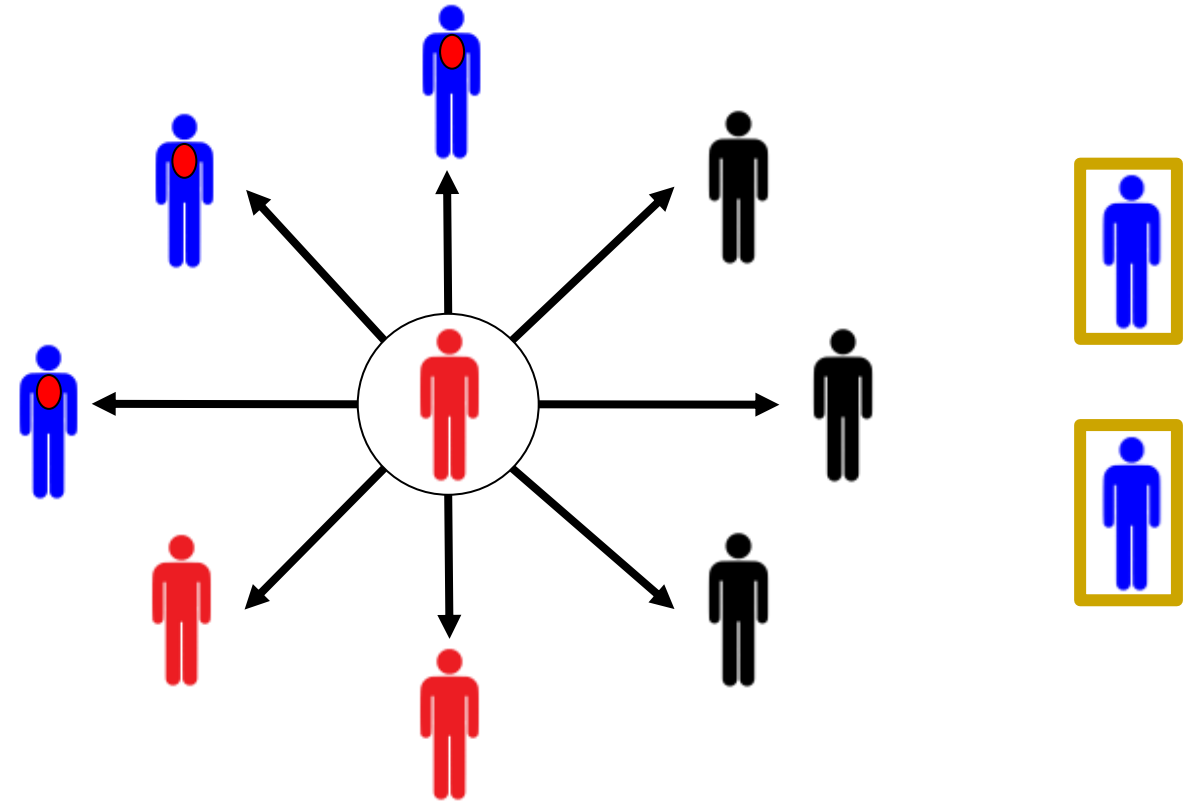
Testing: Who, What, Why, and How?

WHO do we test?

WHAT is tested?

WHY test?

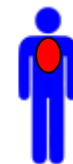
HOW do tests work?



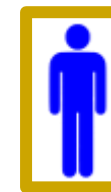
Infected



Not Infected



Infected and
Asymptomatic



Recovered and
Maybe Immune

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The Family Safety Plan

Family Health Safety Plan

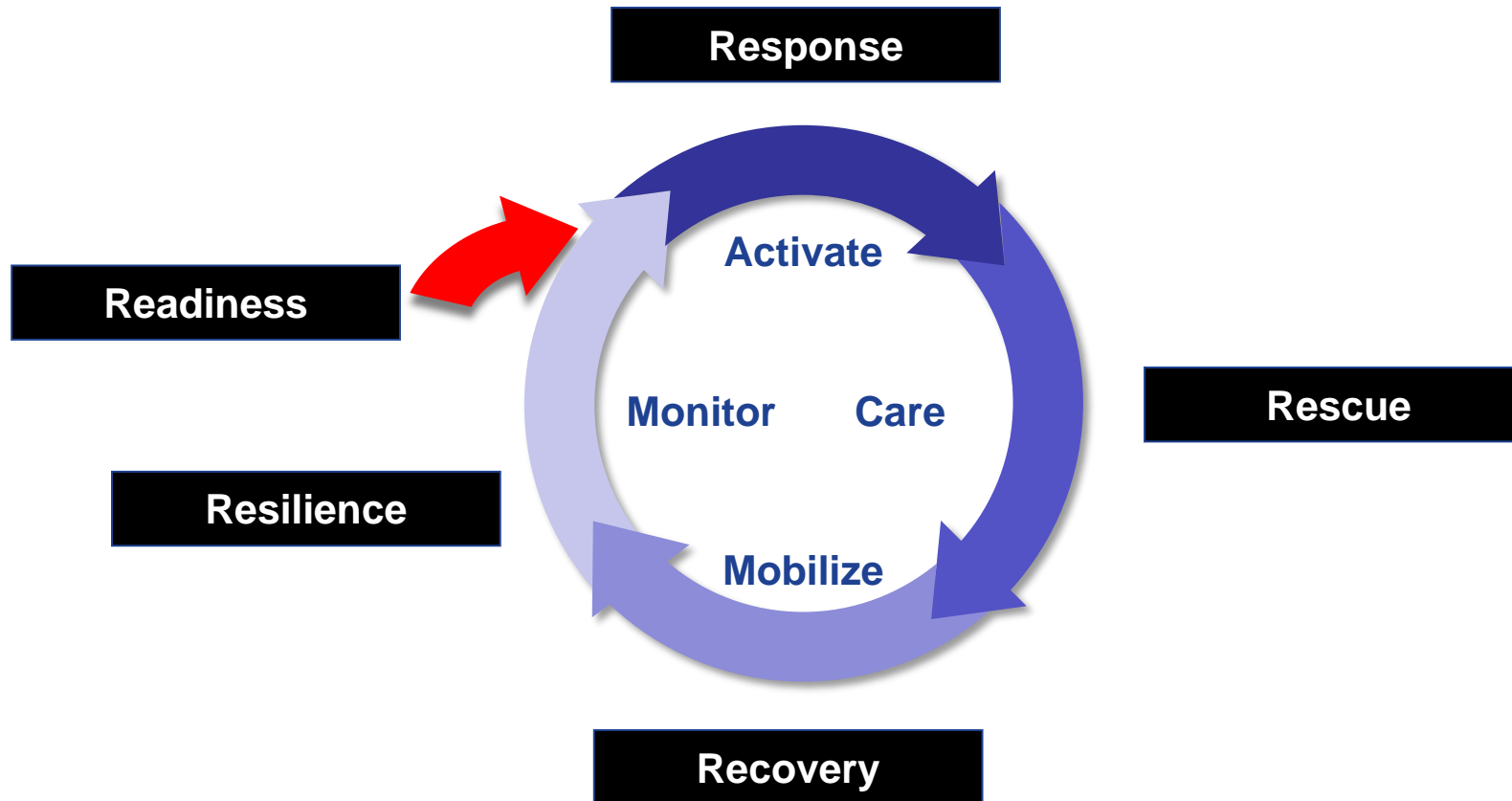


12:12





Family Health Safety & Organization Security Plans™





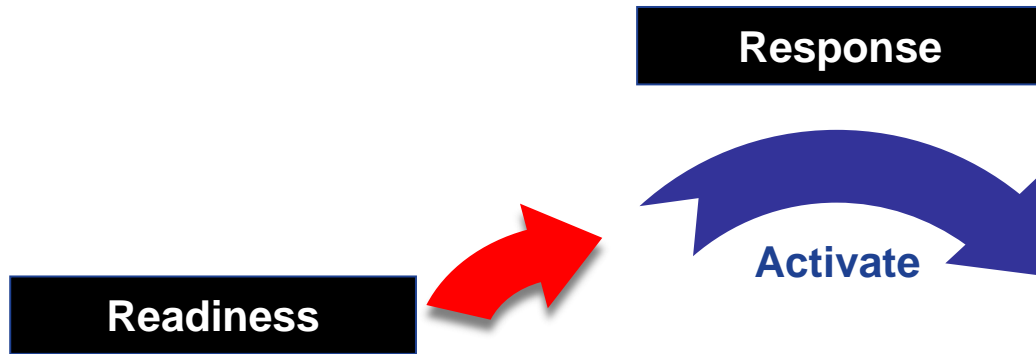
Family Health Safety & Organization Security Plans

Readiness



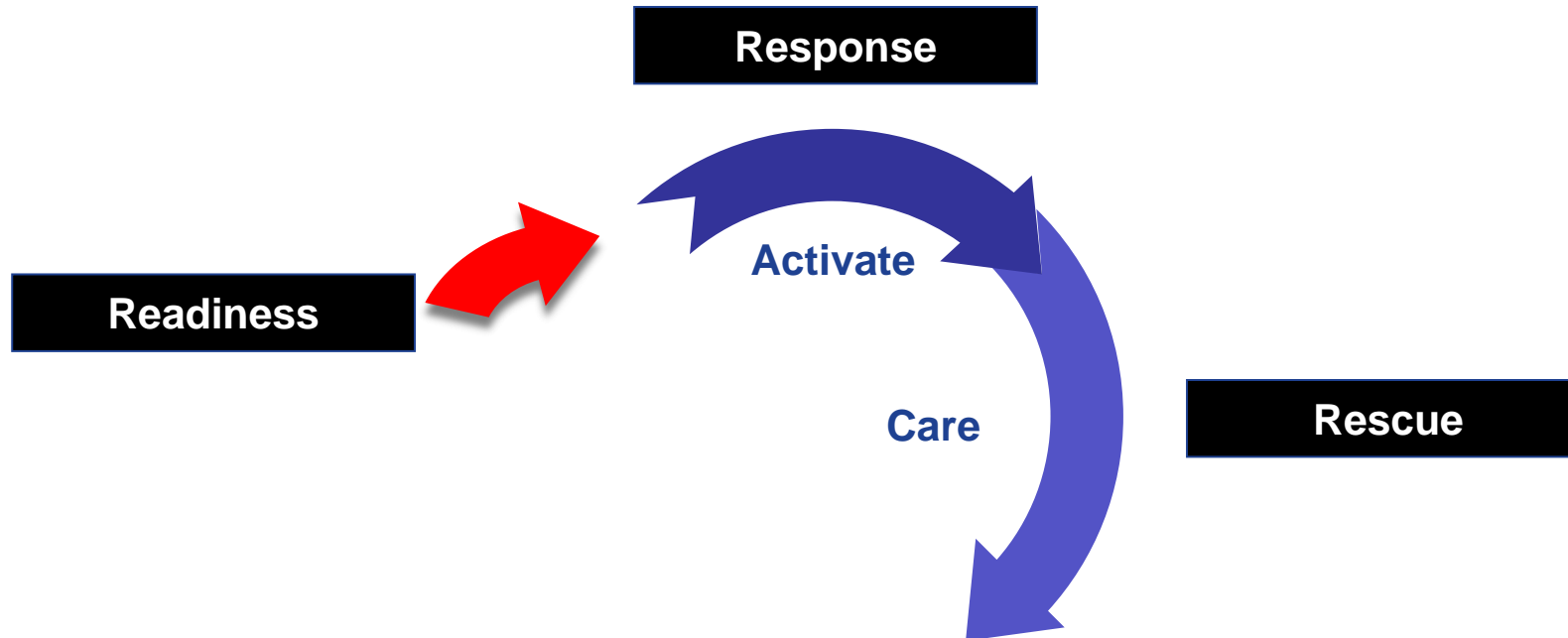


Family Health Safety & Organization Security Plans



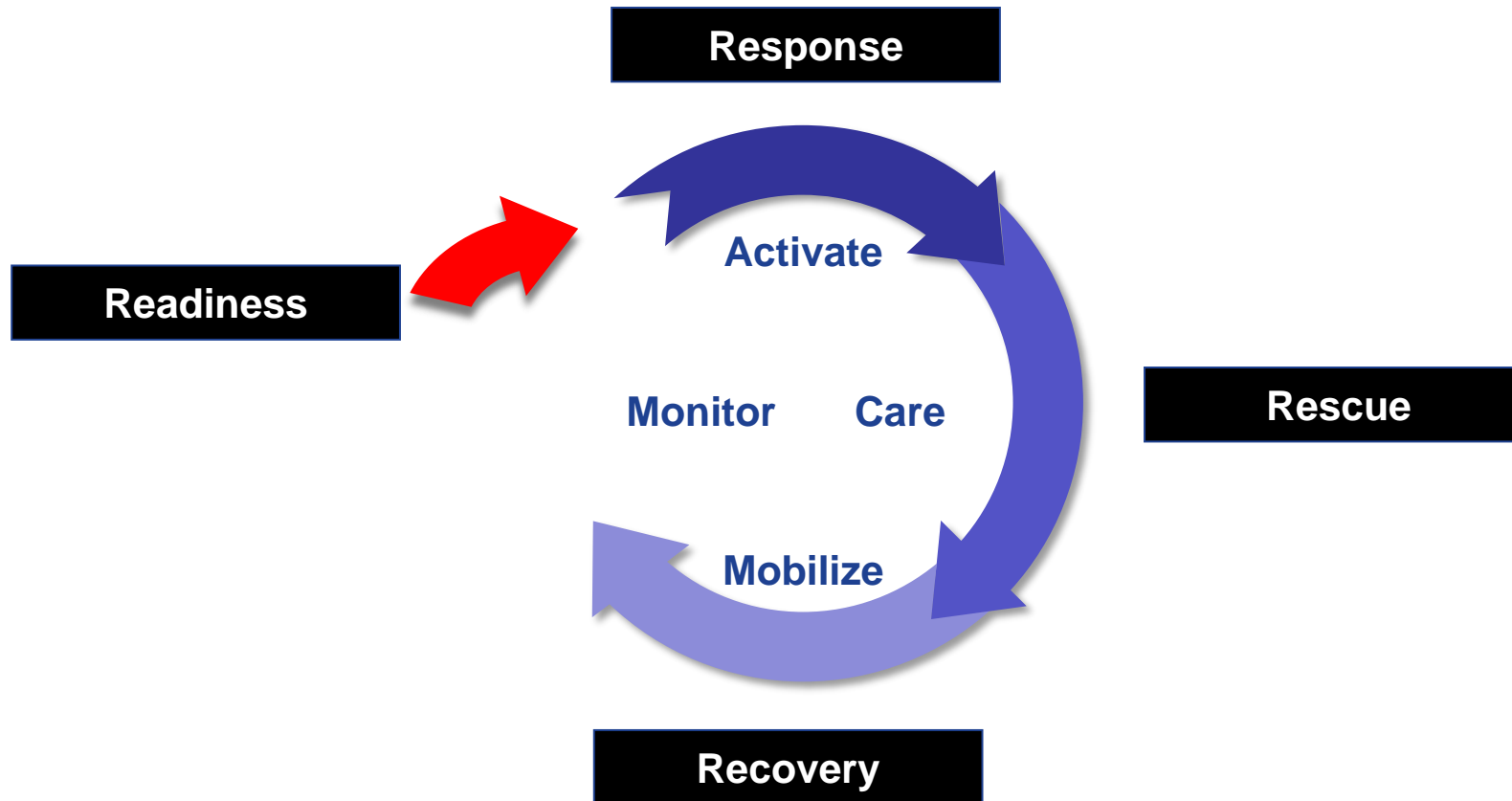


Family Health Safety & Organization Security Plans





Family Health Safety & Organization Security Plans





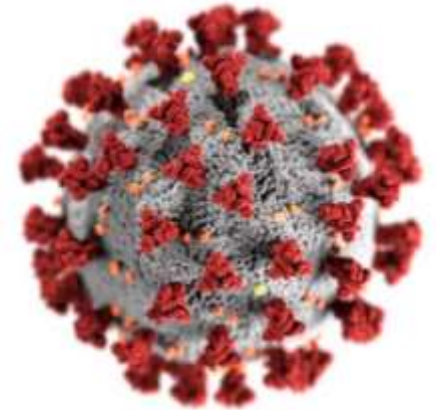
- **Readiness:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills each family member undertake.
- **Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.
- **Rescue:** Preparation, regular review, and updating of a plan based on latest science. Regular deliberate practice of roles and skills to take a loved one to the Emergency Department if they have severe symptoms. This means having records and medications ready go with the patient.
- **Recovery:** Follow up care of family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine.
- **Resilience:** Learn new knowledge and skills from ongoing and prior events. Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this “target hardening”.

Family Survive & Thrive Guide: Coming Home SafelyTM



Ann Rhoades

**Founder & PRES
PeopleInk
Co-founder JetBlue
Albuquerque, NM**



For resource downloads go to: www.MedTacGlobal.org

A word cloud featuring various virtues and character traits. The words are arranged in a roughly rectangular shape, with 'kindness', 'honesty', 'respect', 'responsibility', and 'integrity' being the largest. Other words include 'compassion', 'empathy', 'patience', 'loyalty', 'humility', 'trust', 'excellence', 'moderation', 'reliability', 'caring', 'enthusiasm', 'helpfulness', 'reverence', 'courage', 'confidence', 'courtesy', 'assertiveness', 'idealism', 'faithfulness', 'trustworthiness', 'tact', 'steadfastness', 'determination', 'friendliness', 'creativity', 'tolerance', 'gentleness', 'forgiveness', 'joyfulness', 'self-discipline', 'generosity', 'consideration', 'thankfulness', 'unity', 'honor', 'love', 'cleanliness', 'justice', and 'flexibility'.

kindness

honesty

respect

responsibility

integrity

compassion

empathy

patience

loyalty

humility

trust

excellence

moderation

reliability

caring

enthusiasm

helpfulness

reverence

courage

confidence

courtesy

assertiveness

idealism

faithfulness

trustworthiness

tact

steadfastness

determination

friendliness

creativity

tolerance

gentleness

forgiveness

joyfulness

self-discipline

generosity

consideration

thankfulness

unity

honor

love

cleanliness

justice

flexibility



CULTURE DRIVES
PERFORMANCE

LEADERS



DRIVE VALUES



DRIVE BEHAVIORS



DRIVE SUCCESS



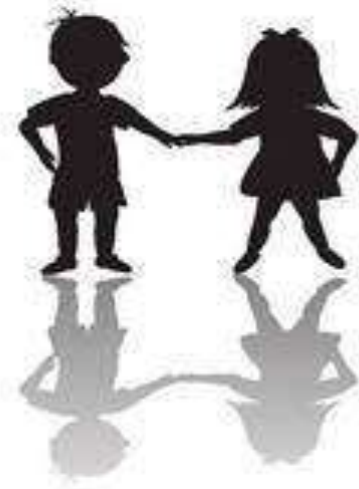
HONESTY + LOVE + TRUST + CARING





Story Time

A word cloud featuring various virtues and values. The most prominent words are **kindness**, **respect**, **responsibility**, **honesty**, **compassion**, **integrity**, and **empathy**. Other visible words include: **patience**, **loyalty**, **humility**, **trust**, **excellence**, **moderation**, **reliability**, **reverence**, **enthusiasm**, **helpfulness**, **caring**, **courage**, **confidence**, **assertiveness**, **courtesy**, **idealism**, **faithfulness**, **trustworthiness**, **tact**, **steadfastness**, **service**, **determination**, **friendliness**, **creativity**, **tolerance**, **gentleness**, **forgiveness**, **joyfulness**, **self-discipline**, **generosity**, **unity**, **honor**, **love**, **cleanliness**, **consideration**, **thankfulness**, **flexibility**, and **justice**.

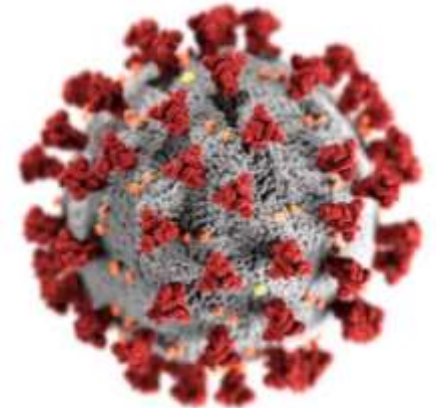


Family Survive & Thrive Guide: Coming Home Safely™



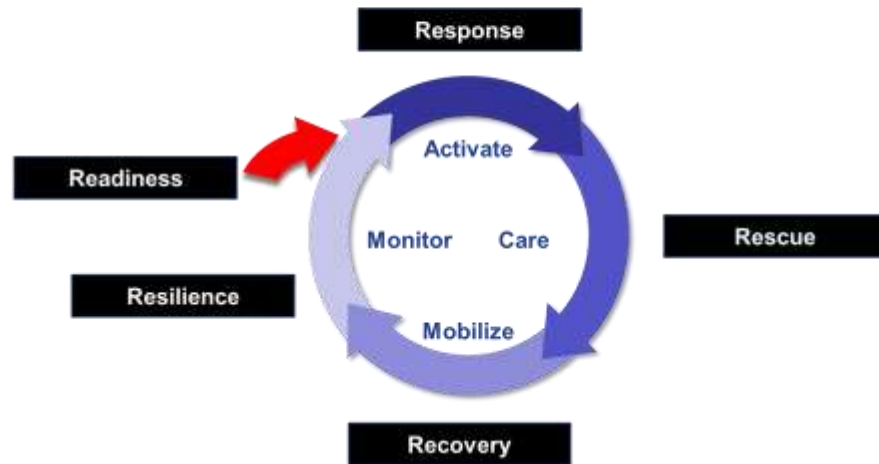
David Beshk

**Award Winning Educator
Med Tac School
Program Leader
Scout Program Mentor
San Juan Capistrano, CA**



The Family Plan: Learning as a Family

*Family Health Safety &
Organization Security Plans™*



Who is the CFO?

TRUTH

What do you want them to **KNOW**?

The Science of Spread and Safety.

TRUST

What do you want them to **FEEL**?

The Fight for Life for your loved ones.

TEAMWORK

What do you want them to **DO**?

Plan the Work & Work the Plan

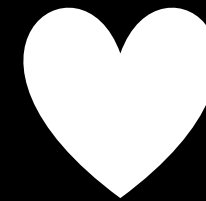
TRAINING

What do you want them to **SAY**?

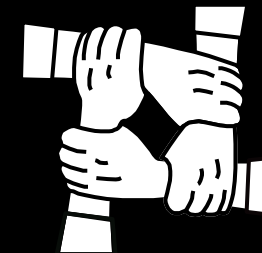
All Teach
All Learn



HEAD



HEART



HANDS



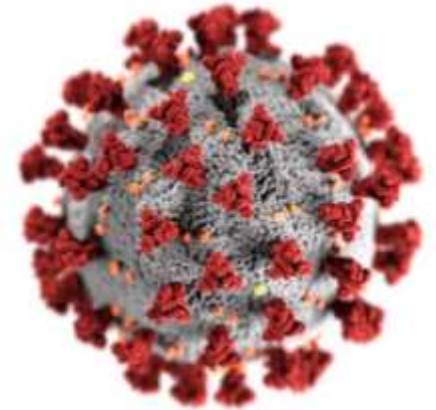
VOICE

Coronavirus Survive & Thrive Guide



Christopher Peabody MD MPH

**Assistant Clinical Professor
of Emergency Medicine,
University of California
San Francisco**



For resource downloads go to: **www.MedTacGlobal.org**

BASIC MODULES

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Masks ARE Critical

Masks: The SCIENCE of Success

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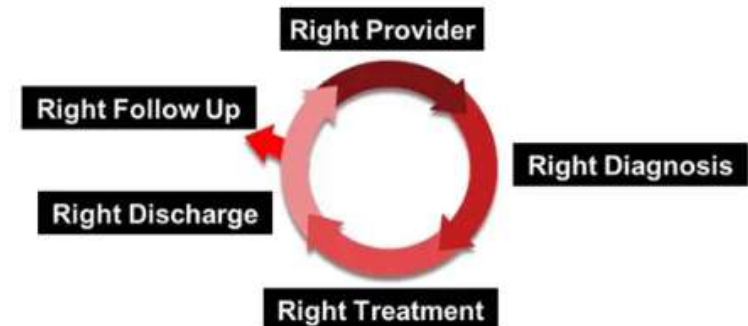
Dr. Christopher Peabody

Discusses the new challenges when bringing a loved one to the Emergency Department

NEW Emergency Dept. Issues

**Emergency
Department
and
COVID Care**

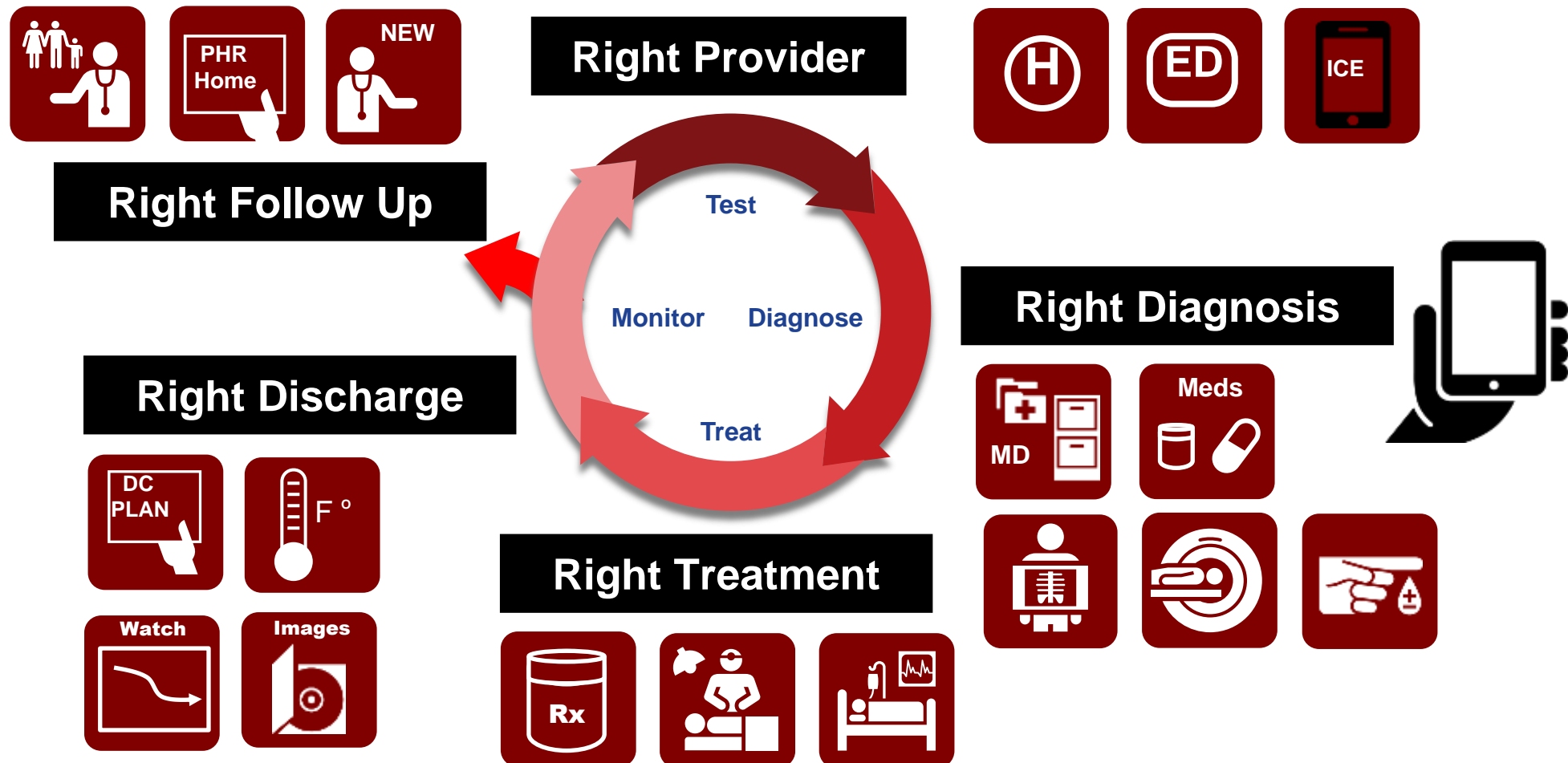
The 5 Rights of Emergency Care



06:10



The 5 Rights of Emergency Care[®]



WARM ZONE: Disinfection Station





COVID-19 Fact Check

Learn the facts and myths so you can prepare better and keep others informed.

Myth Buster

Helpful Tips

Learn about COVID-19

About

Contact

<https://www.covid19factcheck.com/>

Table of Contents

Do I need to stay 6 ft away from others when I wear a mask?

Will spraying and introducing bleach or another disinfectant into your body kill the coronavirus?

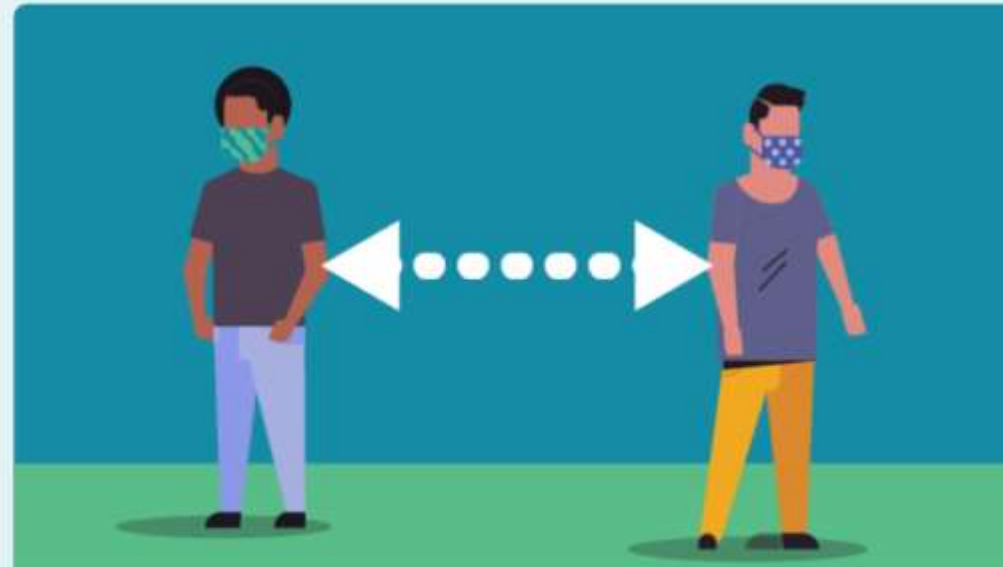
Do I need to buy surgical masks or N95 respirator?

Will wearing gloves 100% protect me from the coronavirus?

Can coronavirus survive on surfaces for days?

Do I have to wash hands often or disinfect surfaces even if I do not leave the house?

Does Ibuprofen worsen disease for people with COVID-19?



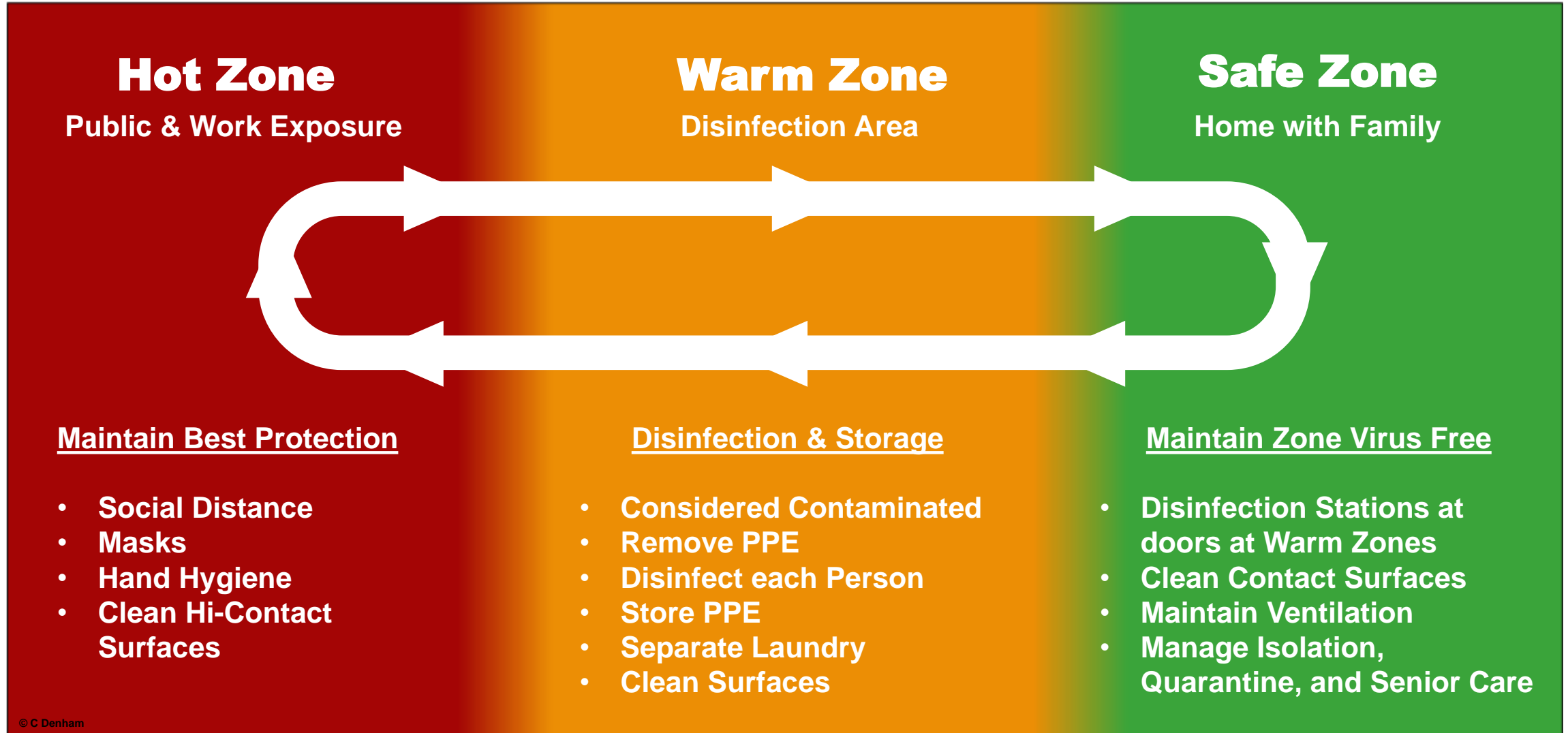
Do I need to stay 6 ft away from others when I wear a mask?

Share with friends and family



Most information sourced from [WHO](#) & [CDC](#).
Last updated 05/18/2020.

Hot-Warm-Safe Zone Practices



Coronavirus Survive & Thrive Guide: Coming Home Safely



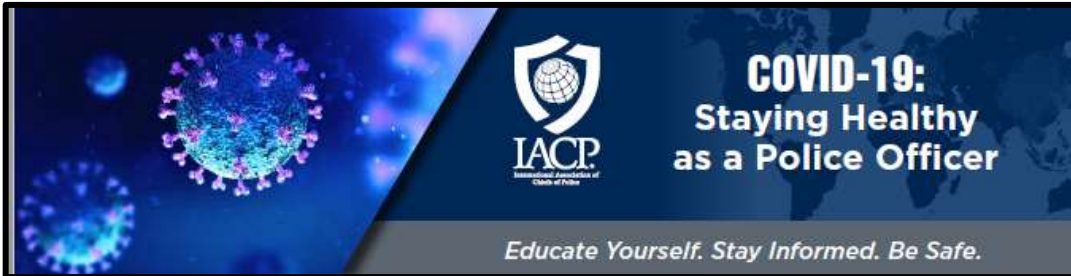
Christopher Peabody MD MPH
Assistant Clinical Professor
of Emergency Medicine,
University of California
San Francisco



William Scharf MD
Executive Clinical Director of
Quality and Safety
AdventHealth



Paul Bhatia EMT
Pre-Med
President EMT Team
UCI



Law Enforcement & First Responders High Risk Exposure

CDC High Risk Exposure

- Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a person with symptomatic laboratory-confirmed COVID-19 infection **without using recommended precautions.**
- Direct exchange of secretions to mucus membranes from laboratory-confirmed COVID-19 infection {e.g. cough into face with no protective personal equipment (PPE)}.

Considerations for Agency Actions in Response to High Risk Exposure:

- ➔ To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers such as law enforcement personnel may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community.
- ➔ Officers who have had an exposure to COVID-19 but remain asymptomatic should adhere to the following practices prior to and during their work shift:

- **Pre-Screen:** Employers should measure the individual's temperature and assess symptoms prior to the start of their shift.
- **Regular Monitoring:** Individuals should self-monitor in accordance with their employer's occupational health policy.
- **Wear a Mask:** Individuals should wear a face mask at all times while in the workplace for 14 days following the last exposure.
- **Social Distance:** The individual should maintain six feet and practice social distancing as work duties permit.
- **Disinfect:** The individual should routinely clean and disinfect all areas, including shared equipment.

- ➔ In the event the officer becomes sick during the day, and develops symptoms consistent with COVID-19, they should be sent home immediately and follow guidance for **Law Enforcement Sickness with COVID-19.** Information on any individual they had contact with during the time they had symptoms, and two days prior, should also be identified and considered exposed.⁴



Coronavirus Survive & Thrive Guide: Coming Home Safely



Chief William Adcox
Chief Security Officer
MD Anderson Cancer Center

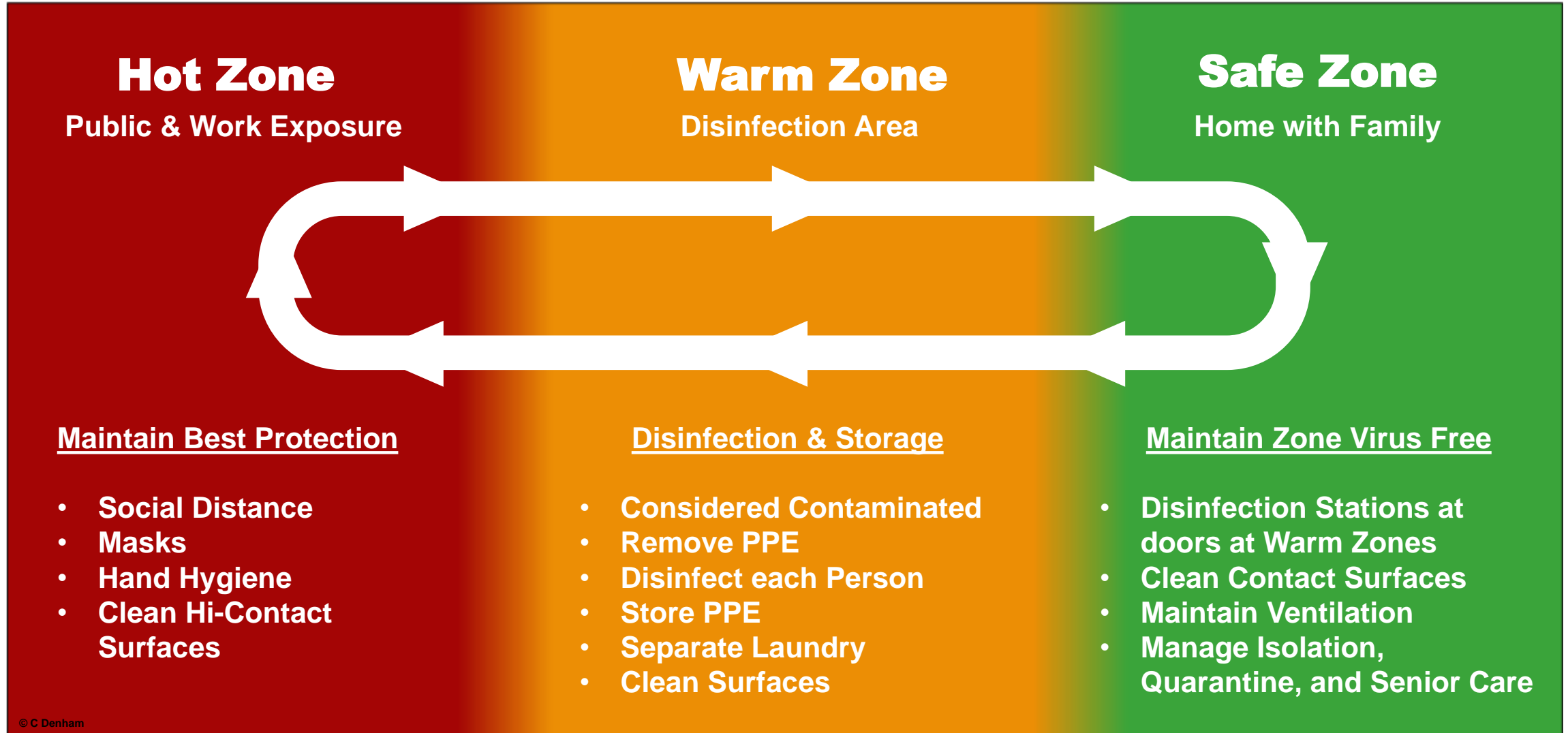


Matt Horace
Chief Security Officer
Mayo Clinic



Randal Styner
Director Emergency Management
University of California Irvine

Hot-Warm-Safe Zone Practices





CDC Guidelines



**Social
Distancing**



**Disinfecting
Surfaces**



**Hand
Washing**



**Use of
Masks**

SOURCE: Centers for



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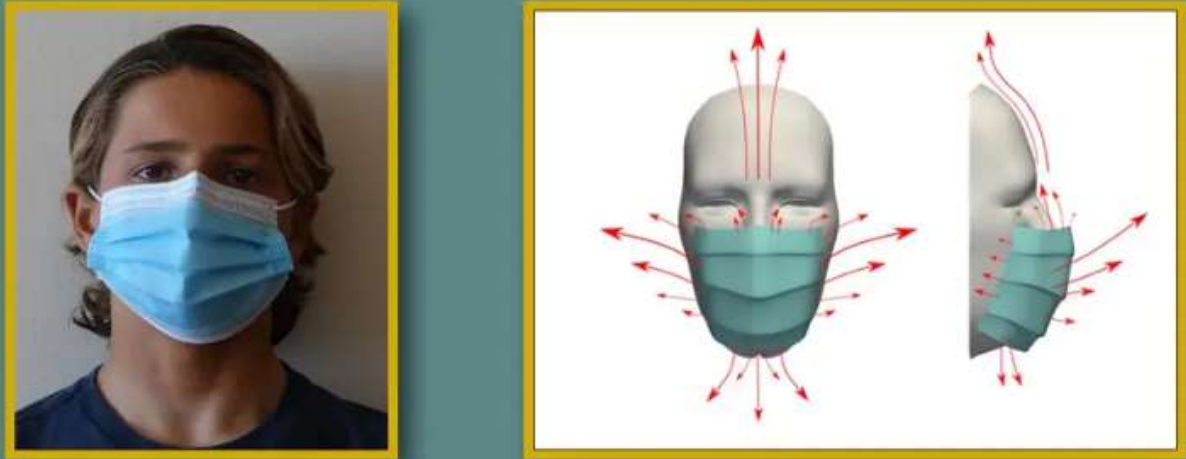
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27:07

MED+TAC

THE WALL STREET JOURNAL.

August 3, 2020

What to Know About KN95 Face Masks



Q: What's the difference between KN95 and N95 face masks?

A: Face masks known as N95 and KN95 respirators are the common names for regulatory standards used to test their efficacy at filtering out at least 95% of very small particles. **N95 is the standard used in the U.S., while KN95 refers to a standard in China.**

On paper they are very similar. Both filter out most small particles and are similarly breathable. But some states, hospitals and other users in the U.S. have reported quality concerns about KN95 masks they ordered in recent months as protection against the new coronavirus.

Tests on KN95 masks have shown that many fail to meet basic filtration standards.

**Coronavirus Care**
Community of Practice

Bystander Rescue Care
CareUniversity Series

Survive & Thrive Guide

Masks: The SCIENCE of Success

Charles Denham II MD

This article is a narrative summary of the short film entitled *Masks: The SCIENCE of Success* posted on the Med Tac Global website that provides access to free films and resources to families of the Essential Critical Infrastructure Workers of sixteen industry sectors and the general public.1



N95 Mask Surgical Mask Cloth Mask

"It is critical that we all take the personal responsibility to slow the transmission of COVID-19 and embrace the universal use of face coverings"
Dr. Robert Redfield, CDC Director

"When you're outside and not have the capability of maintaining distance, you should wear a mask at all times"
Dr. Anthony Fauci, National Institute of Allergy and Infectious Diseases Director

"There is no doubt that wearing masks protects you and gets you to be protected"
Dr. Anthony Fauci, National Institute of Allergy and Infectious Diseases Director

This face covering actually is an instrument of freedom for Americans if we all use it.
Dr. Jerome Adams
U.S. Surgeon General

"We need to support mask wearing when I'm not in uniform I wear them their white they were very effective, and I think there are a great investment for the American people"
Admiral Brett Giroir, Assistant Secretary Health and Human Services

"Wear facial coverings were social distancing is not possible."
Dr. Alex Azar Secretary Health and Human Services

"It is not an inconvenience it is not a suppression of your freedom"
Dr. Jerome Adams
U.S. Surgeon General

"Please... please... please... wear a face covering when you go out in public"
Dr. Jerome Adams
U.S. Surgeon General

Mask Facts & Fiction
TRUE or FALSE?

- Scientists are NOT in Agreement on Mask Use
- Masks ONLY protect the public and not the Wearer
- The Mask FIT impacts mask protection
- Masks can HARM the wearer
- ALL masks with good fit have equal protection

Denham, CR CareUniversity Series, 07-19-20 1 of 9

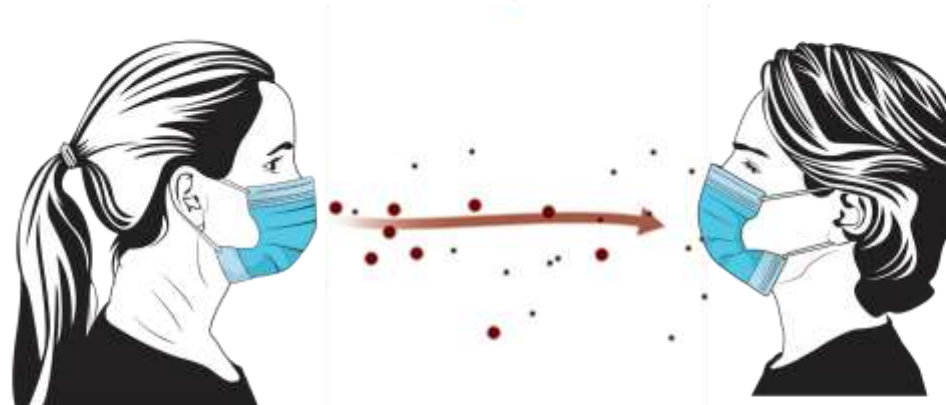
Survive & Thrive Guide: Masks: The SCIENCE of Success

Mask Facts & Fiction

TRUE or FALSE?

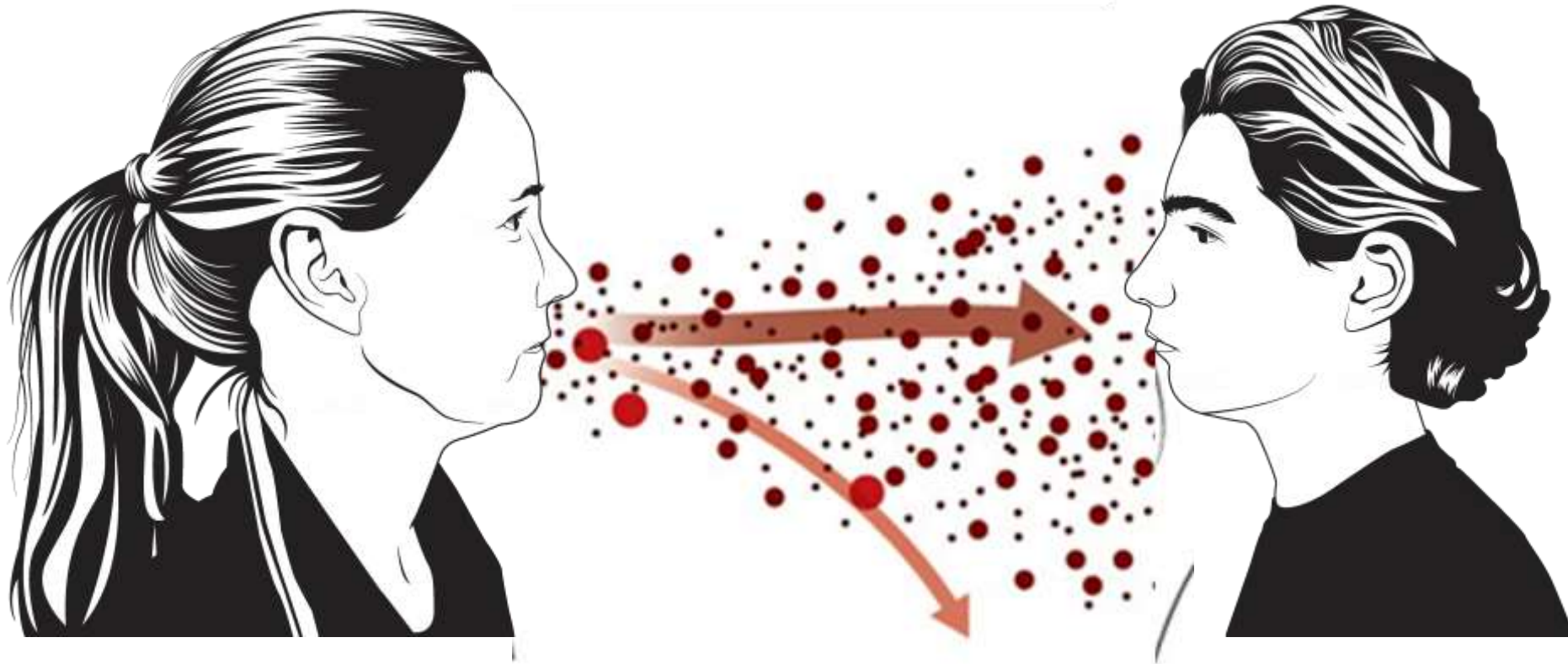
- Scientists are NOT in Agreement on Mask Use
- Masks ONLY protect the public and not the Wearer
- The Mask FIT impacts mask protection
- Masks can HARM the wearer
- ALL masks with good fit have equal protection

Dramatically Reduced Risk



Best Solution – All Wear Masks
N95 for Caregivers, Surgical Best for
Consumers. Next Best Cloth – All are of Value

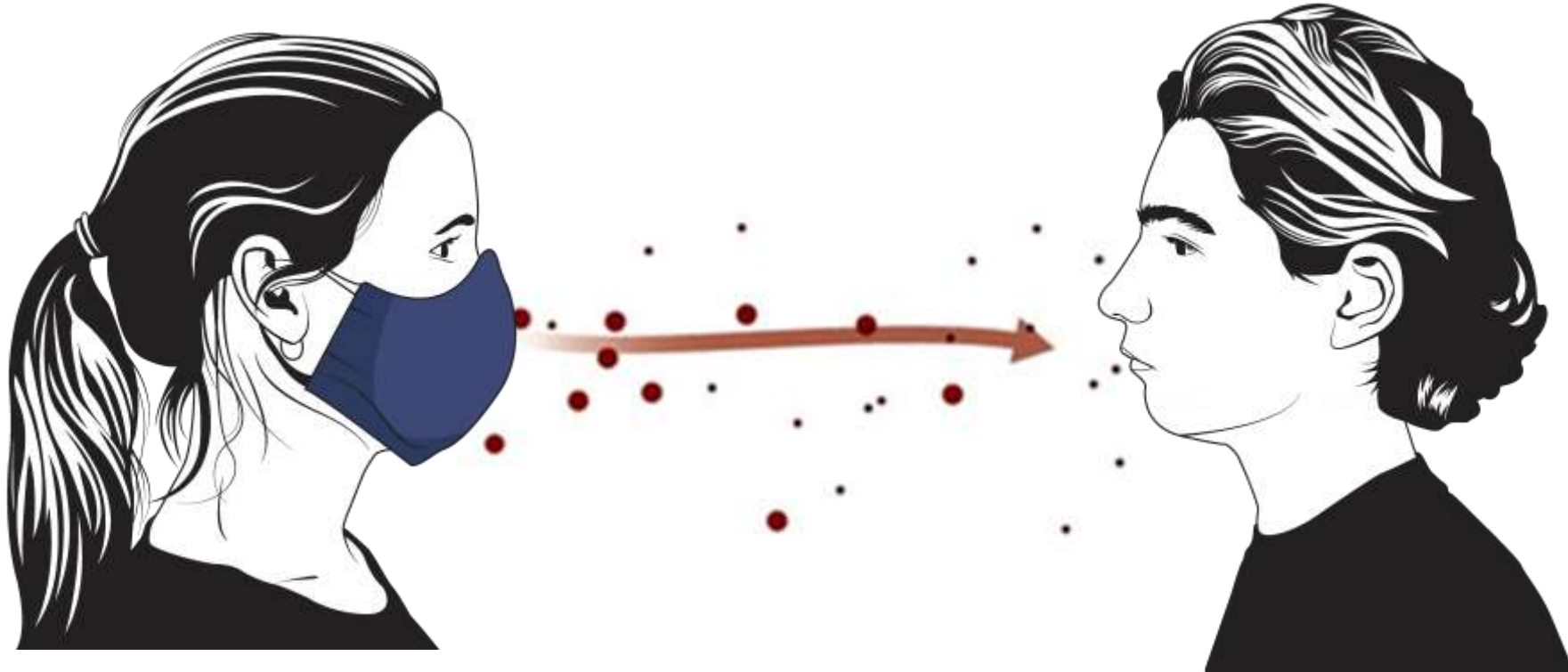
No Mask – Extreme Risk



15 minutes within 6 feet = “High Risk”

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

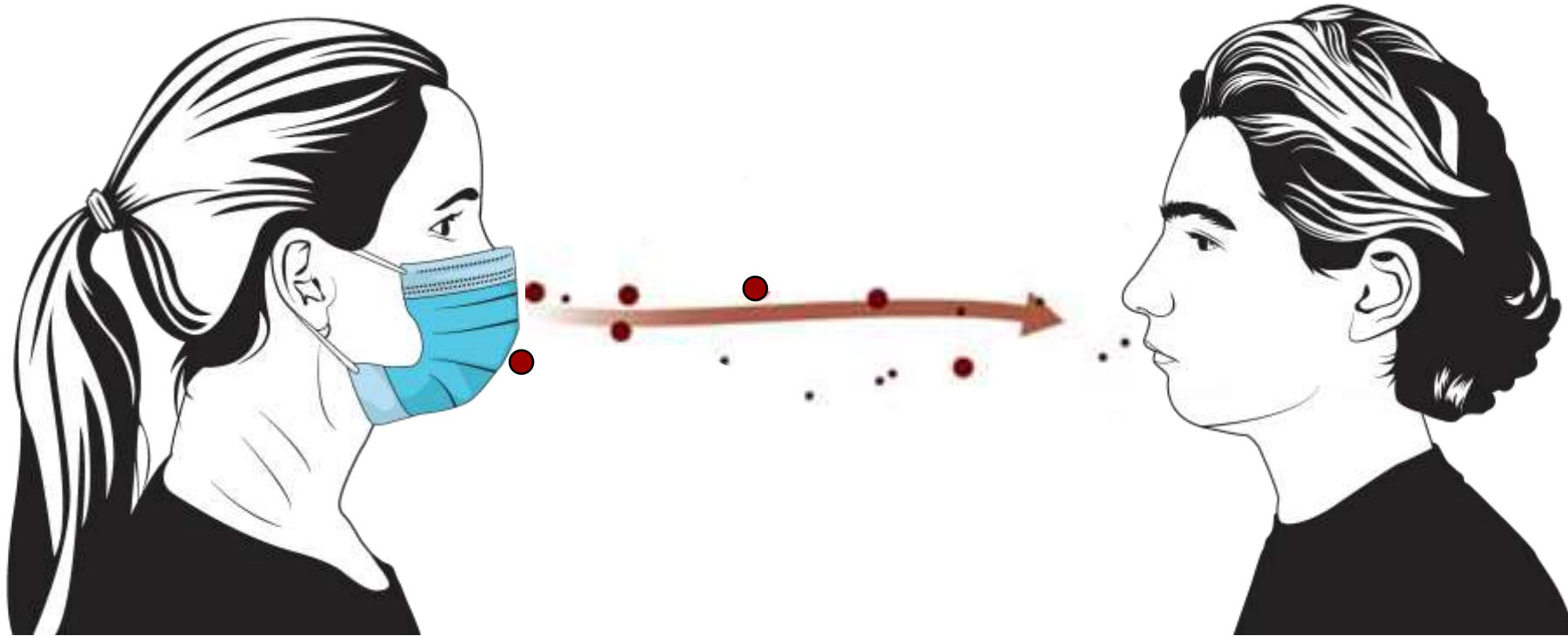
Cloth Mask – Reduced Risk



**2 Layer Cloth Mask Reduces
Exhaled and Inhaled Droplets by 60%**

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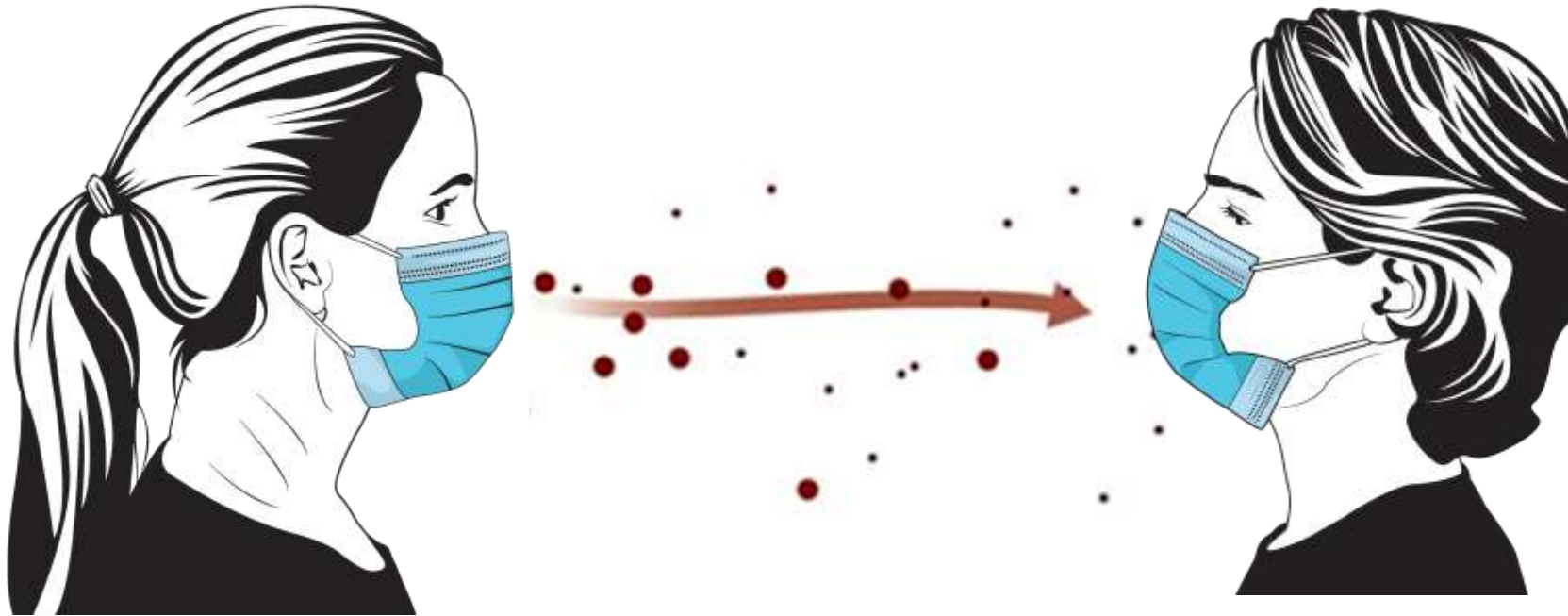
Surgical Mask – Reduced Risk



**Surgical Mask Reduces
Exhaled Droplets Reduced by 99%
and Inhaled Droplets by 75%**

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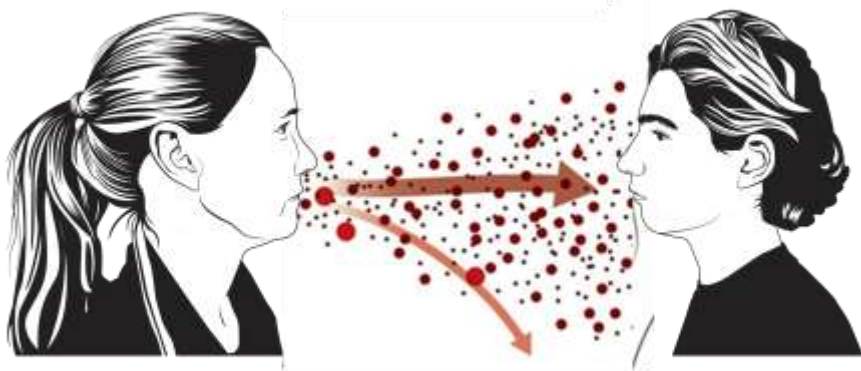
Dramatically Reduced Risk



**Best Solution – All Wear Masks
N95 for Caregivers, Surgical Best for
Consumers. Next Best Cloth – All are of Value**

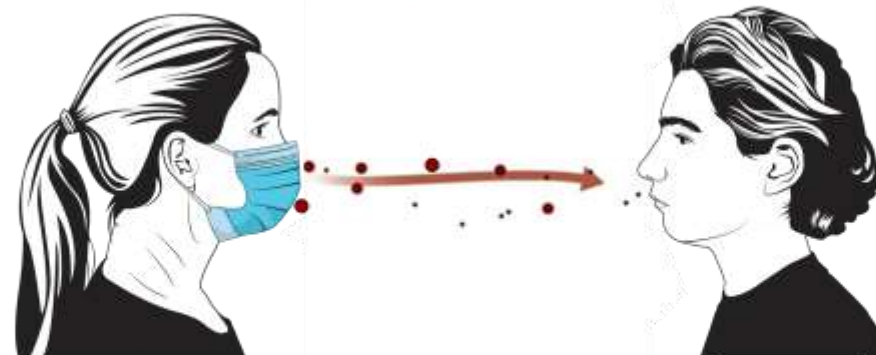
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No Mask – Extreme Risk



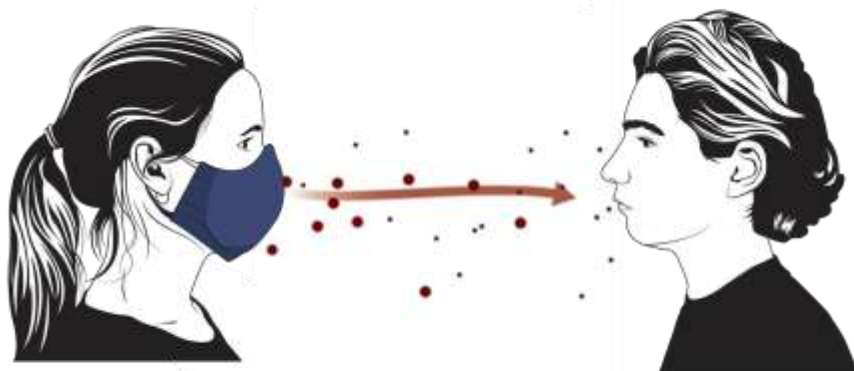
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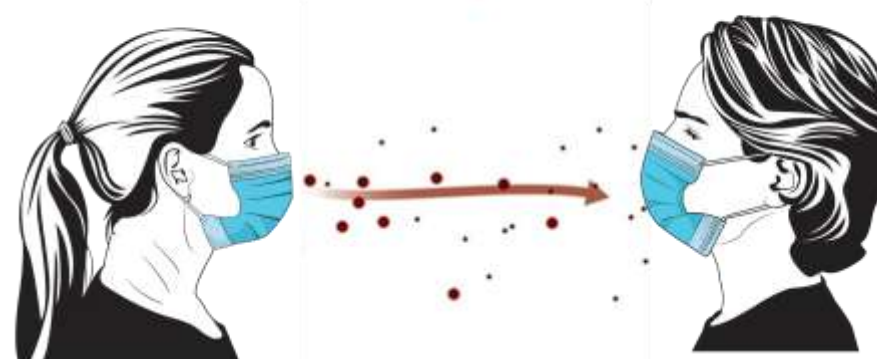
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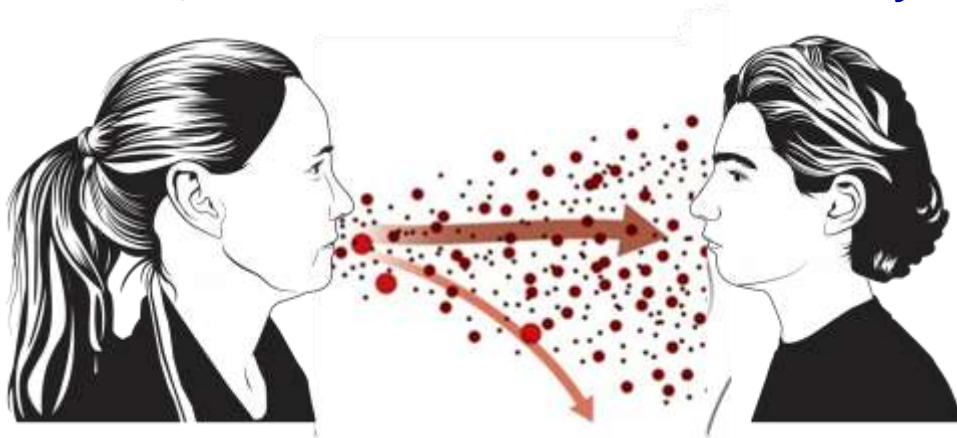


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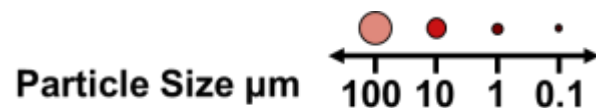
Mask Reduction of Airborne Transmission

Infected Asymptomatic

Healthy



Maximum Exposure



AIRBORN TRANSMISSION: DROPLET & AEROSOL

- **Droplets** > 5 microns and drop nearby 3-6 feet
- **Aerosols** < 5 microns may float in the air
- **Aerosols are likely to represent a large proportion of spread** in from pre-symptomatic to lesser degree asymptomatic patients.
- **“Silent Shedders” are highly contagious** before and may peak at time of first symptoms.
- **Speaking and breathing** generate significant aerosols putting the public at risk.
- **Social distancing based on studies of large respiratory droplets in the 1930s** prior to higher technology measuring capabilities.
- **Airborne transmission** was determined to have played a major role in SARS outbreak 2003.
- **SARS transmitted >6 ft from index patient**

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

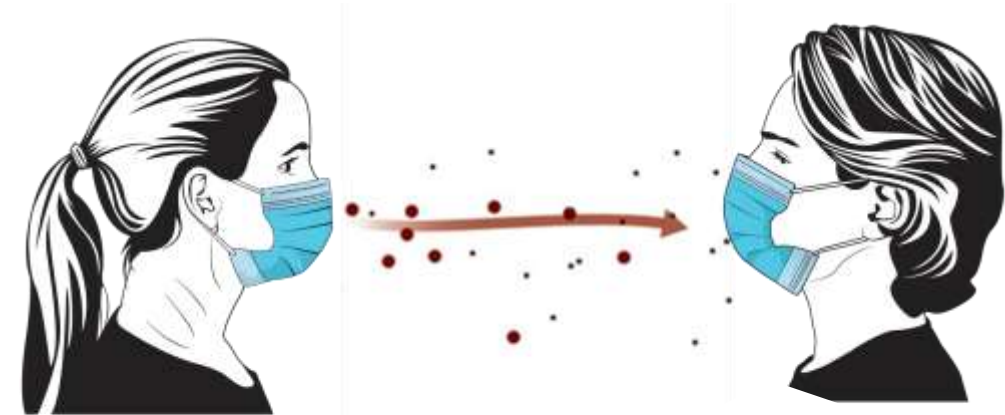
Mask Reduction of Airborne Transmission

MINIMAL EXPOSURE WITH MASK USE

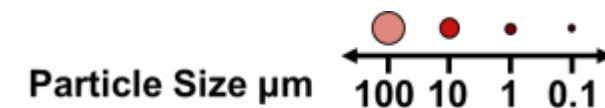
- **N95 Masks, Surgical Masks, and 2-layer cloth masks all have value to BOTH the wearer and the public.**
- **Surgical Masks block 99% of respiratory droplets expelled by people with coronaviruses or influenza viruses** (Science 2020, Atul Gwande)
- **Surgical Masks reduce inhalation of droplet size particles by 75%.** (Mueller, Fernandez Dept Civil Eng & Marine & Env. Sci)
- **Surgical Masks are 3x better than cloth masks at reducing expelled transmission of respiratory viruses.** (Davies et al, Disaster Med & Pub Health Preparedness)
- **If at least sixty per cent of the population wore masks that were just sixty-per-cent effective in blocking viral transmission—which a well-fitting, two-layer cotton mask is—the epidemic could be stopped.** (Howard et al 2020, Atul Gwande)
- **Two Layer Cloth masks reduce inhalation by HALF as much as surgical masks** (Atul Gwande)
- **Mask wearers were HALF as likely to get infected during the SARS Outbreak in 2003.**

Infected Asymptomatic

Healthy



Minimum Exposure



Source: Multiple Sources Cited

Coronavirus Survive & Thrive Guide: Coming Home Safely



John Tomlinson JD MBA
Scout Leader
Community Leader
Orange County CA

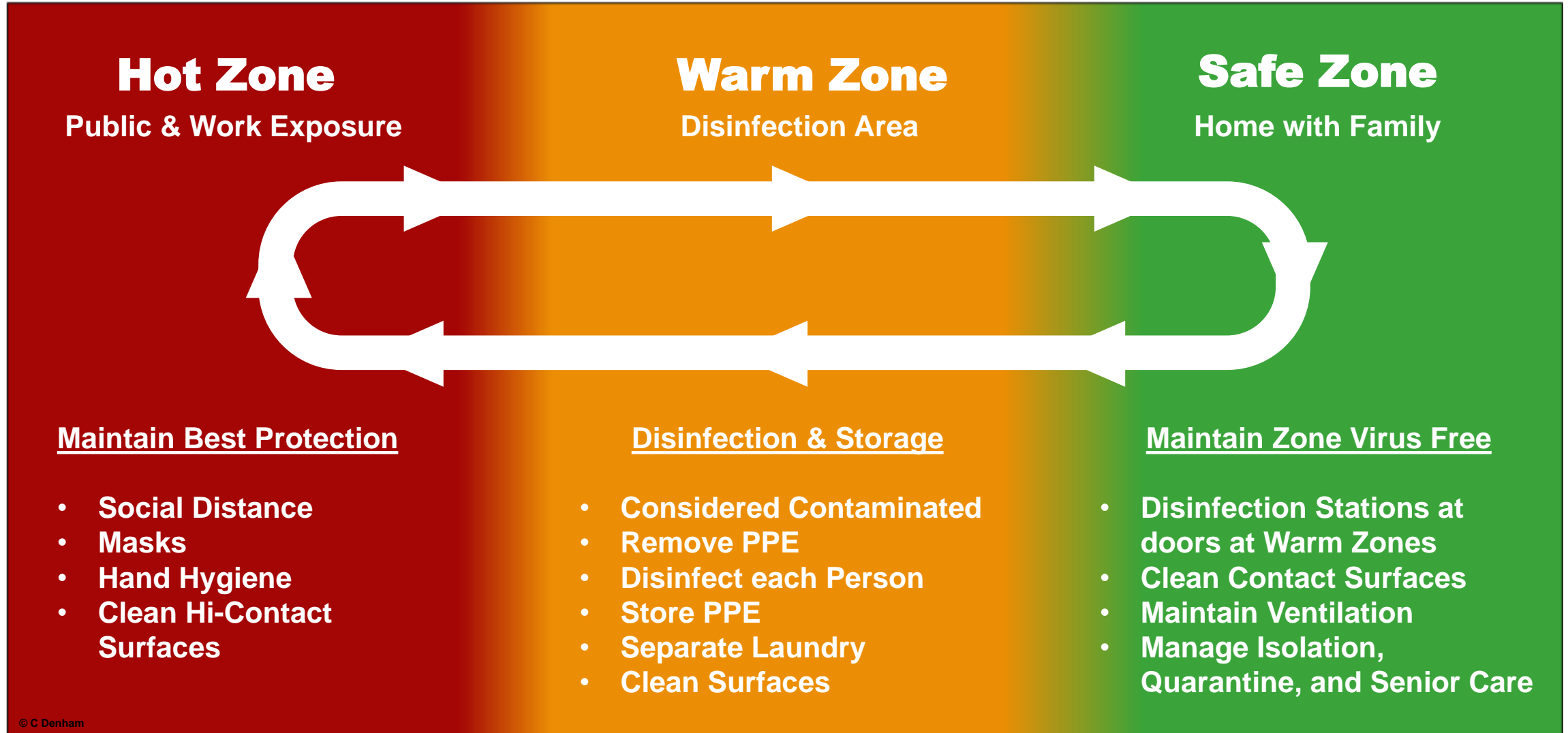


Heather Foster RN
Infection Preventionist
Southwest Colorado



David Beshk
Educator
Med Tac Instructor
Orange County CA

Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices



Hot Zone
Public & Work Exposure



Maintain Best Protection

- Social Distance
- Masks
- Hand Hygiene
- Clean Hi-Contact Surfaces

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HOT ZONE PRACTICES

- Social Distance – 6 Feet is a MINIMUM
- Handwashing is poor even in caregivers – 20 sec
- Avoid Poorly Ventilated Spaces
- Don't Touch Face Masks or the Face
- Be gracious but firm when others invade your space
- It is critical to know how to put on and take off Personal Protective Equipment (PPE). Called “Don and Doff” in healthcare jargon.
- Whenever in doubt, wash your hands.
- Know the process for reporting outbreaks.
- “Exposure to Infected” is being within 6 FEET OF INFECTED FOR LONGER THAN 15 MINUTES.

Hot-Warm-Safe Zone Practices

WARM ZONE

Leaving Hot Zone Practices

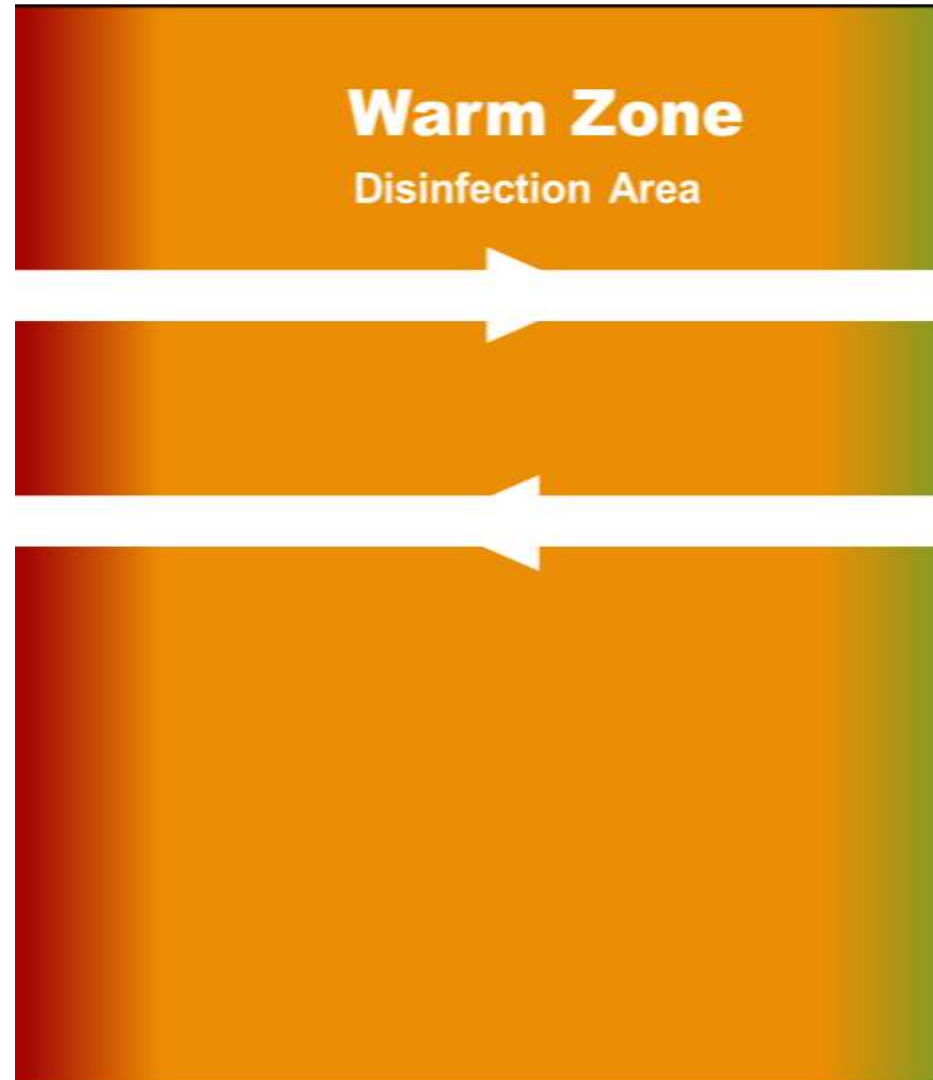
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

WARM ZONE

Joining Hot Zone Practices

- Assure your mask has good fit.
- Practice no mask or face touching
- If contaminated – wash hands.
- Know the rules of the workplace or public venue.

© C Denham



WARM ZONE

Coming Home Practices

- Designate WARM ZONE room or space for disinfecting,
- Assemble & Maintain Disinfection Station with cleaning supplies.
- Keep the family out of WARM ZONE
- Increase precautions if someone is in quarantine or isolation.

WARM ZONE

Leaving Home Practices

- New or Cleaned masks, gloves, face shields and coverings.
- Bring disinfectants in your car or your gear.
- Bring extra masks if you have them.

Hot-Warm-Safe Zone Practices

SAFE ZONE PRACTICES

- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

Care of Someone At Home

- Getting your “MacGyver On” – Use what you have.
- Whether the flu or Coronavirus – use same processes.
- Isolation is for all those who are infected or sick.
- The infected NEED to wear masks. Social distance and hand hygiene are important. Surfaces ARE a risk.
- Quarantine is for who may be infected – assume infected until end of quarantine period or test negative.



Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



Ann Rhoades



David Beshk



Heather Foster RN



Dr. C Peabody



Dr. Casey Clements



Chief William Adcox



Matt Horace



Randal Styner



Paul Bhatia EMT



Dr. William Scharf



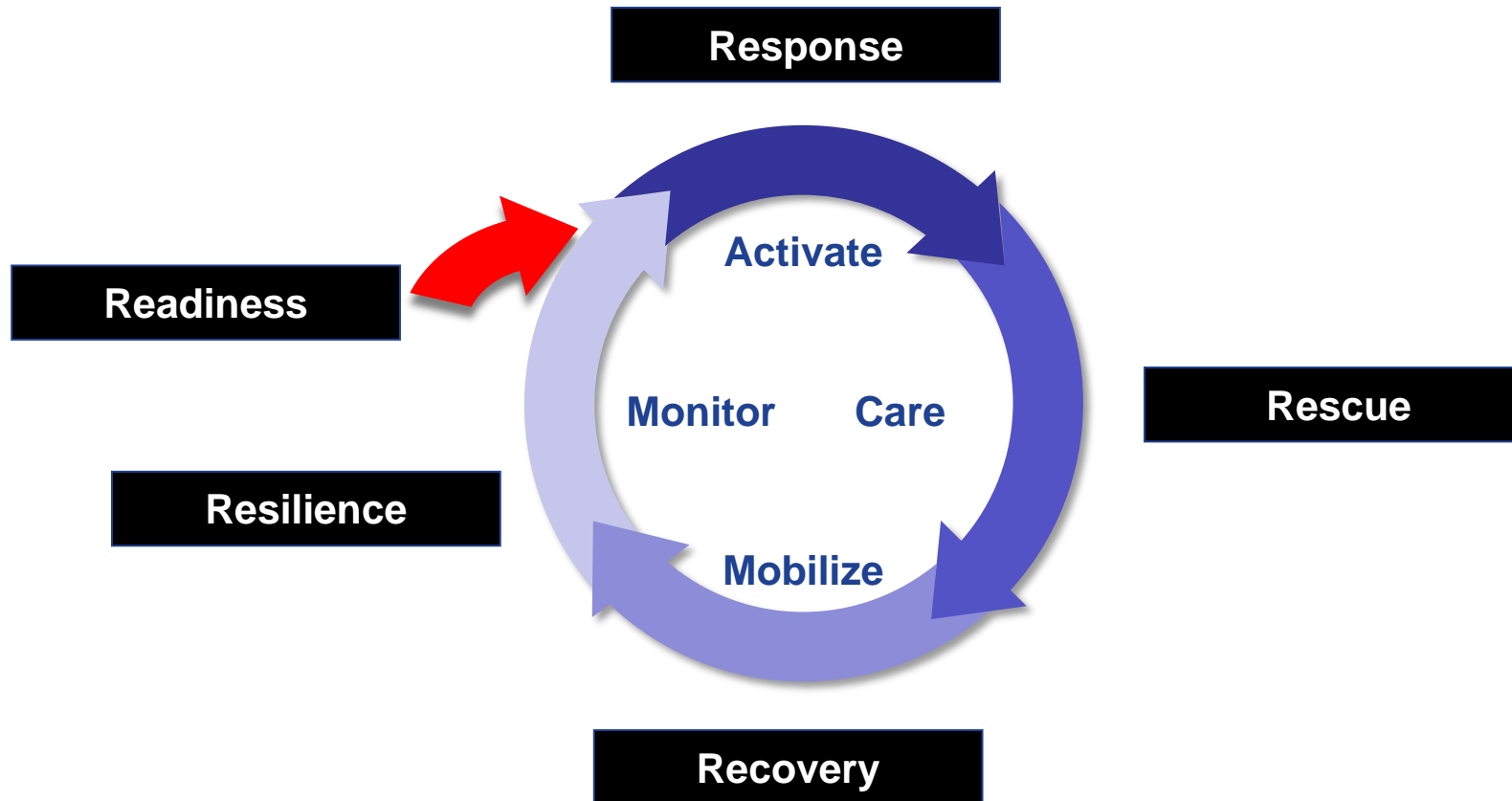
John Tomlinson



Dr. Charles Denham



Family Health Safety & Organization Security Plans™



Join Us our Community of Practice

Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

Hand Washing & DISINFECTANTS

CLEAN High Contact Surfaces

Why ICU Care & Respirators

Preparing for CARE at Home

Care of Seniors & those AT-RISK

NEW Emergency Department Issues

TELEMEDICINE Works - Try it



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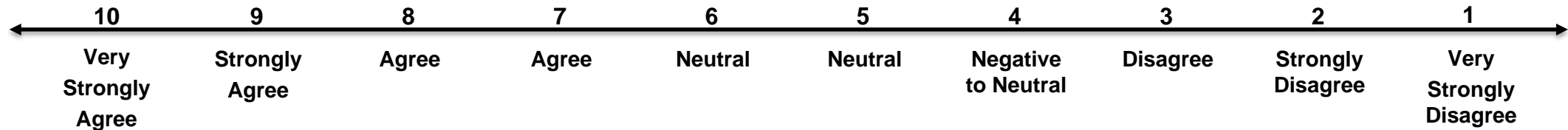
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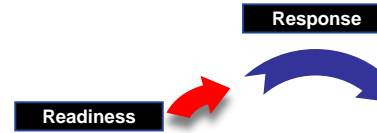


READINESS

My family is ready to take care of a loved one with Coronavirus in our home.

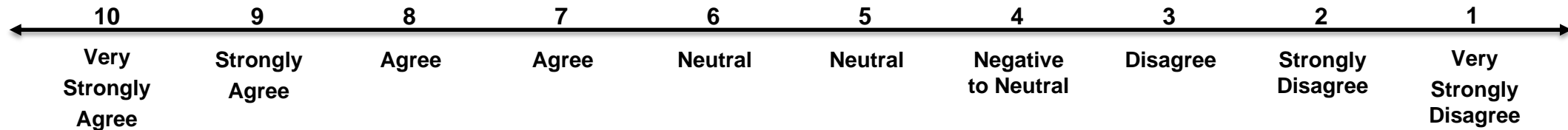


What readiness information would you like to have?



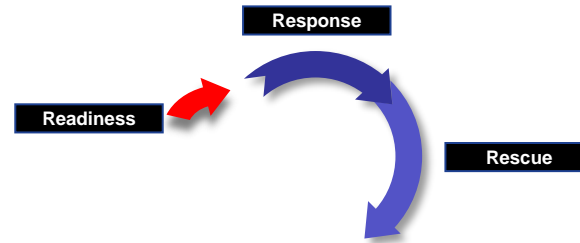
RESPONSE

My family knows what actions to take if a loved one becomes infected with Coronavirus.

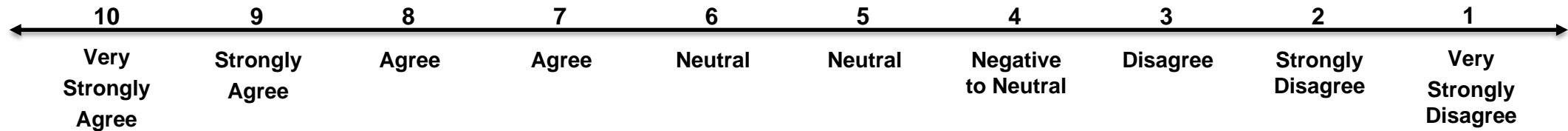


What information would help you respond when a loved one becomes infected?

RESCUE

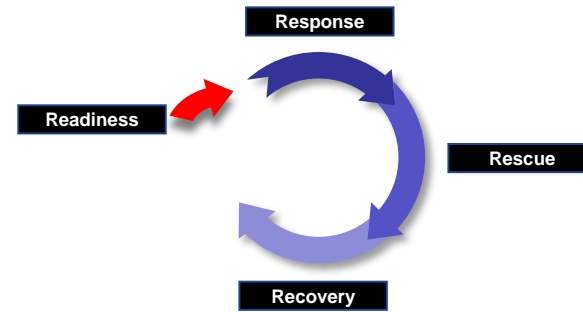


My family knows what do when someone develops severe COVID-19 symptoms.

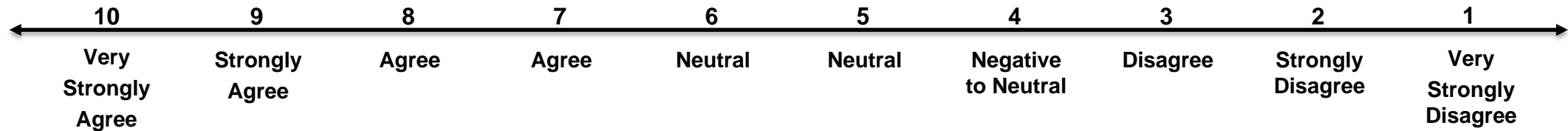


What information would help your family react if someone develops severe symptoms?

RECOVERY

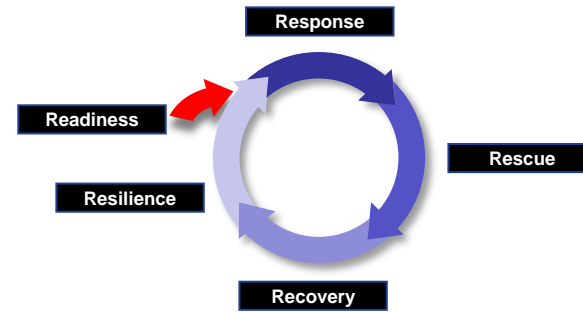


My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.

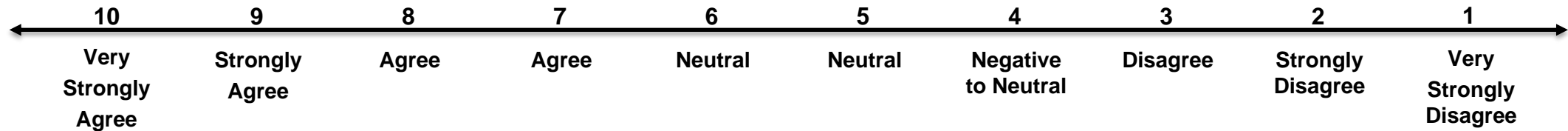


What information would help your family return to the new normal?

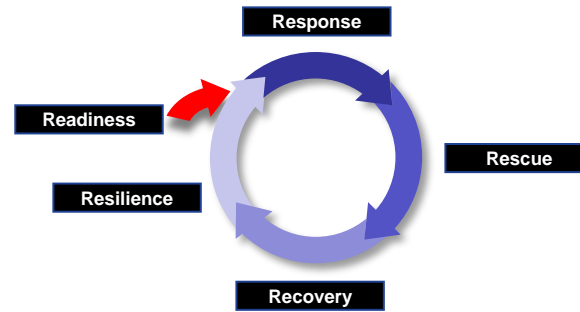
RESILIENCE



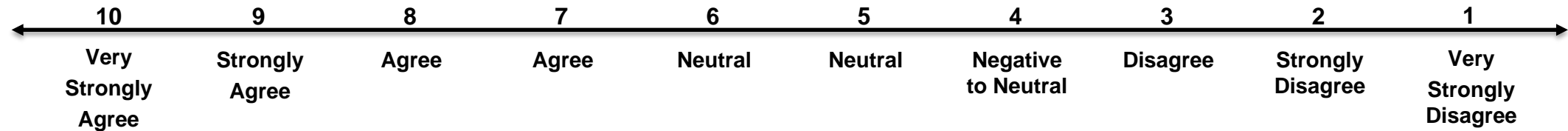
My family has a plan to make them less vulnerable to epidemics in the future.



What information would help you become more resilient in the future?



**Changing behaviors of teens and young adults
is key to beating the Coronavirus Crisis.**



**My suggestions to help making teens and young adults
leaders in becoming part of the solution are:**

Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



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Dr. Charles Denham

Voice of the Patient



Jennifer Dingman

**Founder, Persons United Limiting
Substandard and Errors in Healthcare
(PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO**

