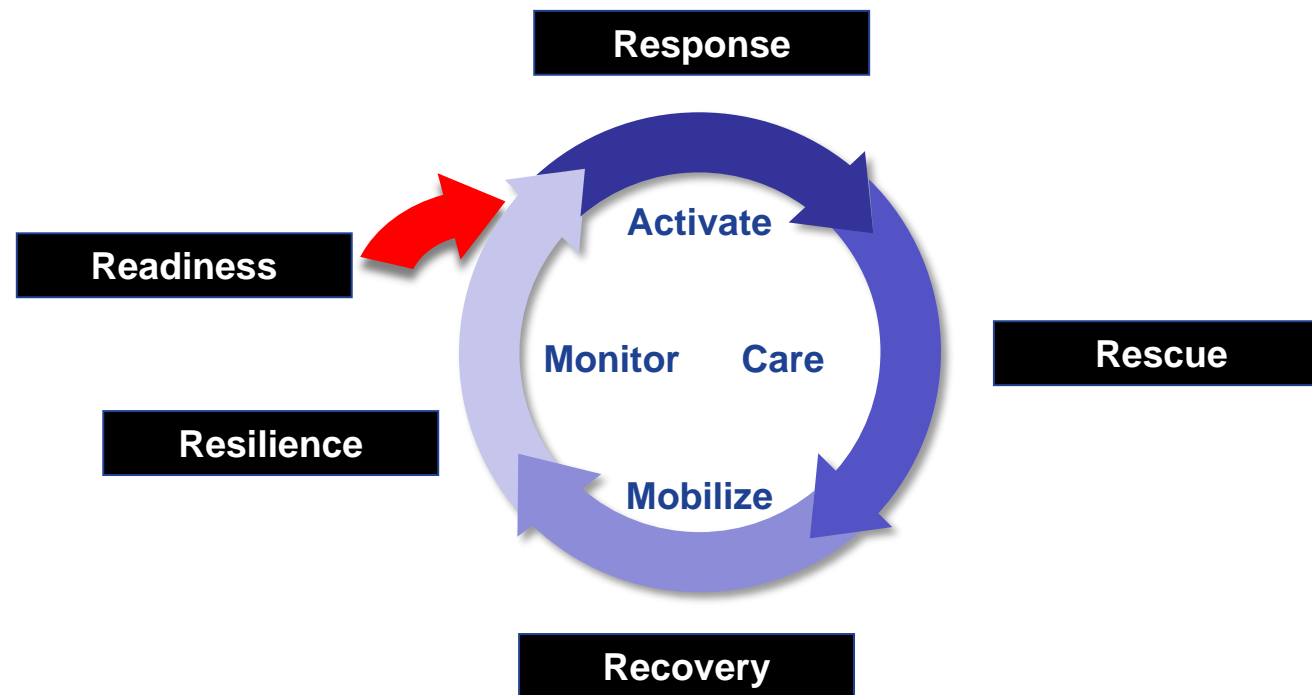


# Creating Your Family Safety Plan

## A Survive & Thrive Guide™



# Welcome

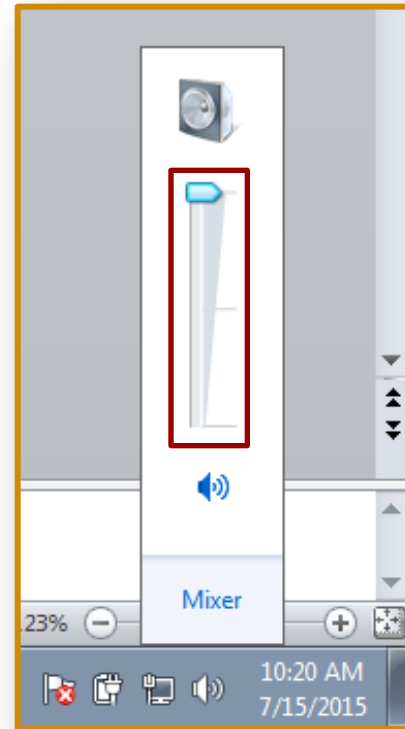
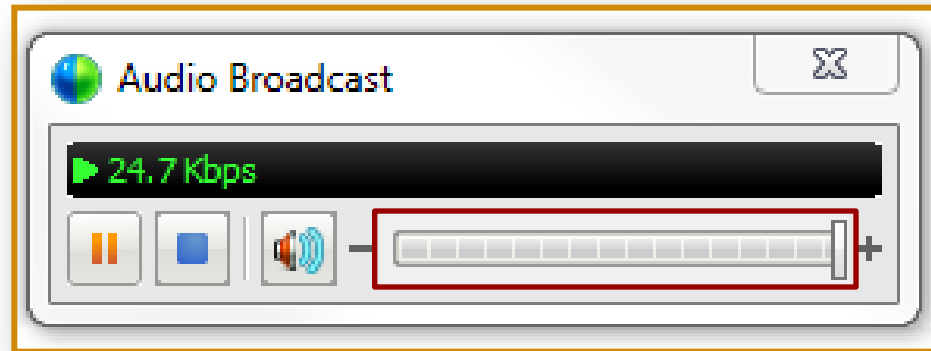


## **Charles Denham, MD**

Chairman, TMIT Global  
Founder Med Tac Bystander Rescue Care

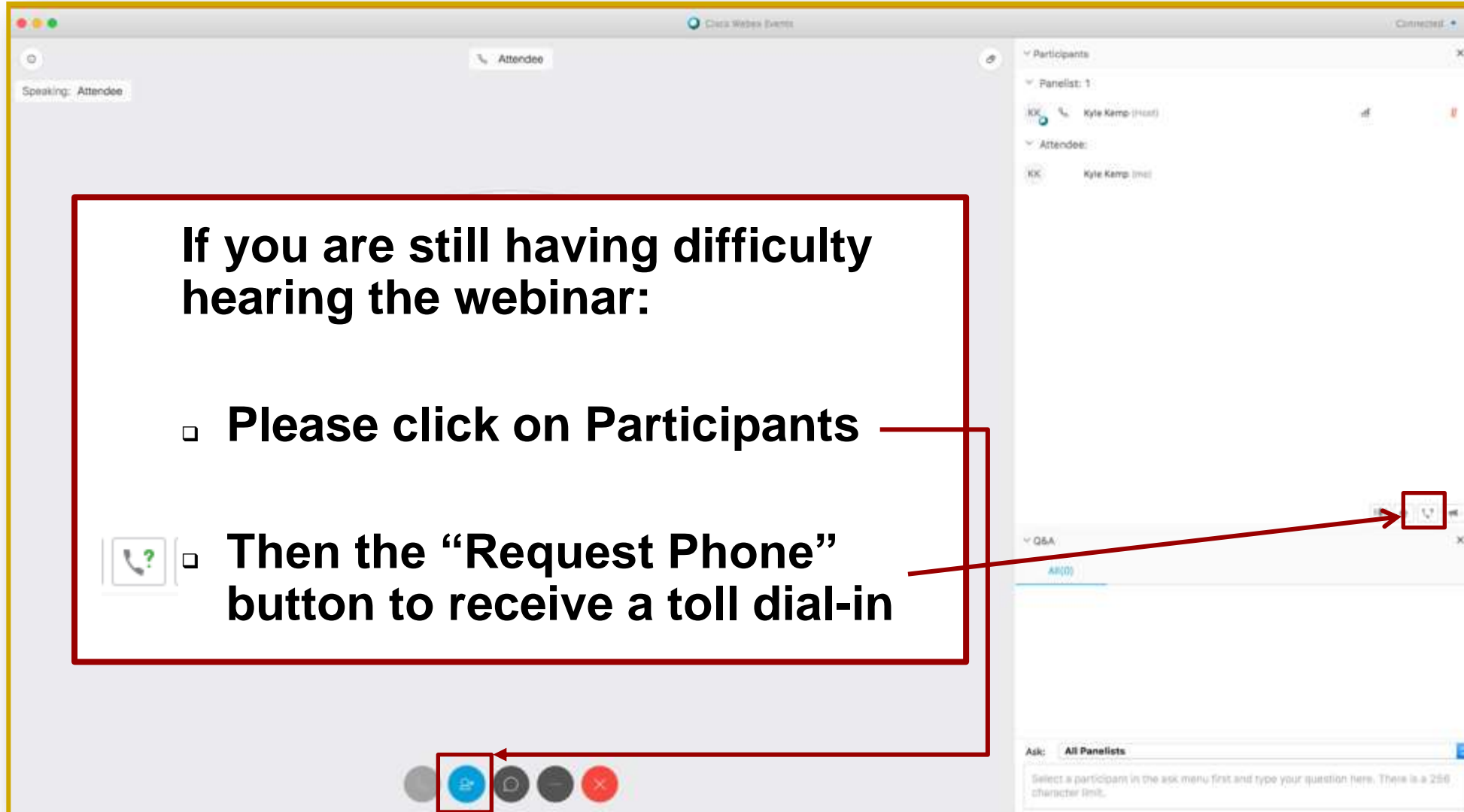
**Med Tac Bystander Rescue Care  
October 1, 2020**

**CareUniversity Webinar #147**



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- Computer volume
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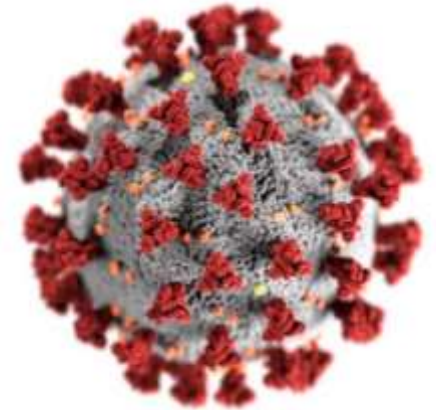
The screenshot shows a Zoom meeting window. A red box highlights the 'Participants' button in the bottom toolbar. Another red box highlights the 'Request Phone' button in the 'Participants' panel on the right. A red arrow points from the 'Request Phone' button in the panel to the 'Request Phone' button in the bottom toolbar.

## ***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**





## 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.**

## 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 pharmaceutical or device companies discussed in their presentations. The funding of the program is from the Denham Family fund of TMIT Global, a 501c3 Medical Research Organization

- Gregory H. Botz, MD, FCCM, has nothing to disclose.
- Dr. Casey Clements has nothing to disclose.
- Brittany Owns MD has nothing to disclose.
- Randal Styner has nothing to disclose.
- David Beshk has nothing to disclose.
- Preston Head III has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- Perry Bechtle III has nothing to disclose.
- Clair Peck has nothing to disclose.
- Matt Horace has nothing to disclose
- John Tomlinson has nothing to disclose.
- John Little has nothing to disclose.
- Keith Flitner has nothing to disclose.
- Randy Styner has nothing to disclose.
- Danny Policichio has nothing to disclose.
- Paul Bhatia has nothing to disclose.
- Charlie Denham III has nothing to disclose.
- Jacqueline Botz has nothing to disclose.
- Jaime Yrastorza has nothing to disclose.

Charles Denham, MD, is the Chairman of TMIT Global; 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. Dr. Denham is the developer and producer of CareUniversity™, the learning management system providing continuing education materials for TMIT Global.

# **TMIT Global Research Test Bed**

**3,100 Hospitals in 3,000 Communities**

**500 Subject Matter Expert Pool**







**500 Subject  
Matter Experts**

**Educators  
Declared  
Essential Critical  
Infrastructure  
Workers**



The Washington Post

August 21, 2020

## The Trump administration declared teachers 'essential workers.' Here's what that means.



The declaration of teachers as “critical infrastructure workers,” which came in an Aug. 18 guidance published by the Department of Homeland Security, **means that teachers exposed to coronavirus but who show no symptoms can return to classrooms and not quarantine for 14 days as public health agencies recommend.** School district leaders have spent the summer preparing safety protocols aimed at preventing the virus’s spread when buildings reopen, but many teachers say not enough has been done to allow for safe reentry.



Guidance on the Essential Critical Infrastructure Workforce: Ensuring Community and National Resilience in COVID-19 Response



Source: <https://www.washingtonpost.com/education/2020/08/21/trump-administration-declared-teachers-essential-workers-heres-what-that-means/#comments-wrapper>



# Coronavirus Care 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



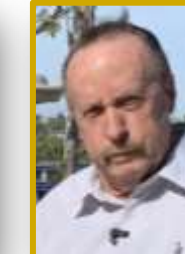
Ann Rhoades



Nancy Conrad



Dr. Chopra



John Little



Debbie Medina





# Coronavirus Care Community of Practice

# Bystander Rescue Care *CareUniversity Series*



Matt Horace



John Tomlinson



Dan Ford



Arlene Salamendra



Jennifer Dingman



Bill George



Penny George



Hilary Schmidt PhD



Paul Bhatia EMT



Dr. McDowell

## Contributions Through Segments of our *Discovery Channel* Documentaries



Prof Christensen



Jim Collins



C Sullenberger



Charlotte Guglielmi



Dr. Don Berwick



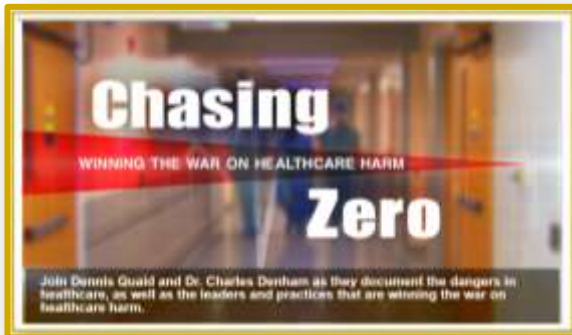
Dr. Howard Koh



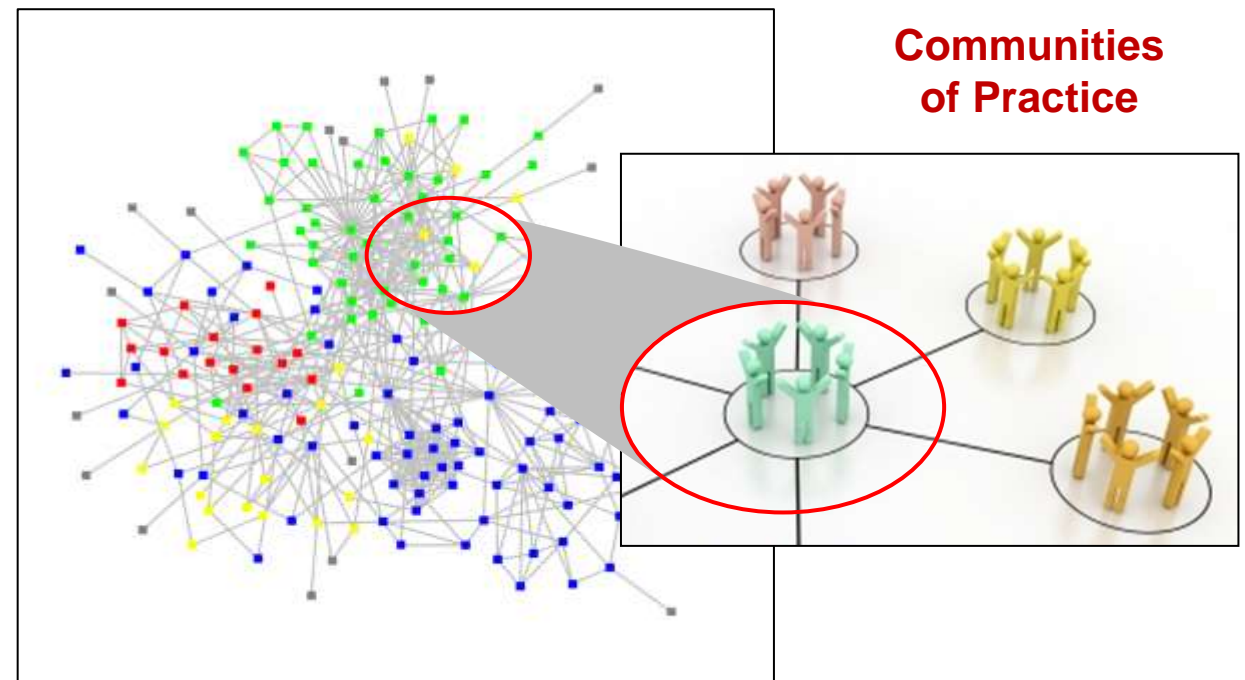
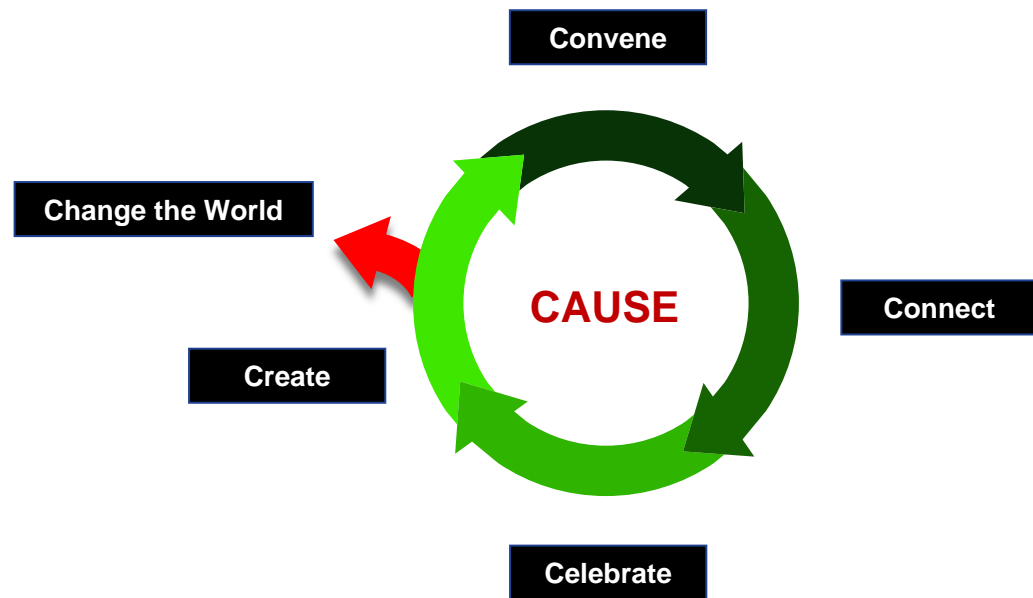
Dr. Jim Bagian



Dr. Harvey Fineberg



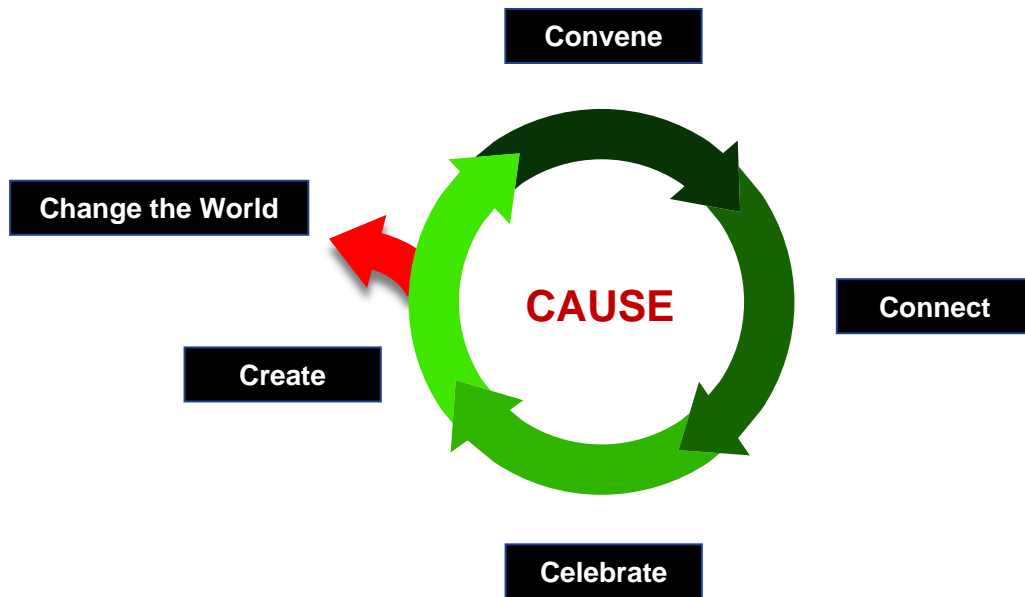
# Communities of Practice Model





# 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

**Coronavirus – Protecting You & Your Family**

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

**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

**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

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

**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**

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

**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

**TELEMEDICINE Works - Try It**

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

**Related Resources**

Background & Foundational Information	Resources:
<ul style="list-style-type: none"> <li>US and US State Best Practices - What Went Wrong? Date: May/June 2020</li> <li>COVID-19: A GUIDE TO THE CURRENT SCENARIO</li> <li>PANDEMIC RESILIENCE: Getting to Zero - A Supplement to the Handbook for Pandemic Resilience 05-20-20 SENIOR &amp; SENIOR CENTER FOR HEALTH AT RISK</li> <li>Build the Coronavirus Crisis - a Program for Early, New York 05-15-20 Senior Center</li> </ul>	<ul style="list-style-type: none"> <li>This is a review of the preparedness of each country, countries can learn the best way for preparedness from the above.</li> <li>A paper developed at Harvard that provides the results of disease preparedness (again offered) to strategies. With currently specific approaches that can be implemented in addressing COVID-19 in the US.</li> <li>This article was written to be read by all audiences. It is the best one of our nation's oldest habits. No practice is more important than the practice of the elderly. It is the best practice of the elderly. It is the best practice of the elderly.</li> </ul>

**Related Resources**

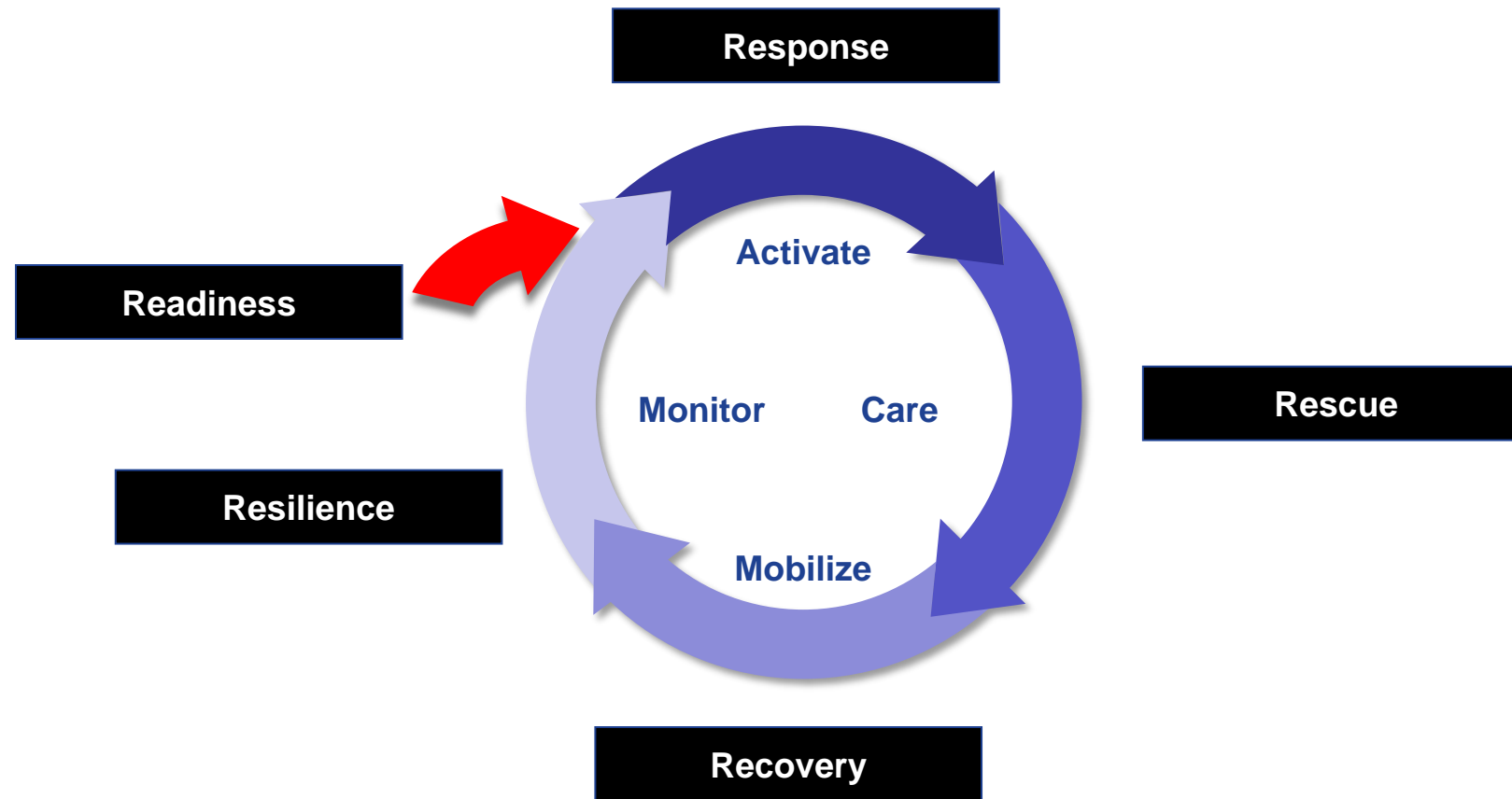
Resources:

**Care of the At Risk & Seniors at Home**

[www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/)



# Creating Your Family Safety Plan



# Creating a Family Safety Plan

- What is the science behind the risk to your family?
- How can we improve our state of READINESS?
- How do we best RESPOND when a loved is sick?
- How do we RESCUE someone with severe symptoms?
- What is the best RECOVERY plan after an infection?
- How can we make our family more RESILIENT?
- How do we get teens, those in their 20's, and 30's to take the lead in protecting our families?

## Speakers & Reactors



Chief William Adcox



Dr. Gregory Botz



Dr. B Owens



Heather Foster RN



Dr. Casey Clements



David Beshk



Perry Bechtle III



Jennifer Dingman



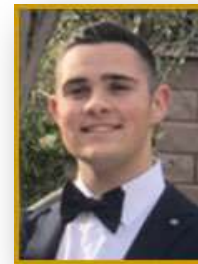
Matt Horace



Clair Peck



Jacqueline Botz



D Policichio



Jaime Yrastorza



Paul Bhatia EMT



Charlie Denham III



Father MacKenzie



Preston Head III



Randal Styner



Keith Flitner



John Little



John Tomlinson



Dr. Charles Denham

# Survive & Thrive Guide Webinars



### Survive & Thrive Guide Series: Coming Home Safely

Hot Zone	Warm Zone	Safe Zone
Public & Work Exposure	Disinfection Area	Home with Family
		August 6, 2020



# Coming Home Safely

## Hot Zone

Public & Work Exposure



## Warm Zone

Disinfection Area



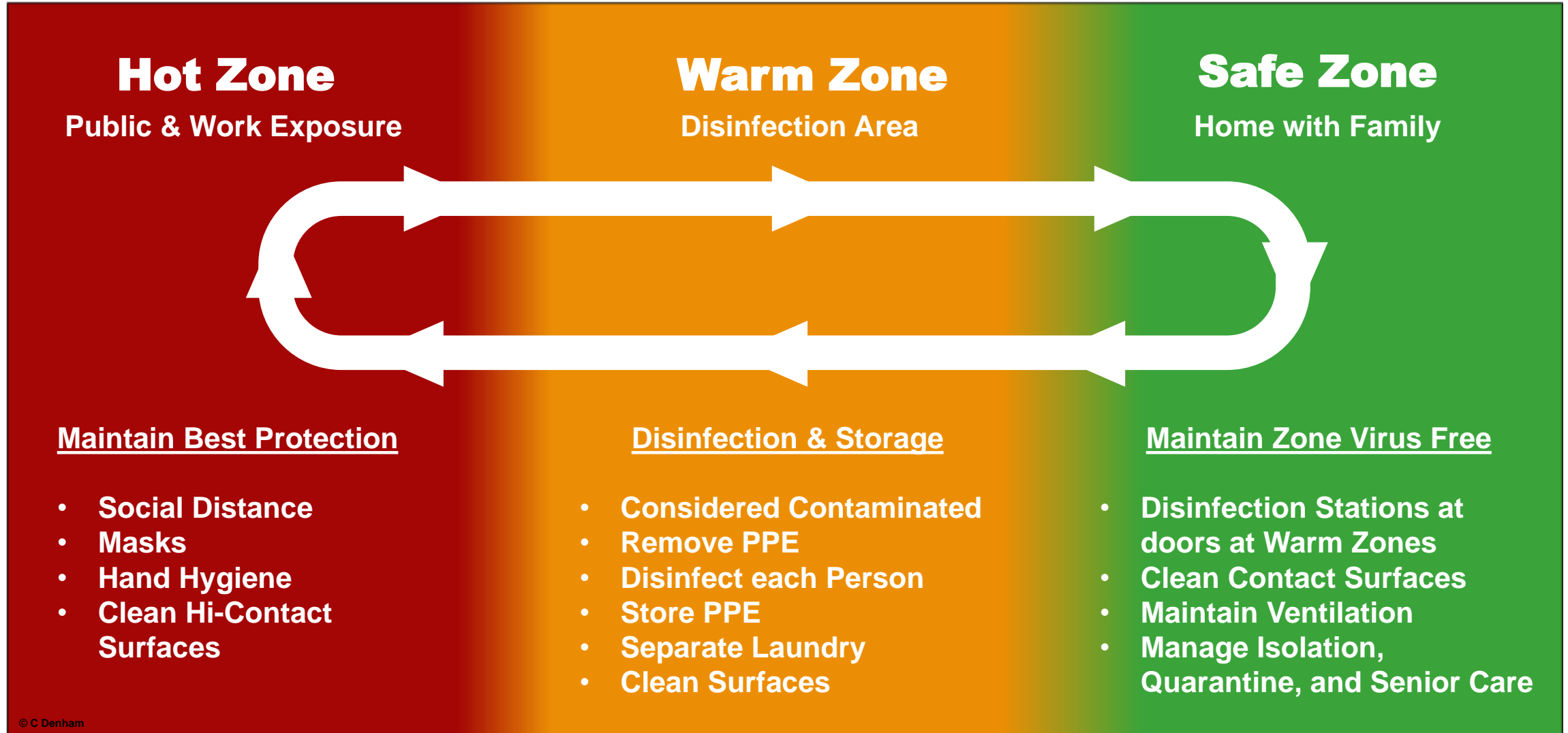
## Safe Zone

Home with Family



August 6, 2020

## Hot-Warm-Safe Zone Practices



© C Denham

## Hot-Warm-Safe Zone Practices

**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

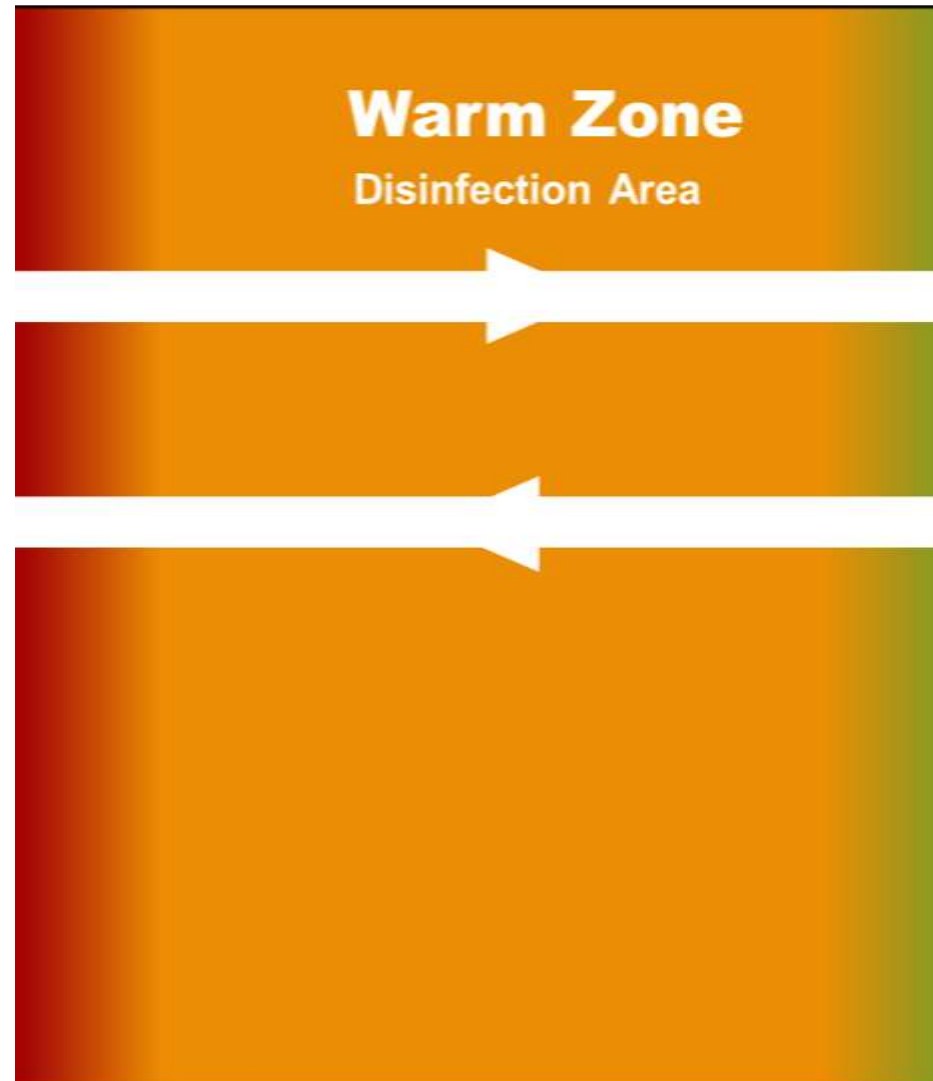
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

### 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

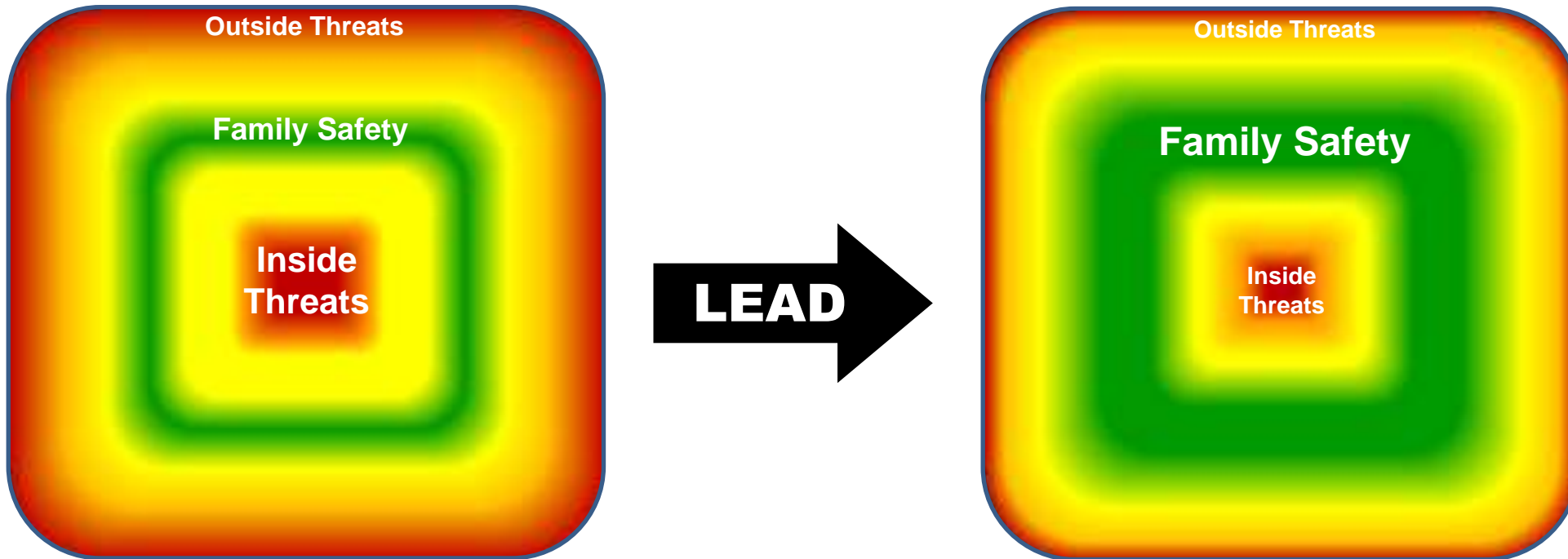
- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

### 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.



# Family Survive & Thrive Guide:<sup>TM</sup> Keeping Our Kids Safe

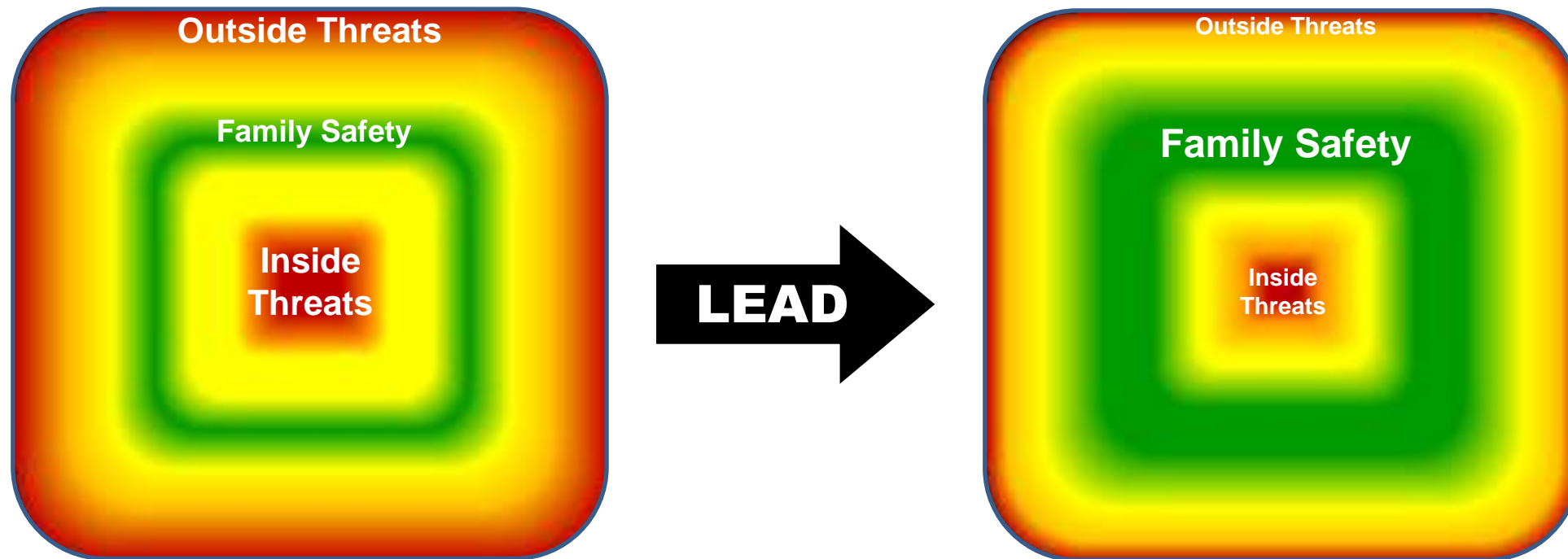


# Threats X Vulnerability = Risk to Your Family

**Threats:**  
Likely to  
cause HARM.

**Vulnerability:**  
Weaknesses that can be  
EXPLOITED by threats.

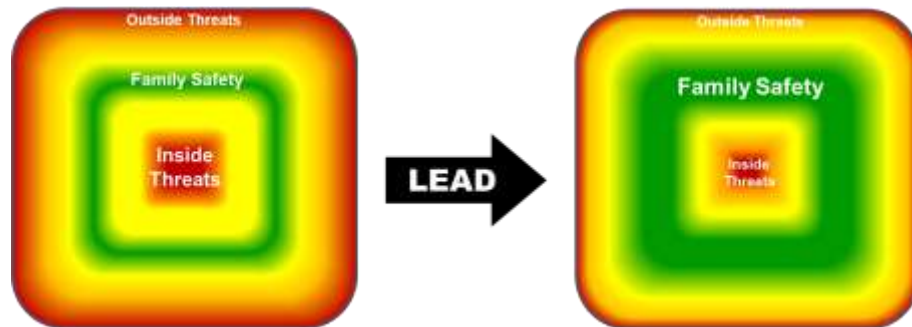
**Risk:**  
PROBABILITY of harm by a  
threat exploiting vulnerability.



# Keeping Our Kids Safe...by Keeping the Unit Family Safe



Reduce Family Vulnerability



## STEP 1: Identify Each Family Member's Threat Profile

- Family living together and those in direct contact.
- Identify threats due to age, underlying conditions, and outside threats related to region and living conditions.

## STEP 2: Identify and Follow Local Coronavirus Threats

- Local Community infection factors, trends, and public health guidelines will drive your behaviors and plans.
- Understand the public health processes in place where the family members will work, learn, play, and pray.

## STEP 3: Develop a Family Safety Plan

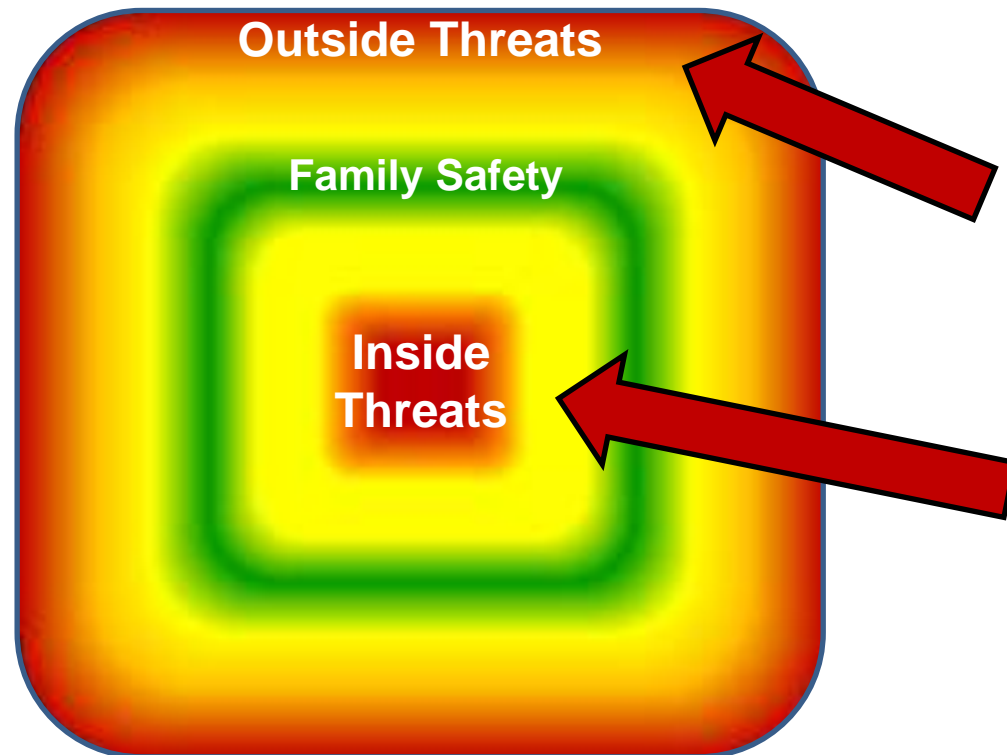
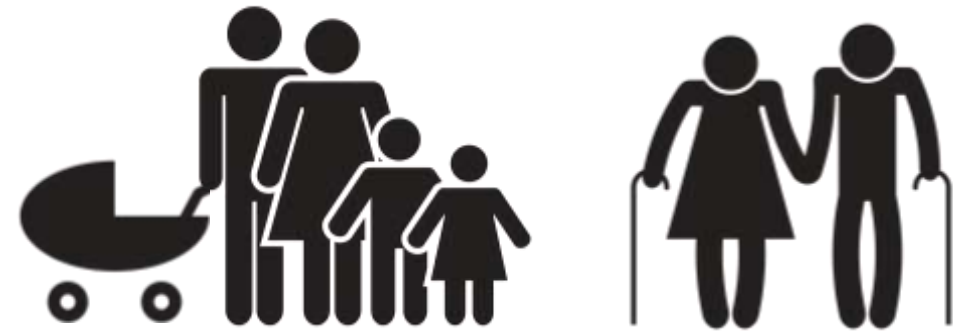
- A leader or leaders of the family act as the CFO – Chief Family Officer who drives the plan: Readiness, Response, Rescue, Recovery, and Resilience.

## STEP 4: Plan the Flight and Fly the Plan

- The novel Coronavirus virus science, threats, vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.

## STEP 1: Identify Each Family Member Threat Profile

Understanding the Threats, Vulnerability, and Risk of Harm to our Children



### Family Unit Threat Profile:

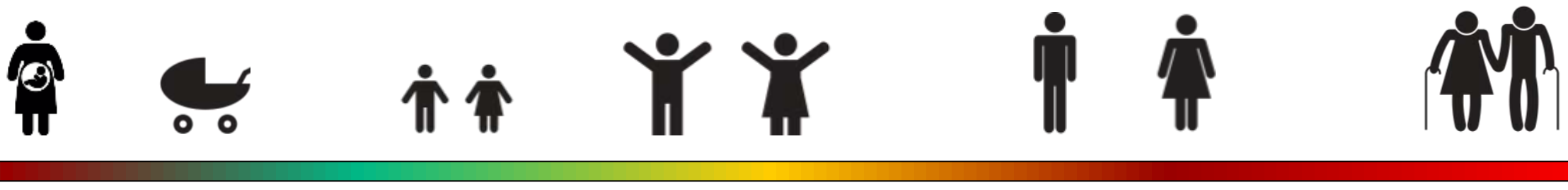
#### Outside Threats from Community

- Threats, Vulnerability, and Risk from the outside environment for each individual family member for being infected, harmed, and death.
- Threats, Vulnerability, and Risk of current behaviors.

#### Inside Threats to Family – Home and Conditions

- Threats, Vulnerability, and Risk for each family member unique to them for being infected, harmed, and death.
- Threats, Vulnerability, and Risk of current behaviors within the home and living spaces.

## STEP 1: Identify Each Family Member Threat Profile



**Pregnant Moms**

**Under 2 Years**

**2 to 10 Years**

**10 to 30 Years**

**30 to 50 Years**

**50 to 65 Years**

**Over 65**

### Pregnant Moms

- Have been found to have certain higher risks for severe COVID illness due to pregnancy – an “inside risk” (CDC)

### Under 2 Years

- Watch evolving science in this area for “inside risks”.

### 2 to 10 Years

- May have more virus in their nasopharynx than adults.
- Half as likely to get infected as over 10 years old.
- A rise in infection rate seen with school attendance.
- May develop MIS-C – Multisystem Inflammatory Syndrome in Children. <21 years old, lab evidence of inflammation, >2 organ involvement. SEE CDC Case Description on CDC website.

### 10 to 30 Years

- Fastest growing infection group – more than 50%
- Super Spreaders due to social interaction.
- Over 30% of COVID positive Big 10 players have cardiac inflammation on cardiac MRI. SEE Evolving CNN Reports

### 30 to 50 Years

- Rapidly growing group of infections in later surge stage. Underlying conditions including obesity a factor.

### 50 to 65 Years

- Have higher incidence in underlying conditions putting them at higher risk for infections and harm.

### Over 65 Years

- Age is a risk factor independent of underlying conditions and have them. Highest death rate.

## STEP 2: Identify and Follow Local Coronavirus Threats

### Inside versus Outside Threats

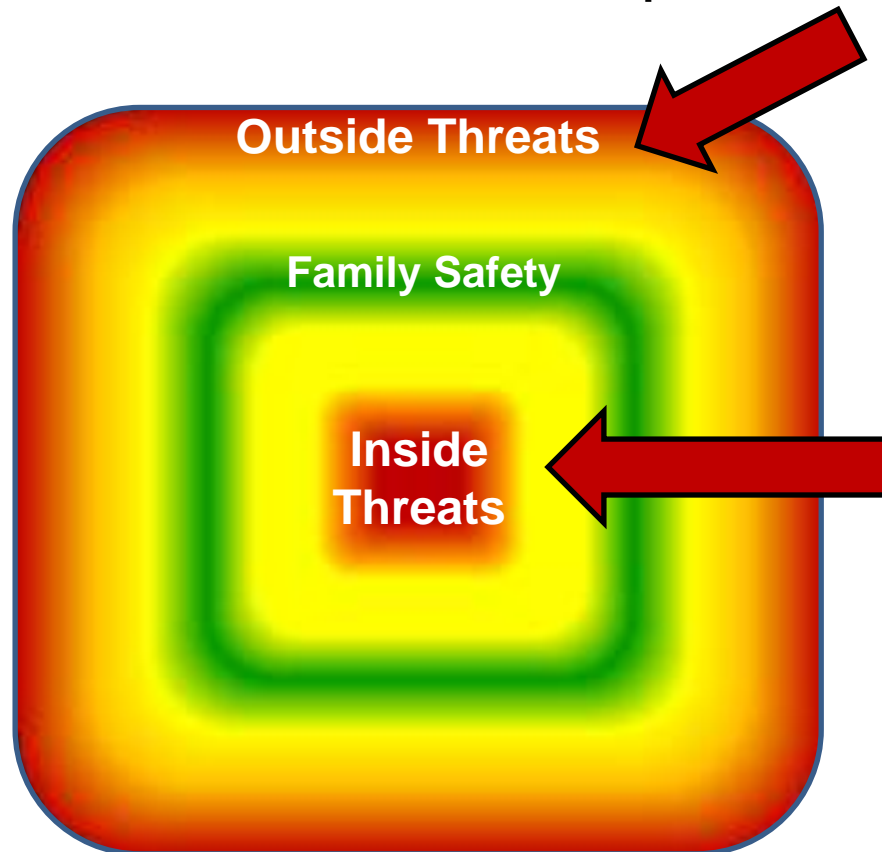
- High Background Community Infection or trending with more infections.
- Schools without proper Test, Trace, Treat, Isolate, and Quarantine Programs.
- Group Activities and Sports without Proper Prevention - Social Distancing etc.

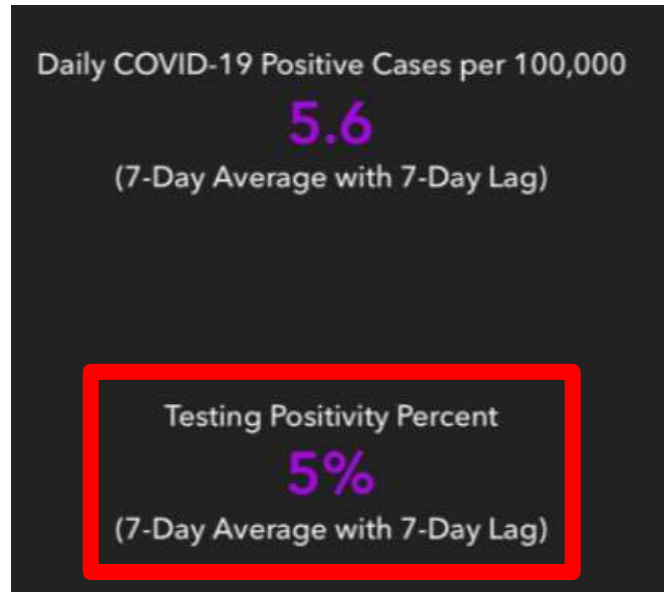
### Outside Threats:

- Lack of Mask Use by all exposed to family.
- Community without adequate public health services including Test, Trace, Treat, Isolate, and Quarantine Programs.
- Critical Essential Infrastructure Worker Exposure bringing virus home to family.

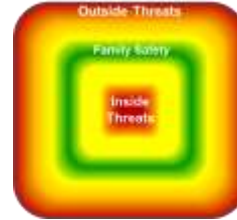
### Inside Threats:

- Delayed Emergency Medical Care for Children due to fear.
- Delayed Vaccines for Children due to fear.
- Depression in Children isolated at home.
- Threats to Immune Compromised Children.
- Inadequate Nutrition of Children.
- Lack of Exercise of Children and Adults.
- Adults with underlying at-risk illnesses.
- Seniors over 65 years of age at risk due to age.
- Delayed Emergency Medical Care for Adults due to Fear.
- Delayed or absent Screening for Adults and Seniors.
- Delayed Elective Medical Procedures for adults.
- Inadequate Disinfection of Hi Contact Surfaces.





*2,040 SNF residents, 539 OC jail inmates, and 151 Persons Experiencing Homelessness*



## Example Family Threat Profile Orange County CA



- Male over 65 years of age.



- Female in mid 50's with history of pulmonary infections & bronchitis.



- Mid-teen youth with recent cardiac surgery and hospitalizations for hyperimmune reactions to viral infections.



- Grandmother at 99 years of age in assisted living with history of lung disease.



Daily COVID-19 Positive Cases per 100,000

**3.6**

(7-Day Average with 7-Day Lag)

Testing Positivity Percent

**3.1%**

(7-Day Average with 7-Day Lag)

Daily COVID-19 Positive Cases per 100,000

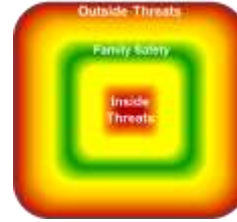
**5.6**

(7-Day Average with 7-Day Lag)

Testing Positivity Percent

**5%**

(7-Day Average with 7-Day Lag)



- Male over 65 years of age.



- Female in mid 50's with history of pulmonary infections & bronchitis.



- Mid-teen youth with recent cardiac surgery and hospitalizations for hyperimmune reactions to viral infections.

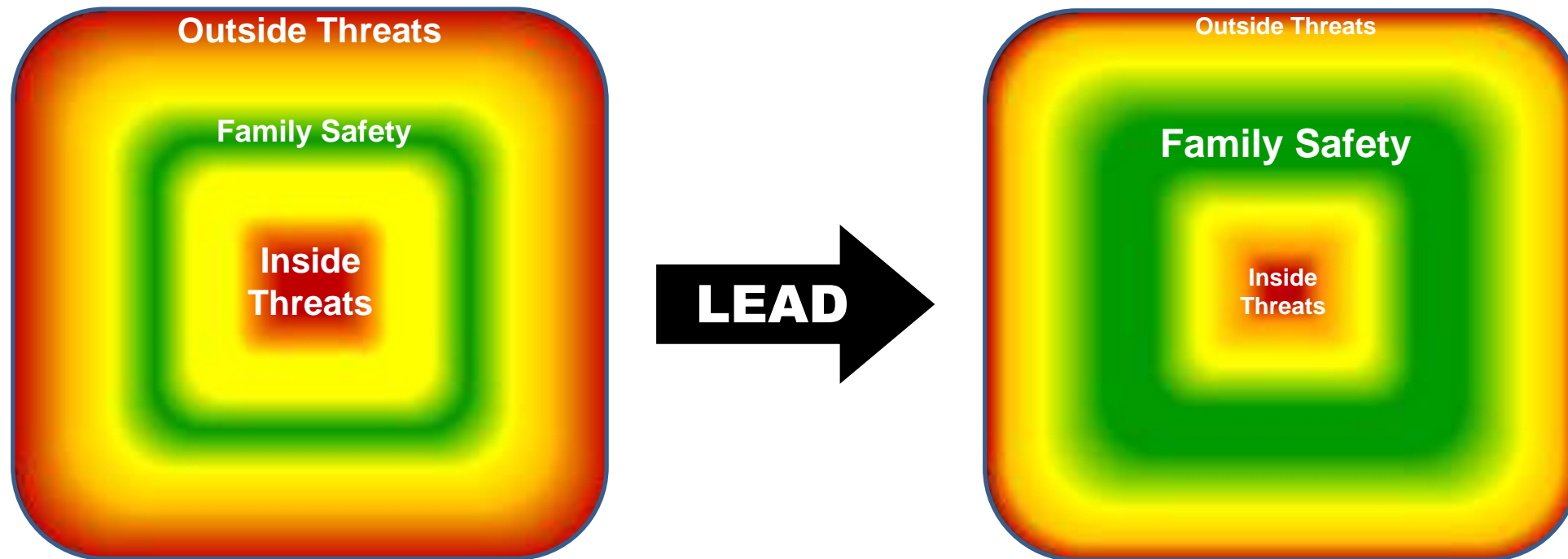


- Grandmother at 99 years of age in assisted living with history of lung disease.

## Example Family Threat Profile Orange County CA

# Threats X Vulnerability = Risk to Your Family

Our Goal: Reduce Risk of Family Harm  
by **Reducing Vulnerability** to Threats



## STEP 3: Develop a Family Safety Plan

### Reduce Vulnerability

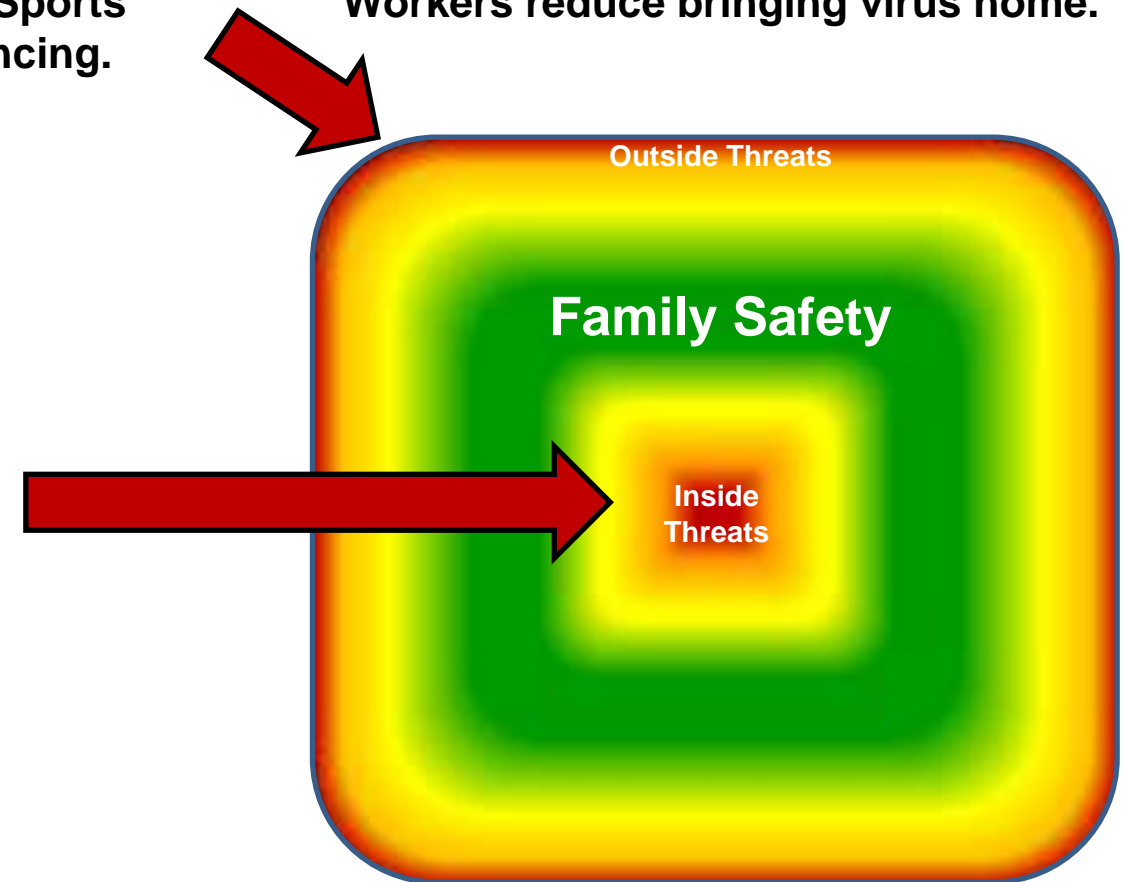
- Adjust behaviors depending on Background Community Infection and local infection trends.
- Base school decisions on Test, Trace, Treat, Isolate, and Quarantine Programs.
- Avoid Group Activities and Sports without Proper Social Distancing.

### Reduce Vulnerability to Outside Threats:

- Assure Mask Use by all exposed to family
- Monitor public health services including Test, Trace, Treat, Isolate, and Quarantine Programs and adjust behavior to it.
- Assure Critical Essential Infrastructure Workers reduce bringing virus home.

### Reduce Vulnerability to Inside Threats:

- Produce a Medical Care Emergency Plan for the Children and Adults (5 Rights of Emergency Care).
- Safely see Pediatricians to maintain Vaccines.
- Combat depression in Children with activities
- Protect Immune Compromised Children .
- Protect Adults with underlying at-risk illnesses.
- Protect Seniors over 65 years of age.
- Safely Pursue Regular Screening for Adults.
- Weigh Risks for Elective Medical Procedures.
- Assure Nutrition for children and adults in isolation.
- Pursue Regular Exercise during isolation/quarantine.
- Inadequate Disinfection of Hi Contact Surfaces.



## STEP 3:

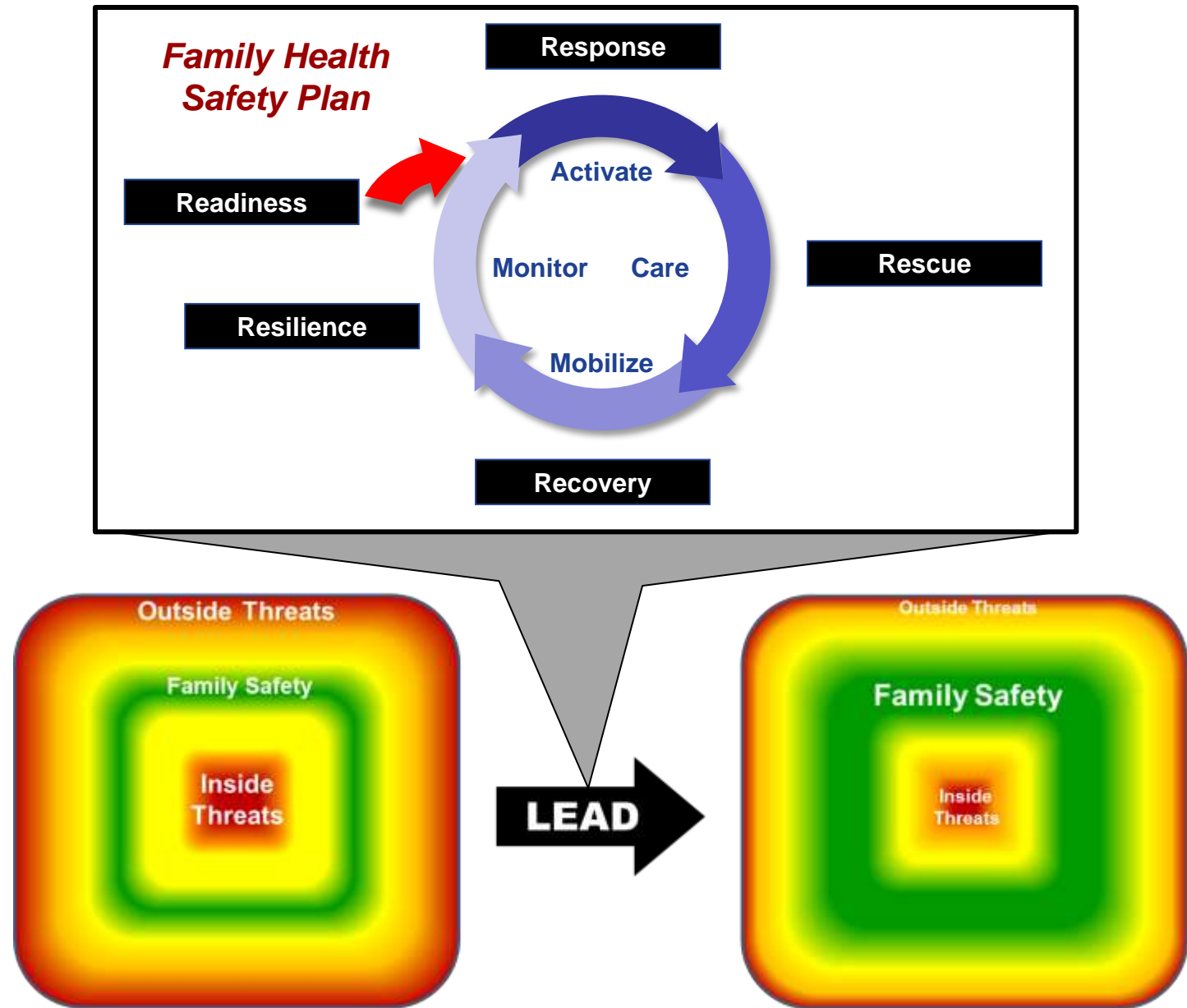
### Develop a Family Safety Plan

- A leader or leaders of the family act as the CFO – Chief Family Officer who drives the plan: Readiness, Response, Rescue, Recovery, and Resilience.

## STEP 4:

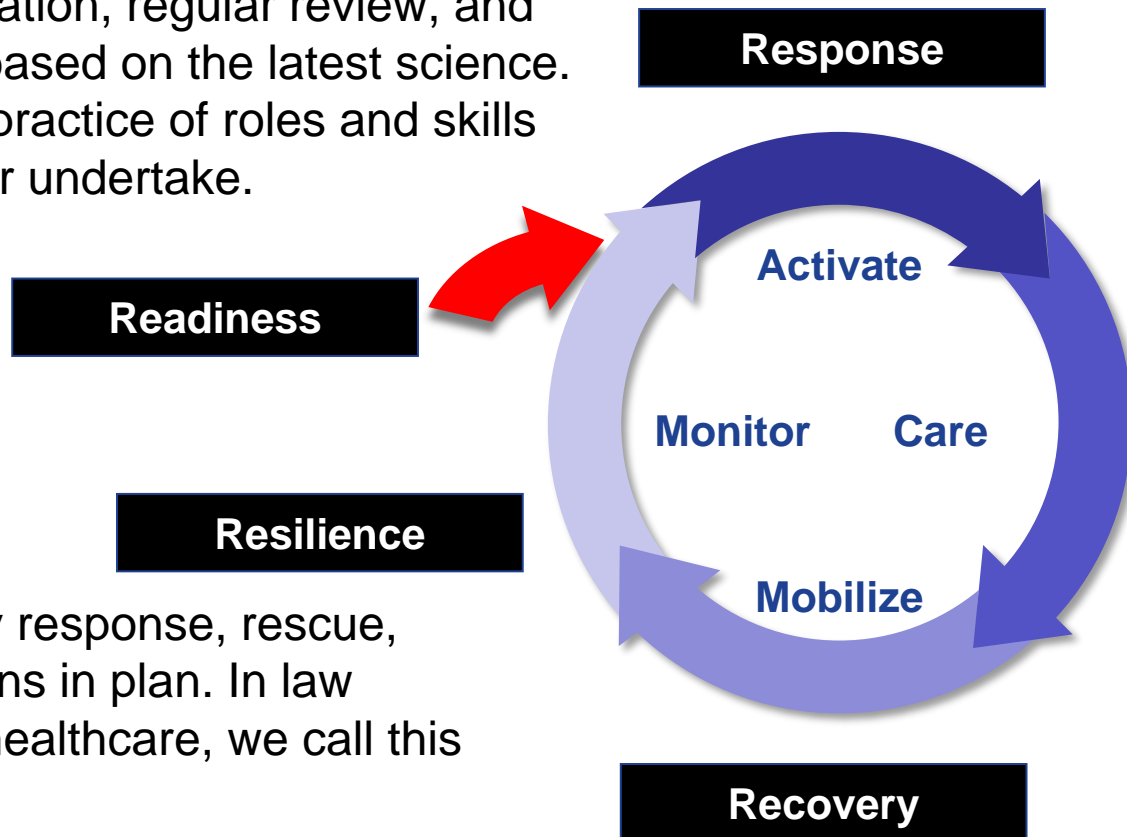
### Plan the Flight and Fly the Plan

- The novel Coronavirus virus science, threats, vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.



## Family Health Safety Plans

**Readiness:** Preparation, regular review, and updating of a plan based on the 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.

**Resilience:** Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this “target hardening”.

**Rescue:** 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 the family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine.”

# Family Safety Plan



Readiness

Response

Rescue

Recovery

Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Know: what "exposure" is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect "at risk" family members	Isolate if test positive and contact tracers link infections to you	Watch for the signs and symptoms triggering seeking emergency care	Be aware of and watch for the long-term consequences of infection	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic Before Symptoms					Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms					Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Severely Symptomatic – Need Help	plan. Be ready for patient to be solo phone only contact.	Infections to you. Watch for worsening signs/symptoms	records and medications for ED care providers.	being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	Be ready to respond to infections of others at home or in contact with patient.	Watch for triggers for emergency care of other family members who may get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.	Watch for symptom triggers requiring emergency care visit if others in family get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.

**Customize Your Family Checklists to the Real-life Scenarios that CAN HAPPEN to You!**



# Family Safety Plan



## Readiness

## Response

## Rescue

## Recovery

## Resilience

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the “new normal”.	Making the family “hardened” as a target
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<b>Infected &amp; Asymptomatic – No Symptoms Ever</b>	Family behaves as if they can infect someone. Protect “at risk” family members.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
<b>Infected &amp; Pre-symptomatic – Before Symptoms</b>	Know: what “exposure is”, what to if expose or notified by a contact tracer.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
<b>Infected &amp; Symptomatic – Have Symptoms</b>	Be ready for worsening symptoms and to maintain Isolation per guidelines.	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care.	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
<b>Infected &amp; Severely Symptomatic – Need Help</b>	Choose ED Care site, have med records, meds, and a plan. Be ready for patient to be solo phone only contact.	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms	Seek emergency care immediately. Have medical records and medications for ED care providers.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> best emergency care location.
<b>Infected &amp; Requiring Hospitalization</b>	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	Be ready to respond to infections of others at home or in contact with patient.	Watch for triggers for emergency care of other family members who may get sick.	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario	Maintain latest knowledge of local testing, contact tracing, isolation process <u>AND</u> ID best hospital care providers.
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**Readiness**

  
**Response**

  
**Rescue**

  
**Recovery**

  
**Resilience**

<b>Family Member Scenarios</b>
<b>No Exposure No Test or Negative Test</b>
<b>Exposure to Infected Person and No Test</b>
<b>Infected &amp; Asymptomatic – No Symptoms Ever</b>
<b>Infected &amp; Pre-symptomatic – Before Symptoms</b>

<b>Infected &amp; Symptomatic – Have Symptoms</b>
<b>Infected &amp; Severely Symptomatic – Need Help</b>
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# Family Safety Plan



## Readiness

## Response

## Rescue

Family Member Scenarios	Be ready for waves or new epidemics.	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	
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	<b>Response if someone in the home gets sick.</b>	<b>Care of loved on with severe symptoms.</b>	<b>Assistance safely to the “new normal”.</b>	<b>Making the family “hardened” as a target</b>
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	Isolate if test positive and contact tracers link	Seek emergency care immediately. Have medical	Recognize probable long-term consequences after	Maintain latest knowledge of local testing, contact tracing,

## First Responder and Educator Panel



Dr. B Owens



Paul Bhatia EMT



Matt Horace



Dr. Casey Clements



Dr. Gregory Botz



David Beshk



Heather Foster RN



Chief William Adcox



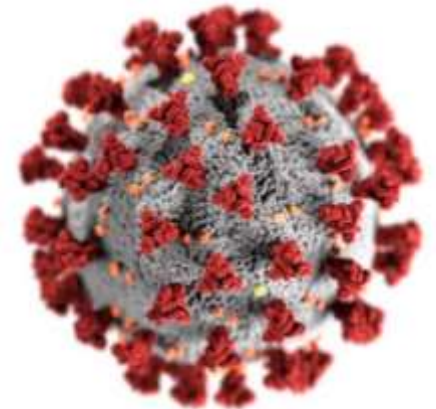
Dr. Charles Denham  
Moderator

# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Gregory Botz MD**

**Critical Care Physician  
Professor University of Texas  
Professor Stanford Medical  
College**

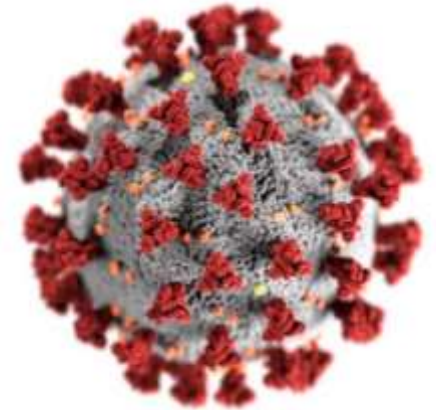


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Dr. Brittany Barto-Owens**

**Community Pediatrician  
Practicing in Philadelphia**



## Multisystem Inflammatory Syndrome (MIS-C)



**CDC** Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

### MIS-C and COVID-19

CDC is investigating multisystem inflammatory syndrome in children, a rare but serious complication associated with COVID-19.

[What CDC is Doing](#)

### What is MIS-C?

Multisystem inflammatory syndrome in children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra tired. We do not yet know what causes MIS-C. However, many children with MIS-C had the virus that causes [COVID-19](#), or had been around someone with COVID-19.

## Coronavirus Disease 2019 (COVID-19)



Your Health ▾

Community, Work & School ▾

Healthcare Workers & Labs ▾

Health Depts ▾

Cases & Data ▾

More ▾

### 🏠 Your Health

Symptoms +

Testing +

Prevent Getting Sick +

**If You Are Sick** -

What to Do If You Are Sick

Isolate If You Are Sick

**When to Quarantine**

Caring for Someone

Parents or Caregivers Who Are Sick

When You Can be Around Others

### YOUR HEALTH

## When to Quarantine

Stay home if you might have been exposed to COVID-19

Updated Sept. 10, 2020

Languages ▾ Print



### Note:

At this time, we have limited information about reinfections with the virus that causes COVID-19. This is a new virus, and CDC is actively working to learn more. We will provide updates as they become available. Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 3 months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 3 months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

There are no confirmed reports to date of a person being reinfected with COVID-19 within 3 months of initial infection. However, additional research is ongoing. Therefore, if a person who has recovered from COVID-19 has new symptoms of COVID-19, the person may need an evaluation for reinfection, especially if the person has had close contact with someone infected with COVID-19. The person should isolate and contact a healthcare provider to be evaluated for other causes of their symptoms, and possibly retested.

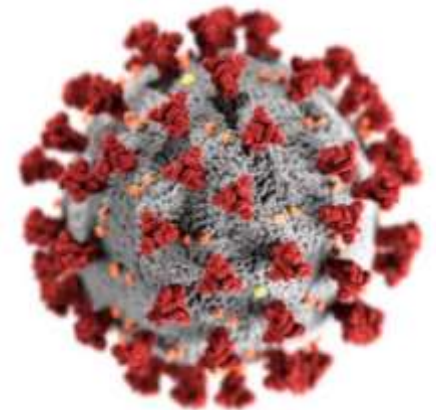


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**David Beshk**

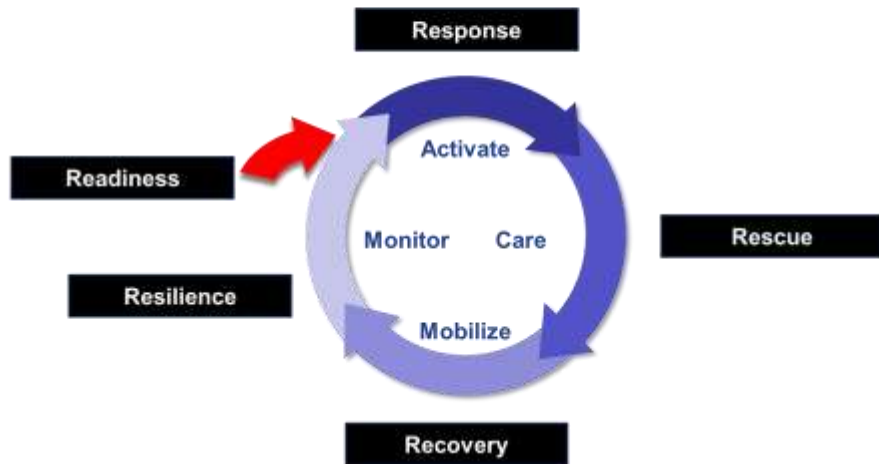
**Award Winning Educator  
Med Tac School  
Program Leader  
Scout Program Mentor  
San Juan Capistrano, CA**





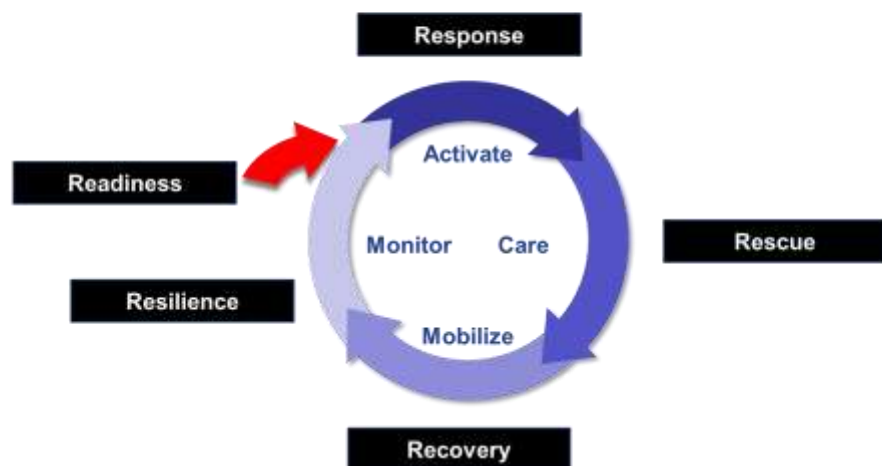
# The Family Plan: Learning as a Family

*Family Health Safety & Organization Security Plans™*



## Who is the CFO?

## Family Health Safety & Organization Security Plans™



## Thoughts for Families with Young Children:

- Review other Readiness Checklists. Use FEMA Emergency Preparedness Checklist (we use when we teach Med Tac Bystander Rescue Program).
- Make sure you have Personal Protective Equipment for everyone.
- Make sure you have a copy of everyone's Medical Records including lists of allergies and meds.
- Review the 5 Rights of Emergency Care video to be prepared for a new experience.
- Use Icons in your plan to make plan family friendly.
- Create plan sections for adults and children
- Create an "All Teach All Learn" Environment
- Play Date Simulations for being prepared.
- Gamify Readiness – we use FEMA as an example

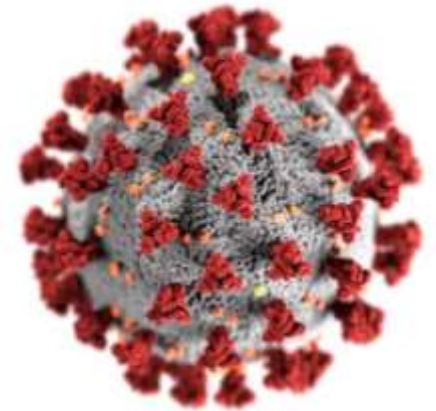
# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Paul Bhatia, EMT**

**UCI Pre-Med Student  
EMT**

**President UCI EMT Association  
Med Tac Instructor**

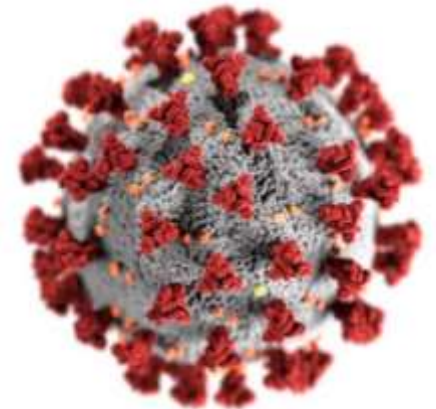


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Casey Clements, MD PhD**

**Emergency Medicine Director  
Staff Safety Director  
Mayo Clinic, Rochester**



**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**



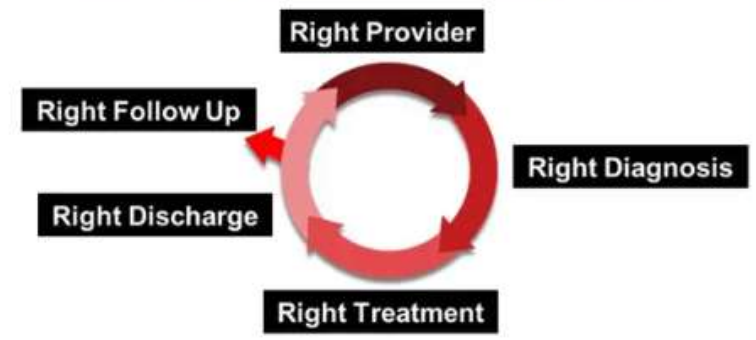
**Dr. Christopher Peabody**

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

**NEW Emergency Dept. Issues**

**Emergency Department and COVID Care**

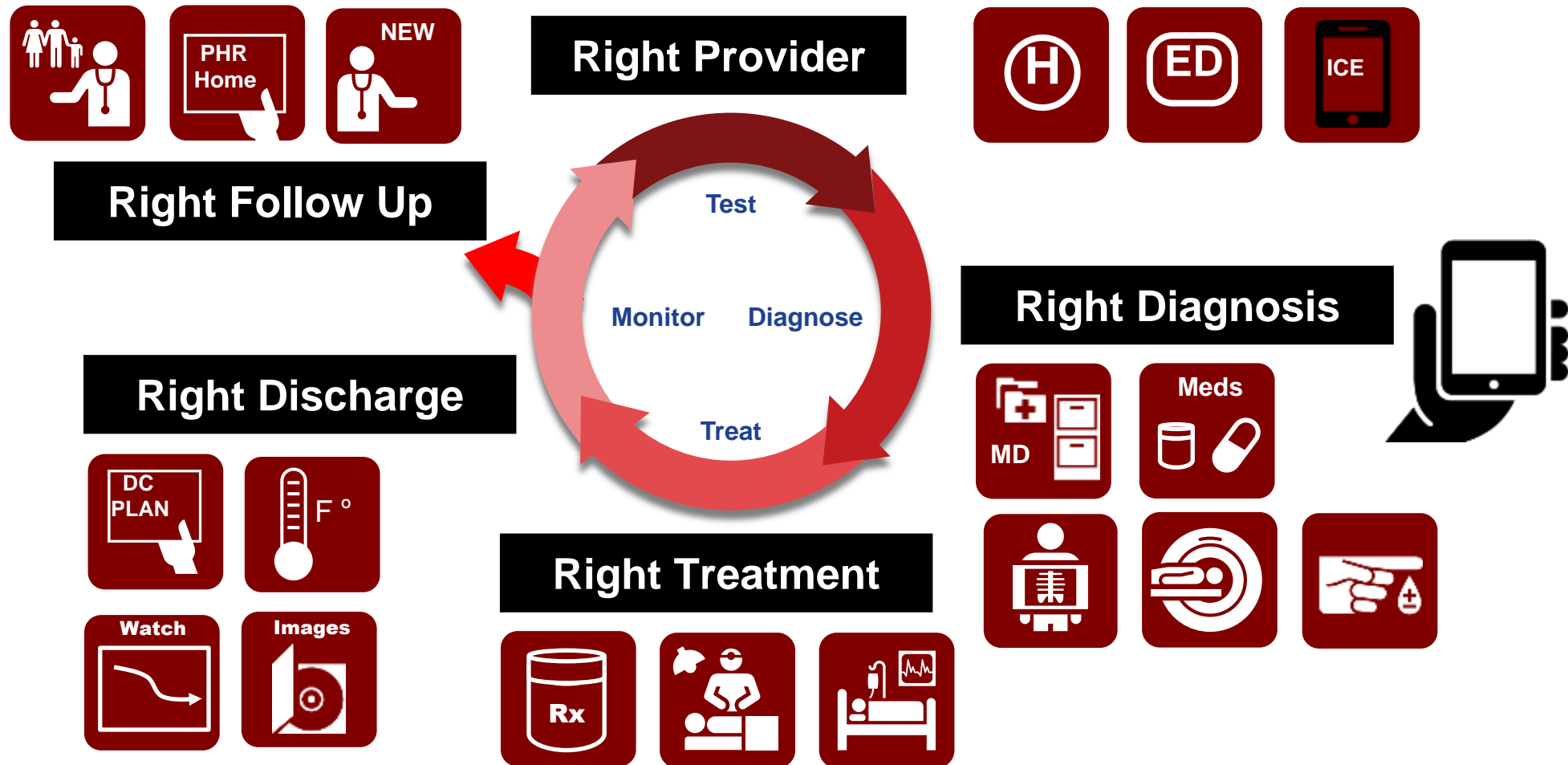
*The 5 Rights of Emergency Care*



06:10 [Progress Bar] [Signal] [Settings] [Full Screen]



# The 5 Rights of Emergency Care<sup>®</sup>

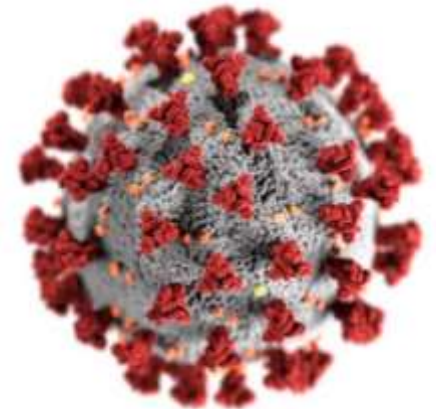


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Matt Horace**

**Chief Security Officer  
Mayo Clinic  
Best Selling Author**

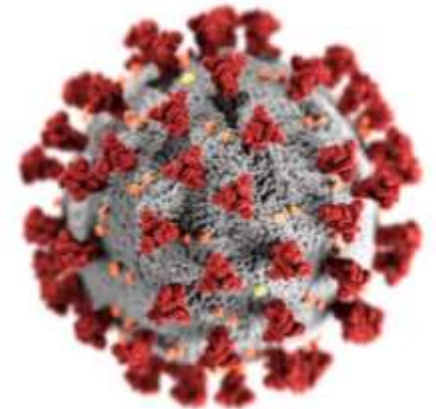


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



## Chief William Adcox

**Chief Security Officer  
Associate Vice President  
MD Anderson Cancer Center  
Chief of Police University of  
Texas at Houston**



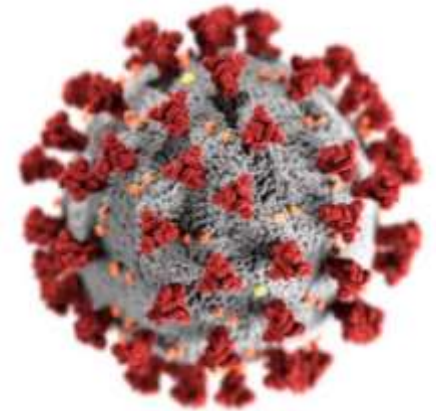


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Heather Foster, RN**

**Practicing Nurse  
Infection Preventionist  
Patient Safety Expert**

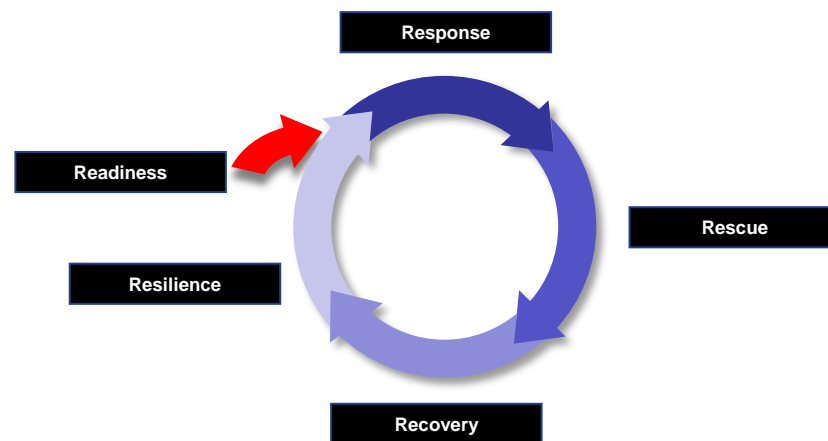


THE UNIVERSITY OF TEXAS  
**MD Anderson**  
~~Cancer Center~~

MAYO  
CLINIC



**The 5 R's**



UCSF

University of California  
San Francisco

UCI



**CAREMOMS  
& FAMILIES**



**HOME FAMILY  
CAREGIVERS**



**AT WORK**

# **Our Discoveries:**

**The Family Unit is  
the Achilles Heel  
Family Transmission Chains**

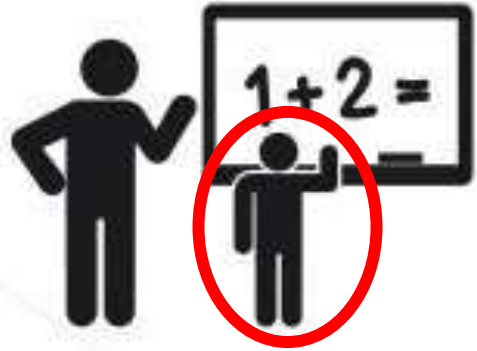
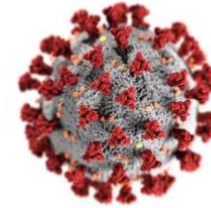
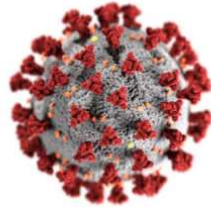
## **Family Unit Training Works**

- **Saves Lives**
- **Saves Money**
- **Saves Liability**

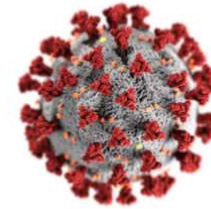
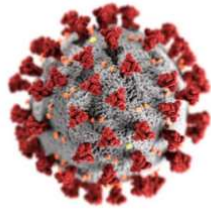
**Our Discovery:  
The Achilles Heal  
Our Family Unit**



**Work**



**School**



**Home**



**Vulnerable**

**Our Discovery:  
The Achilles Heal  
Our Family Unit**



Work

**We Can't Train Essential  
Infrastructure Workers Alone**

**Our Discovery:  
The Achilles Heal  
Our Family Unit**



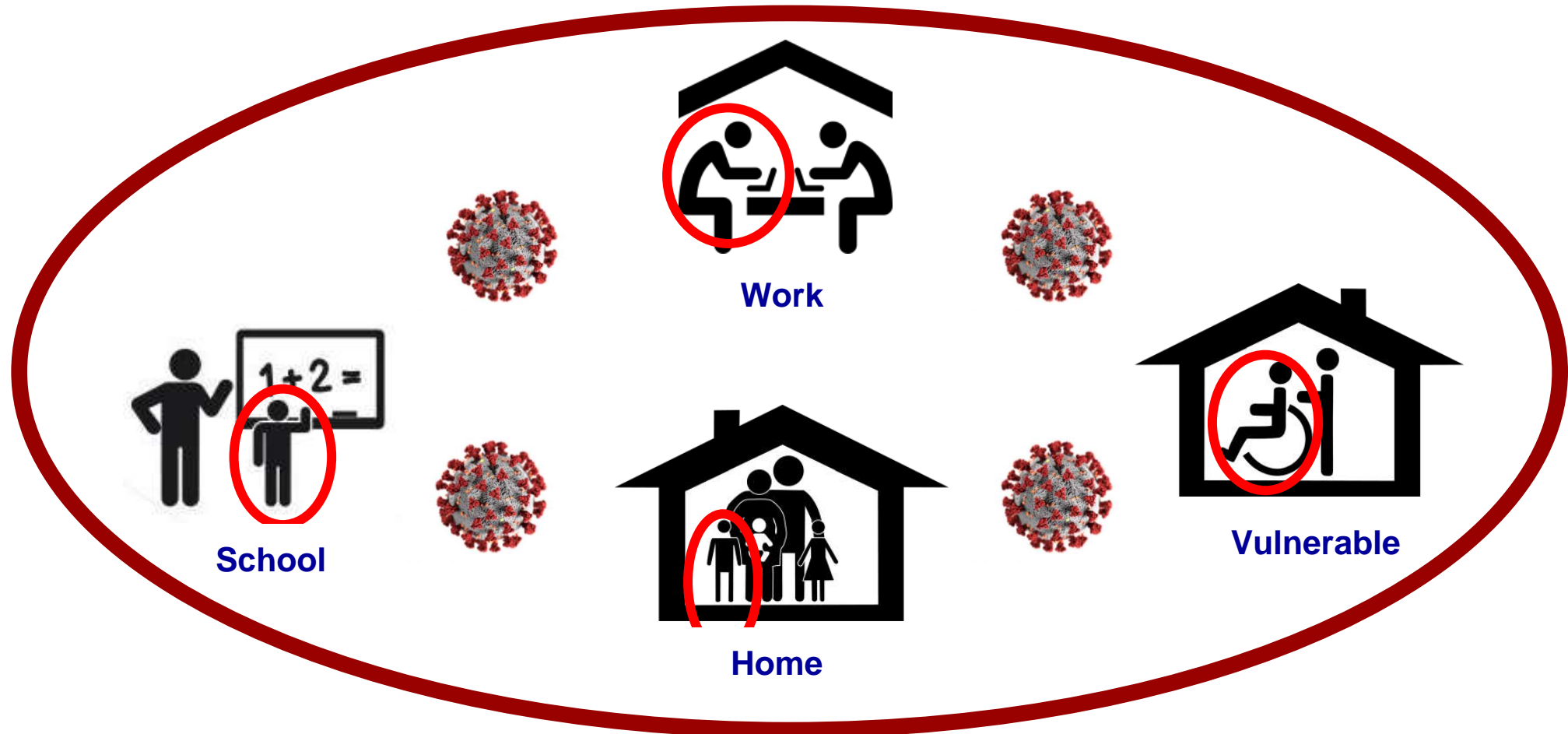
Work

**We Can't Train Essential  
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**The Family Unit is the Achilles Heel**

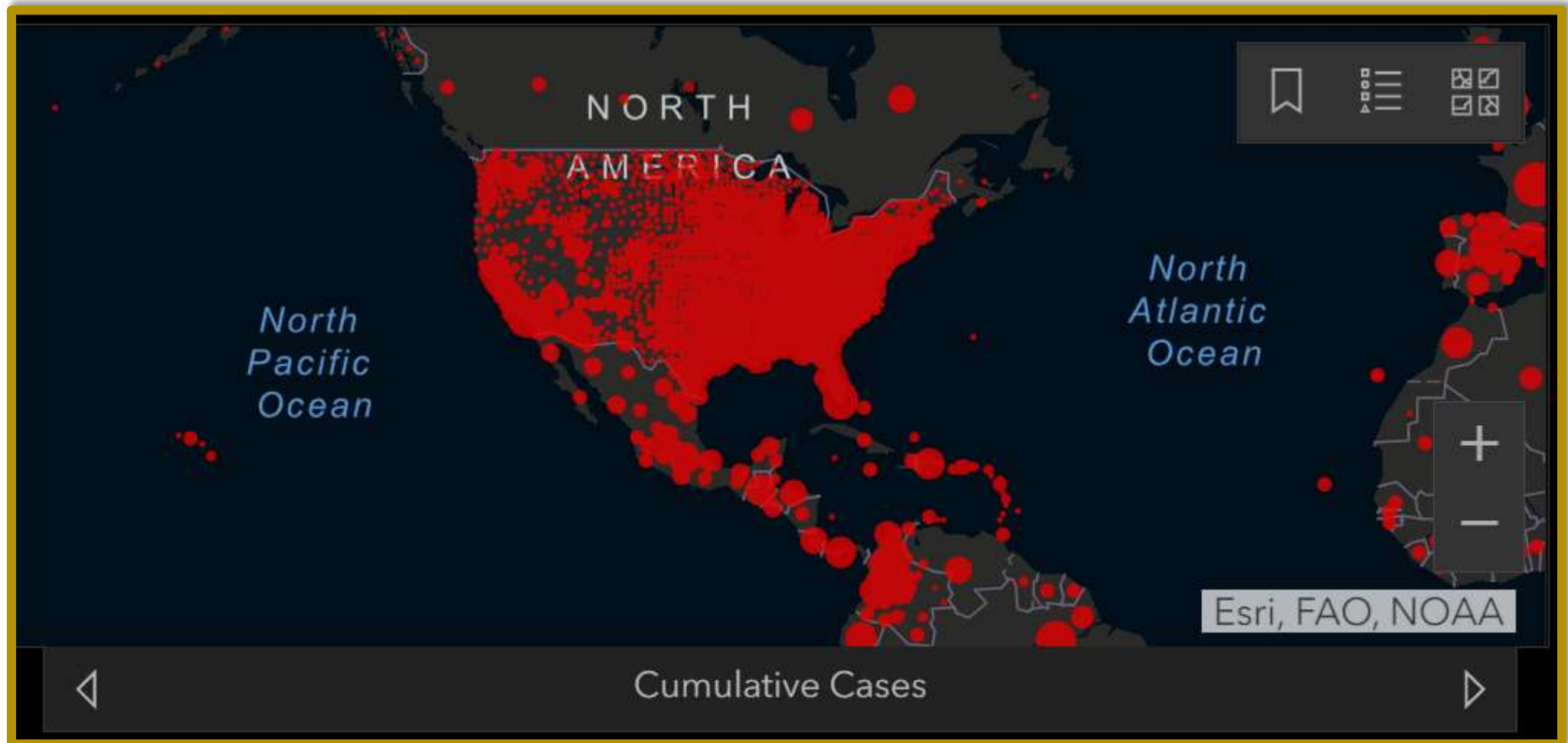
**Our Discovery:**  
**The Achilles Heal**  
**Our Family Unit**

**Save the Family Unit**  
**Saves the Worker**



**Our Discovery:  
The Achilles Heal  
Our Family Unit**

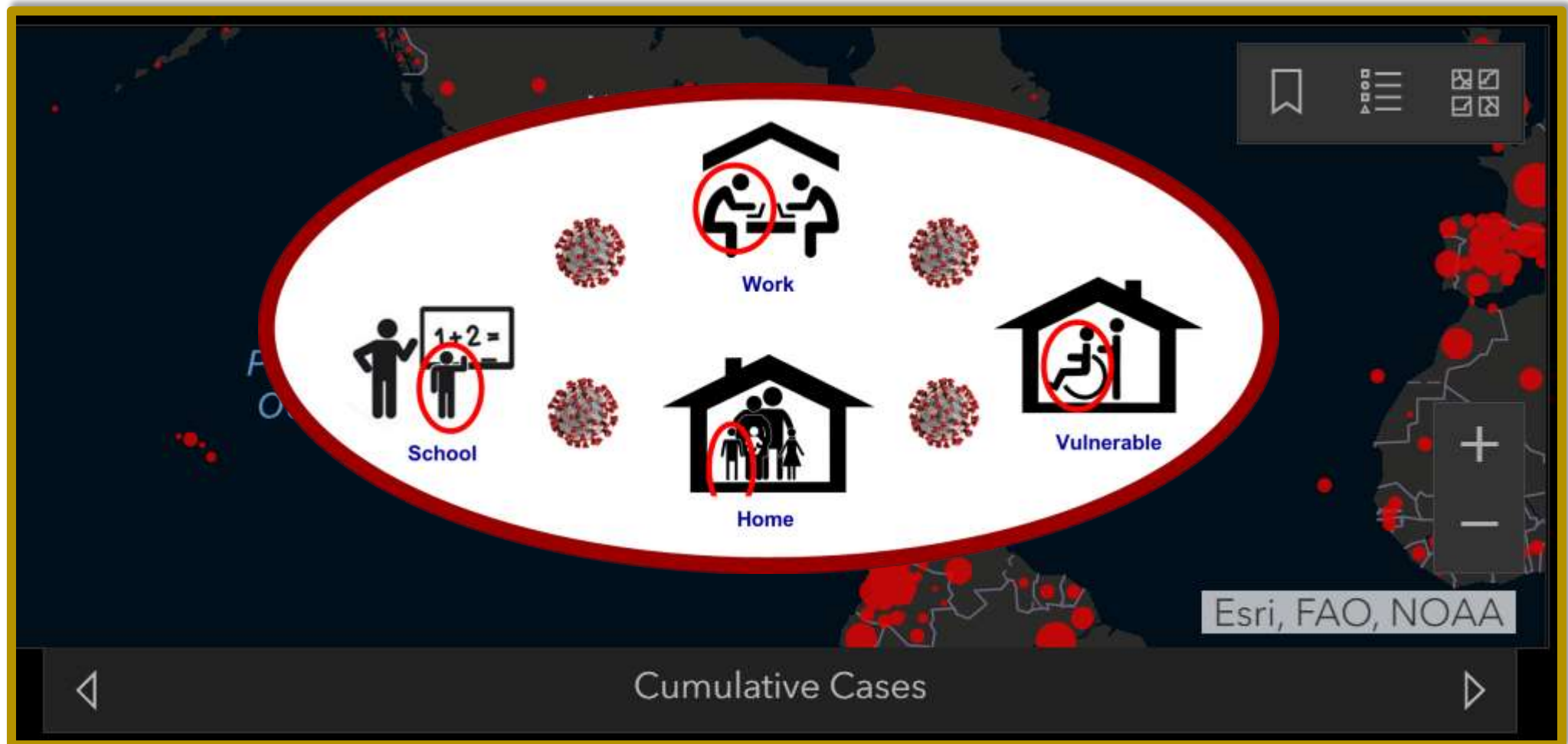
**Save the Family Units  
in Communities Can Save Our Nation**





**Our Discovery:  
The Achilles Heal  
Our Family Unit**

**Save the Family Units  
in Communities Can Save Our Nation**



## BASIC MODULES

### Why Social Distancing WORKS

Masks ARE Critical

Masks: The SCIENCE of Success

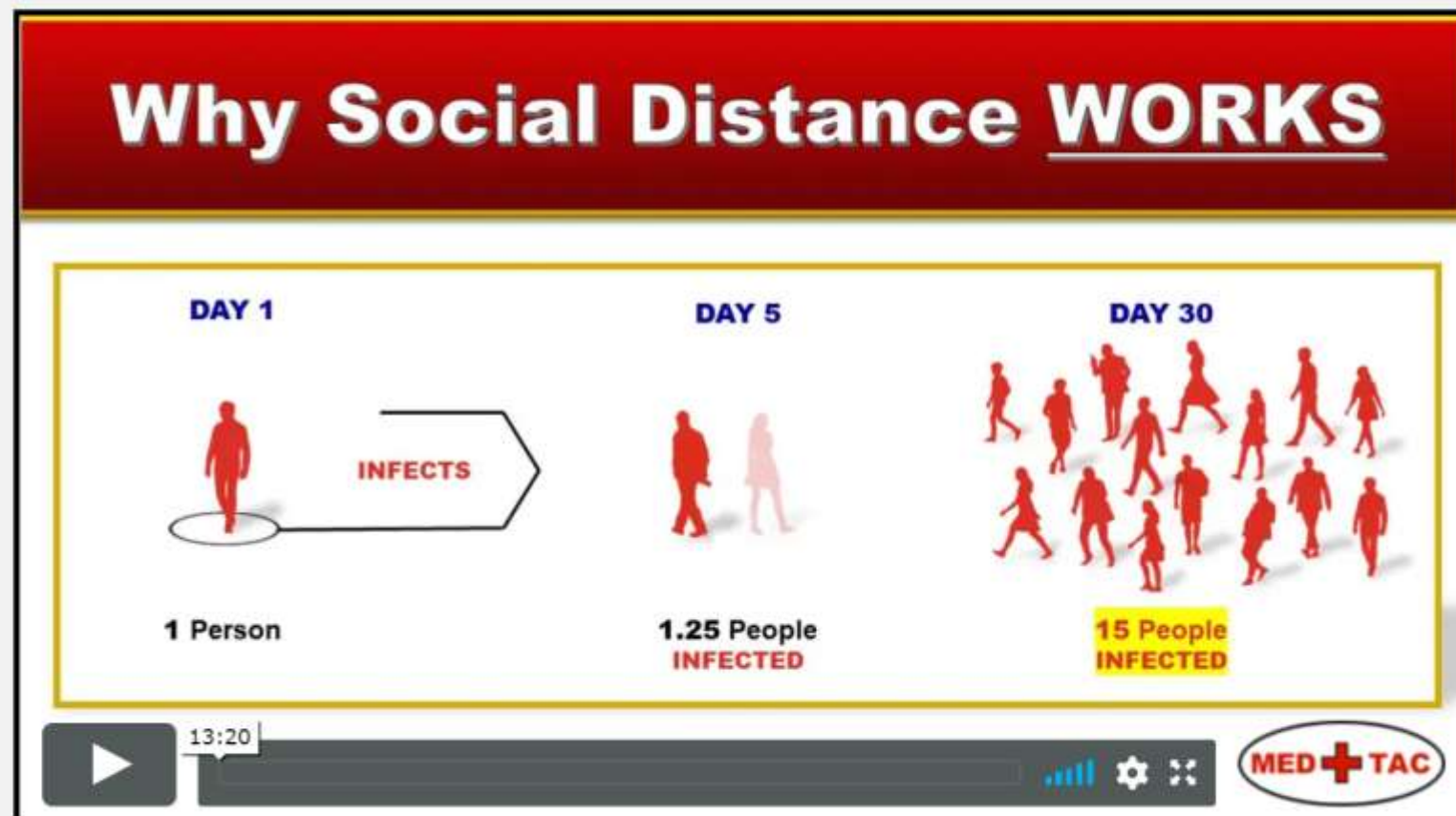
Hand Washing & DISINFECTANTS

CLEAN High Contact Surfaces

Building a FAMILY SAFETY PLAN

If we NEED Emergency Care

Why ICU, Respirators, and ECMO



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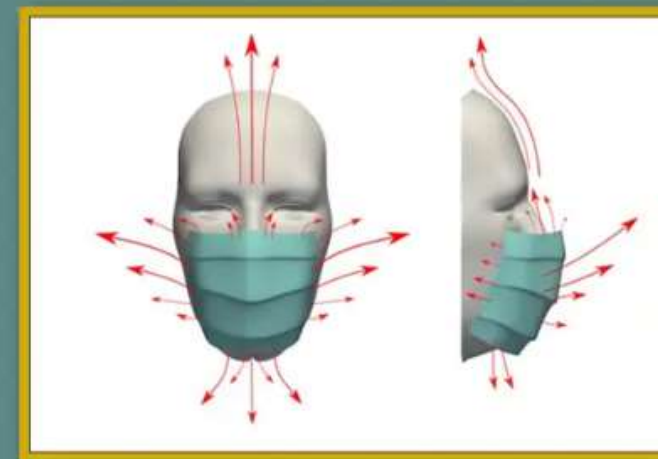
**CLEAN High Contact Surfaces**

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**Masks: The SCIENCE of Success**



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## RISK of High Contact Surfaces

### Coronavirus Lives on Surfaces

 Paper and Tissue Paper**	3 hours	
 Copper*	4 hours	
 Cardboard*	24 hours	
 Wood**	2 days	
 Cloth**	2 days	

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



07:34



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**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

*"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

*"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

*"It is not an inconvenience it is not a suppression of your freedom"*

Dr. Jerome Adams U.S. Surgeon General

*"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

*This face covering actually is an instrument of freedom for Americans if we all use it.*

Dr. Jerome Adams U.S. Surgeon General

*"Wear facial coverings were social distancing is not possible."*

Dr. Alex Azar Secretary Health and Human Services

*"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

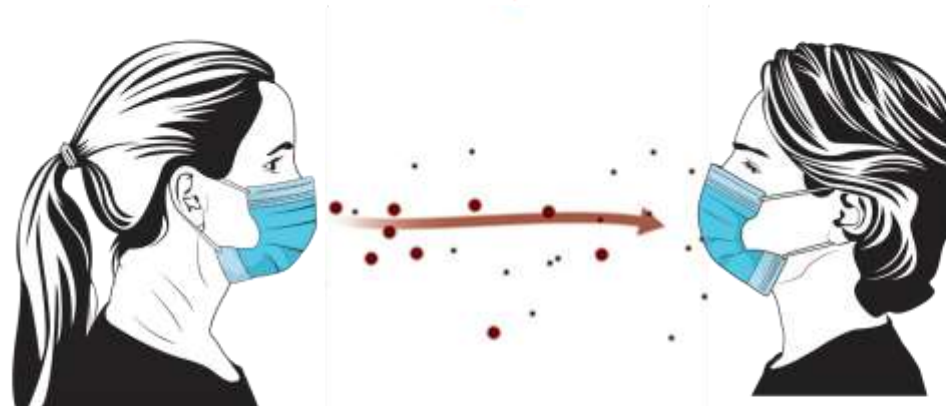
## Survive & Thrive Guide: Masks: The SCIENCE of Success

### Mask Facts & Fiction

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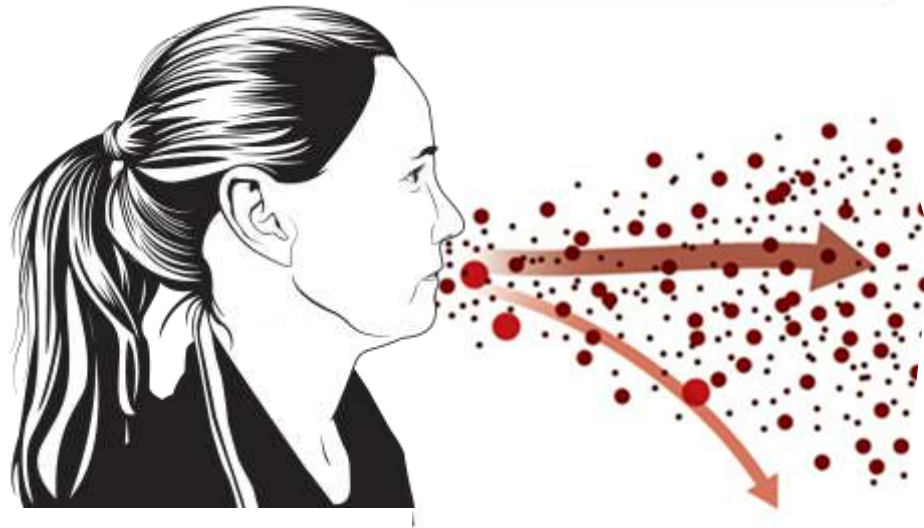
### Dramatically Reduced Risk



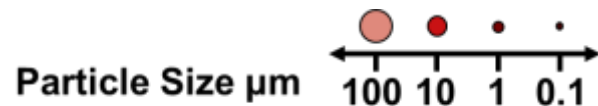
**Best Solution – All Wear Masks**  
**N95 for Caregivers, Surgical Best for Consumers. Next Best Cloth – All are of Value**

# Mask Reduction of Airborne Transmission

A competition between droplet size, inertia, gravity, and evaporation determines how far emitted drop-lets and aerosols will travel in air.



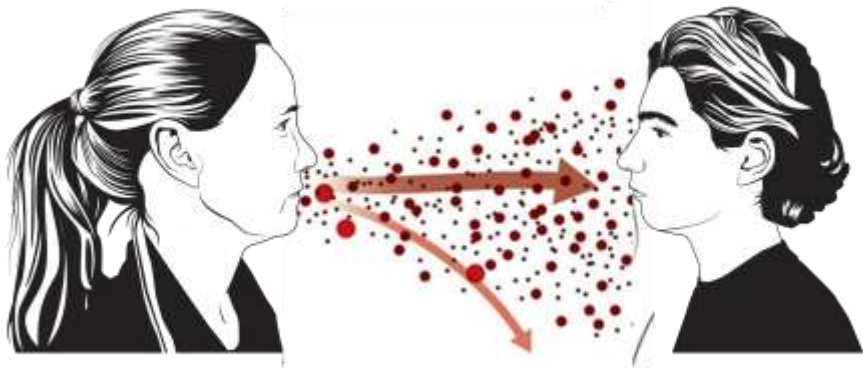
**AEROSOLS** are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.



**DROPLETS** will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.

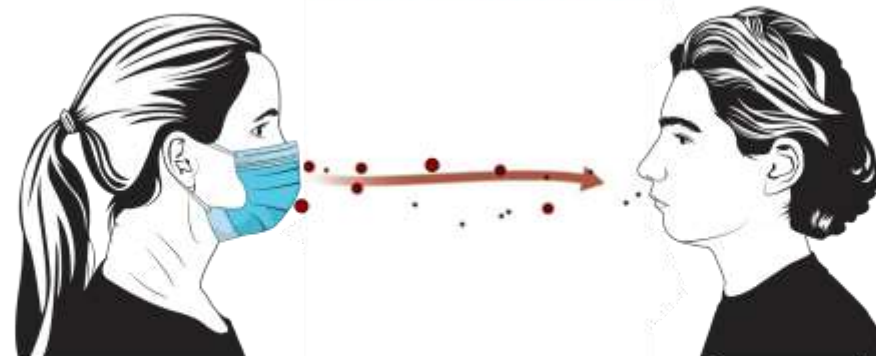


## No Mask – Extreme Risk



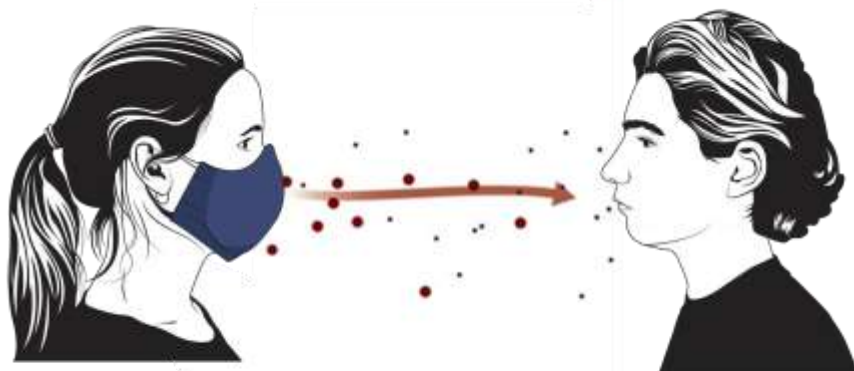
15 minutes within 6 feet = “High Risk”

## Surgical Mask – Reduced Risk



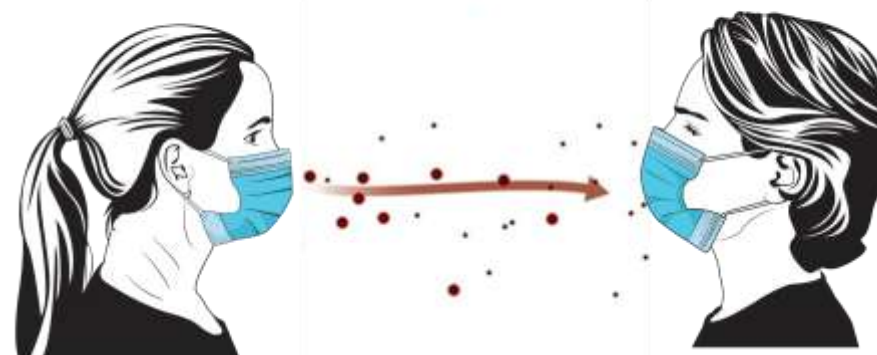
Surgical Mask Reduces  
Exhaled Droplets Reduced by 99%  
and Inhaled Droplets by 75%

## Cloth Mask – Reduced Risk



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

## Dramatically Reduced Risk



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

## Young Adult Panel



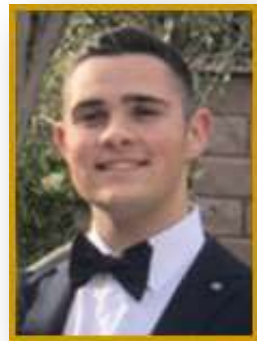
Jaime Yrastorza



Clair Peck



Jacqueline Botz



D Policichio



Preston Head III



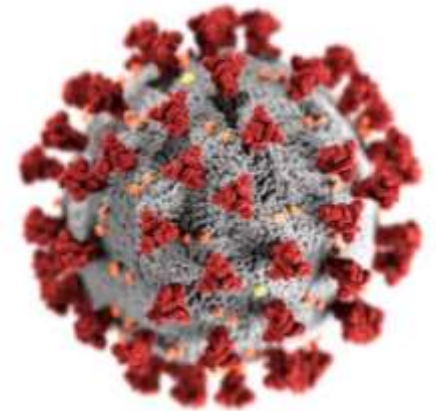
Perry Bechtle III  
Moderator

# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Jaime Yrastorza**

**Graduate UCSD  
Pre-Med Student  
Med Tac College Team**

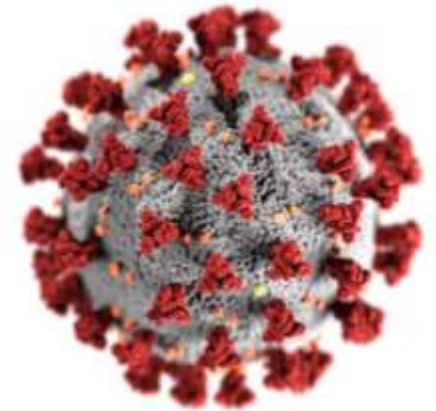


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



**Jacqueline Botz**

**Chapman University  
Sophomore  
Theatrical Arts Student  
Med Tac Program Intern**

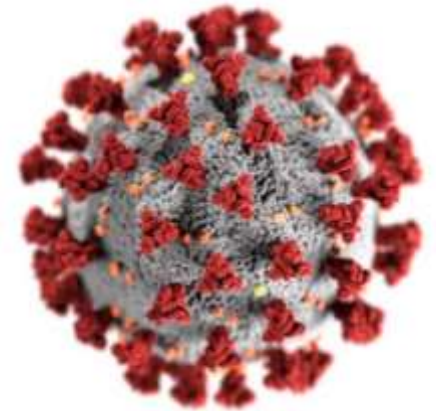


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



## Clair Peck

**NYU Sophomore  
Film Student  
Med Tac Production  
Team Member**

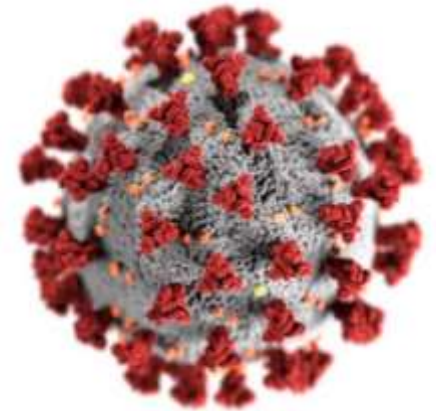


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



## **Perry Bechtle III**

**University of Florida Senior  
Pre-Med Student  
Med Tac Master Instructor  
Eagle Scout and Eagle Team Lead**

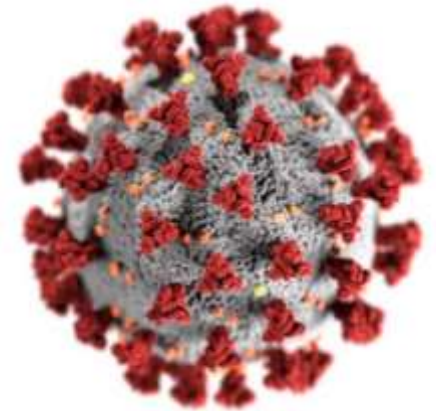


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



## **Danny Policichio**

**NYU Film Student  
Producer Med Tac Bystander  
Rescue Program Films**

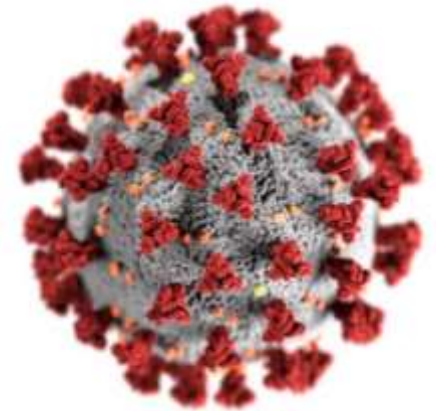


# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



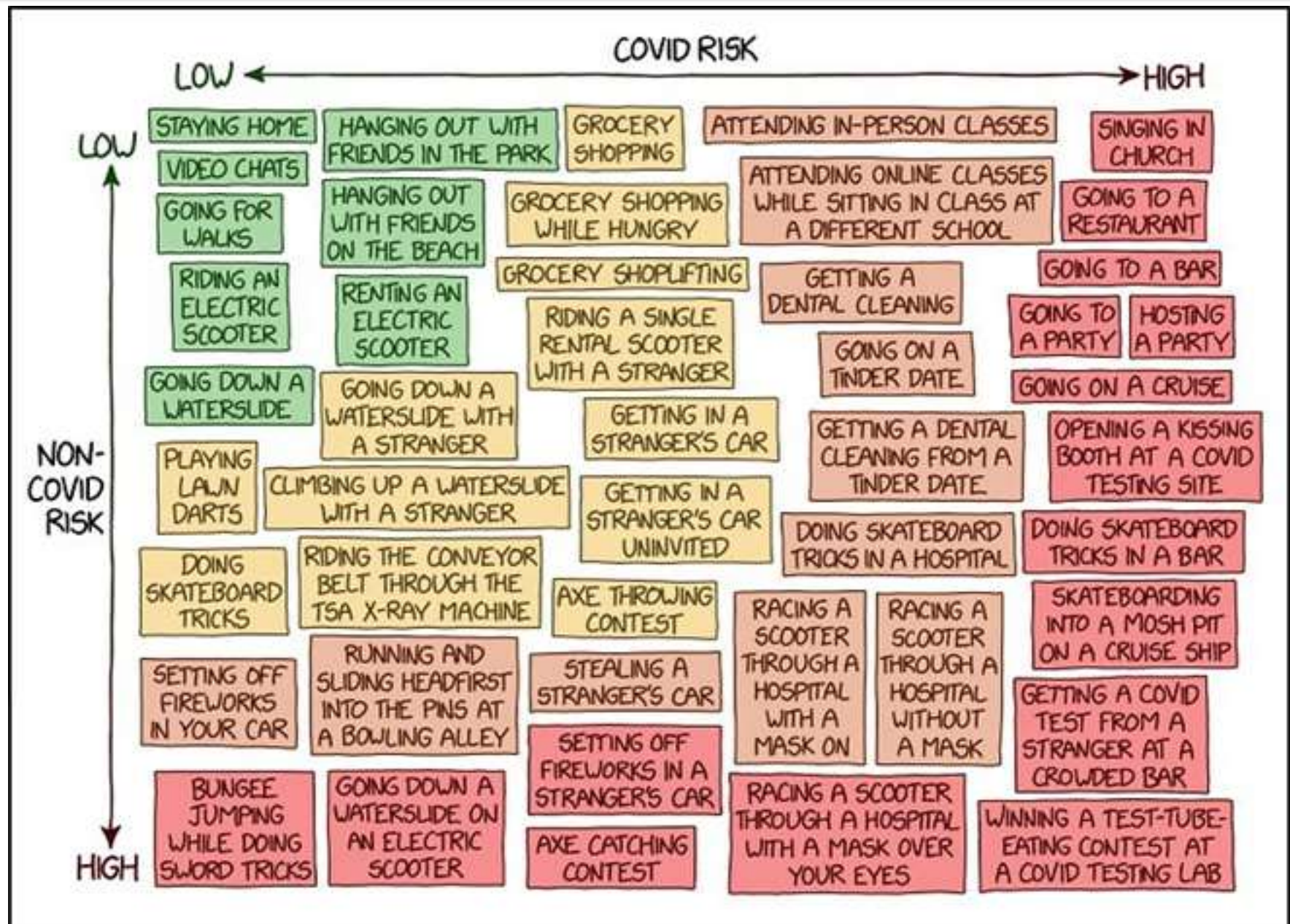
## Preston Head III

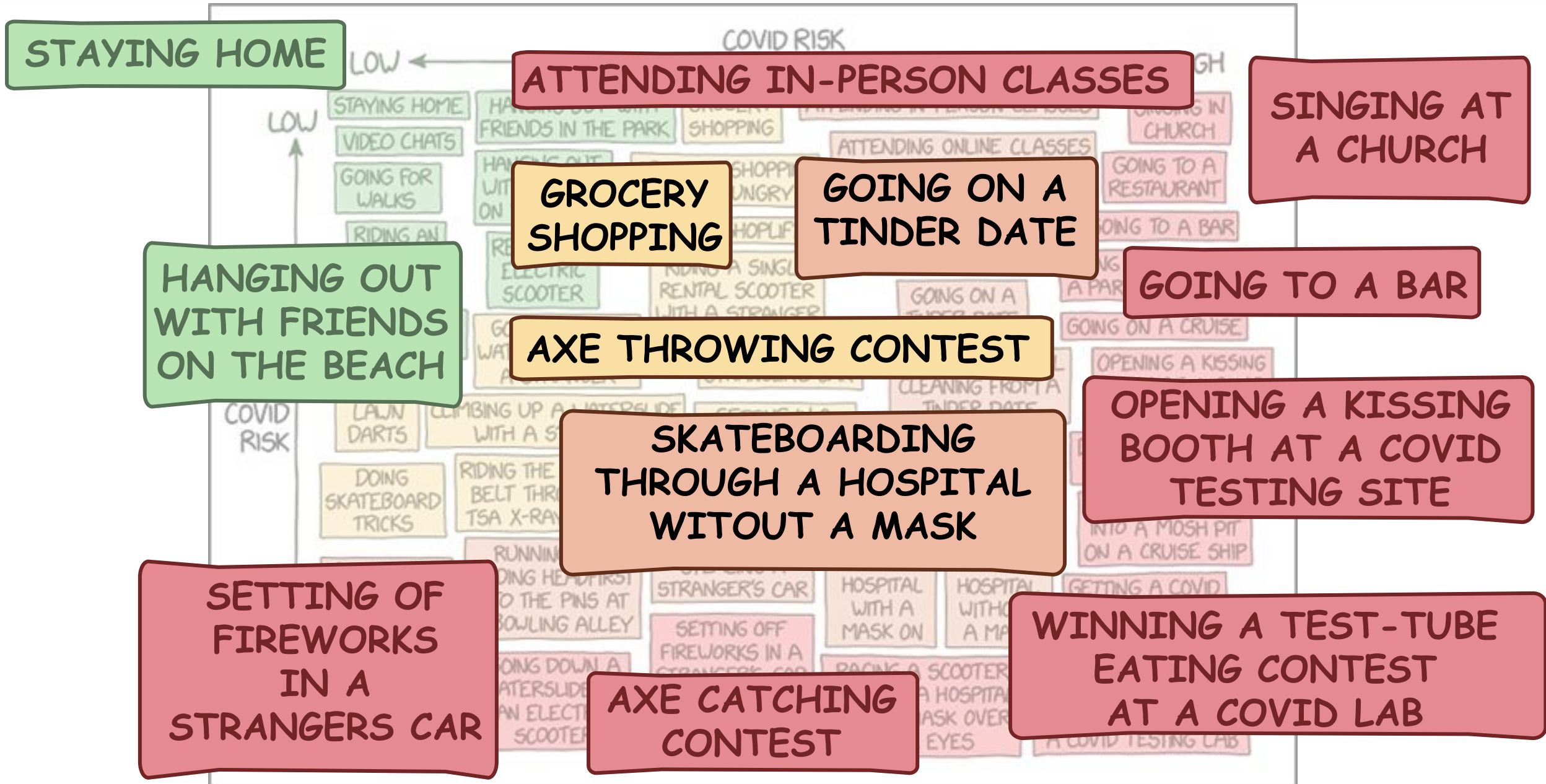
**Master Med Tac Instructor  
Co-founder Med Tac Surf &  
Lifeguard Program**





# Humor the Best Medicine







[Youth Safety](#)

[BSA Membership Standards](#)

[Diversity & Inclusion](#)

[Frequently Asked Questions](#)

[Annual Report & Financial Statements](#)

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## Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

## Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. A Scout tries to live up to the Law every day. It is not always easy to do, but a Scout always tries.

## A Scout is:

**TRUSTWORTHY.** Tell the truth and keep promises. People can depend on you.

**LOYAL.** Show that you care about your family, friends, Scout leaders, school, and country.

**HELPFUL.** Volunteer to help others without expecting a reward.

**FRIENDLY.** Be a friend to everyone, even people who are very different from you.

**COURTEOUS.** Be polite to everyone and always use good manners.

**KIND.** Treat others as you want to be treated. Never harm or kill any living thing without good reason.

**OBEDIENT.** Follow the rules of your family, school, and pack. Obey the laws of your community and country.

**CHEERFUL.** Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy.

**THRIFTY.** Work to pay your own way. Try not to be wasteful. Use time, food, supplies, and natural resources wisely.

**BRAVE.** Face difficult situations even when you feel afraid. Do what you think is right despite what others might be doing or saying.

**CLEAN.** Keep your body and mind fit. Help keep your home and community clean.

**REVERENT.** Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.



## Speakers & Reactors



**Charlie Denham III**



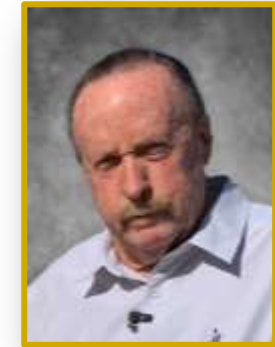
**Rev Lester Mackenzie**



**Randal Styner**



**Keith Flitner**



**John Little**



**John Tomlinson**



**Perry Bechtle III**



**Heather Foster RN**



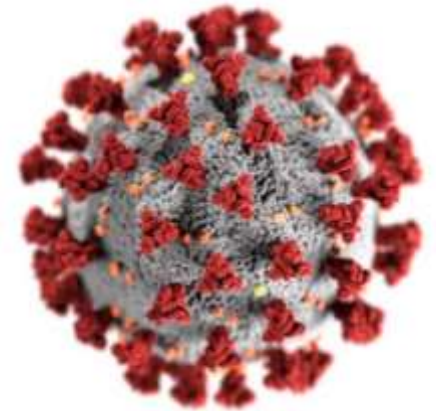
**Dr. Charles Denham**

# Creating Your Family Safety Plan: Family Survive & Thrive Guide™



## Charles R Denham III

**Co-founder Med Tac Bystander  
Rescue Program  
Junior Med Tac Instructor  
Co-lead Med Tac Surf &  
Lifeguard Program**

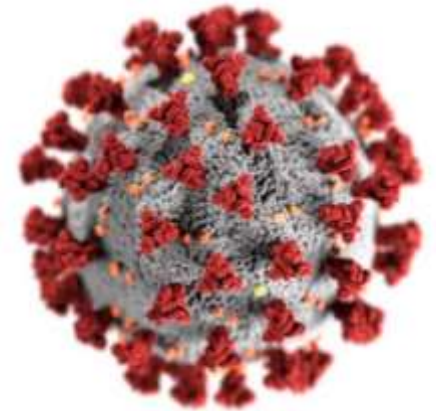


# Keeping our Kids Safe Family Survive & Thrive Guide™



**Randy Styner**

**Emergency Management Director  
UCI Police Department  
Assistant Scout Master**



# Return to Scouting Safely

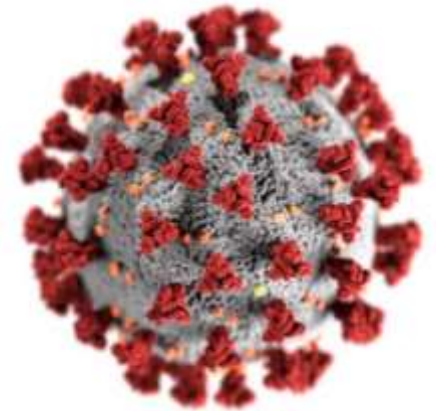


# Keeping our Kids Safe Family Survive & Thrive Guide™



**Keith Flitner**

**Aerospace Engineer  
Scout Leader  
Eagle Scout**



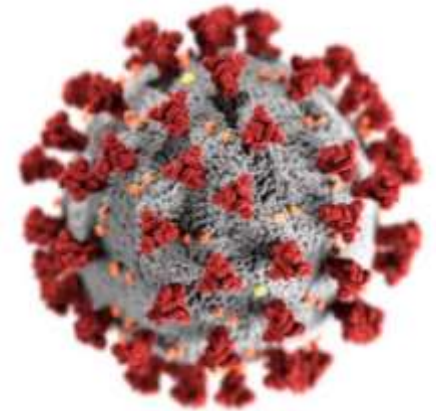


# Keeping our Kids Safe Family Survive & Thrive Guide™



**John Little**

**Paramedic  
Faith-based Security and  
Medical Leader  
Med Tac Master Instructor**

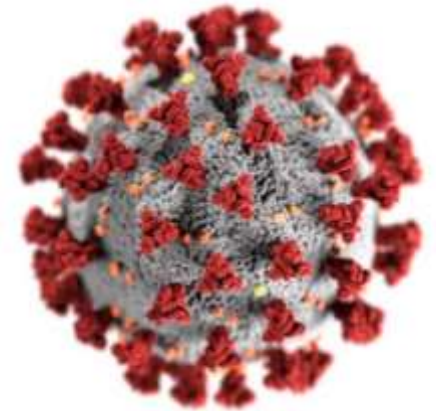


# Keeping our Kids Safe Family Survive & Thrive Guide™



**Rev Lester Mackenzie**

**Rector of The Episcopal  
Church of St Mary  
Laguna Beach CA**

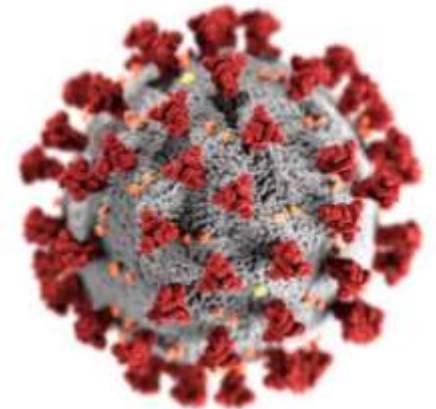


# Keeping our Kids Safe Family Survive & Thrive Guide™



**John Tomlinson JD MBA**

**Scout Troop Committee Chair  
Med Tac Adopt a Cove  
Program Partner  
Community Leader**



# Tomlinson Home Isolation Chamber



## Speakers & Reactors



Chief William Adcox



Dr. Gregory Botz



Dr. B Owens



Heather Foster RN



Dr. Casey Clements



David Beshk



Perry Bechtle III



Jennifer Dingman



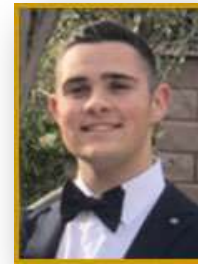
Matt Horace



Clair Peck



Jacqueline Botz



D Policichio



Jaime Yrastorza



Paul Bhatia EMT



Charlie Denham III



Father MacKenzie



Preston Head III



Randal Styner



Keith Flitner



John Little



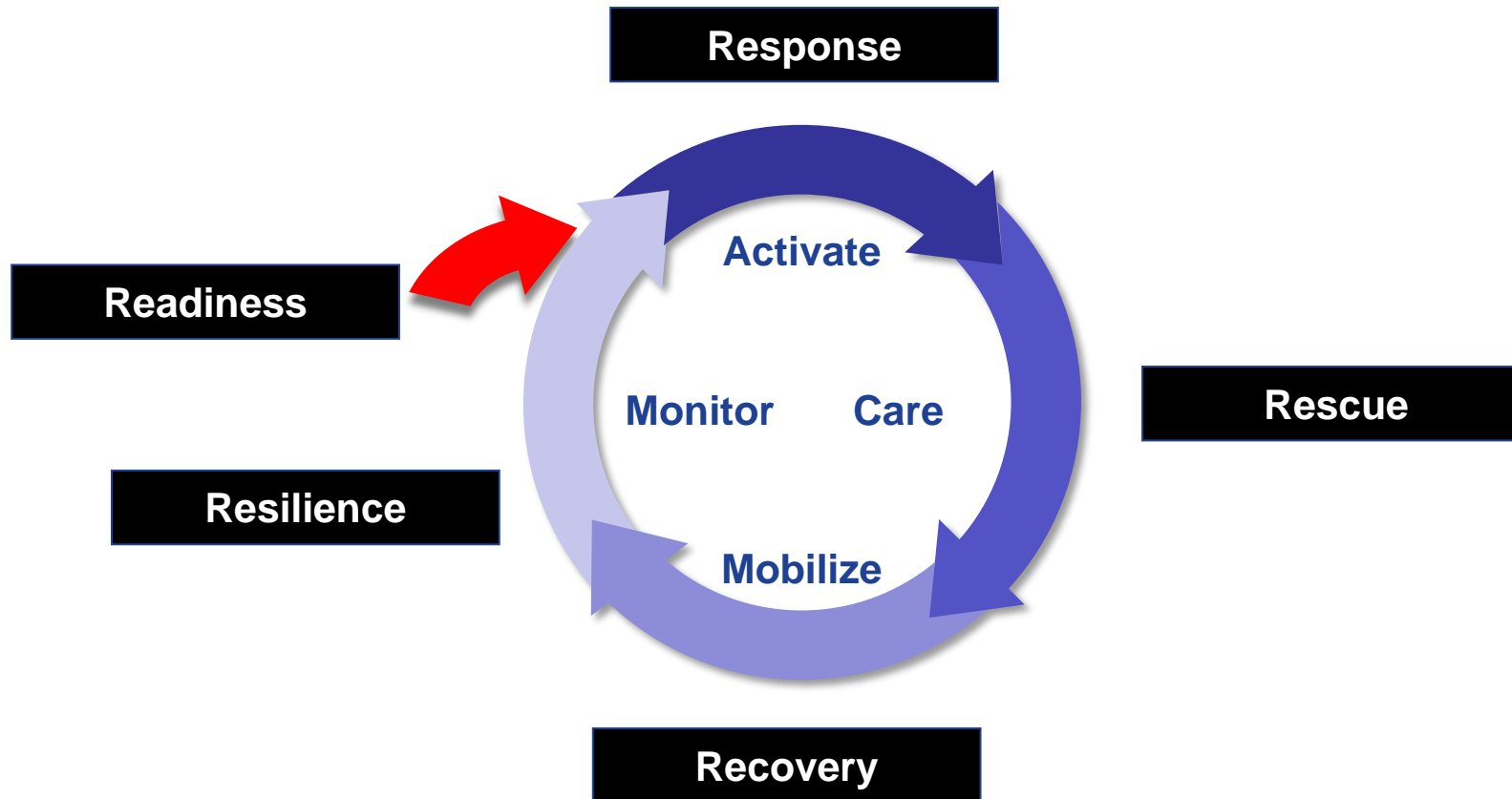
John Tomlinson



Dr. Charles Denham



# Family Health Safety & Organization Security Plans™



## National Survey Questions

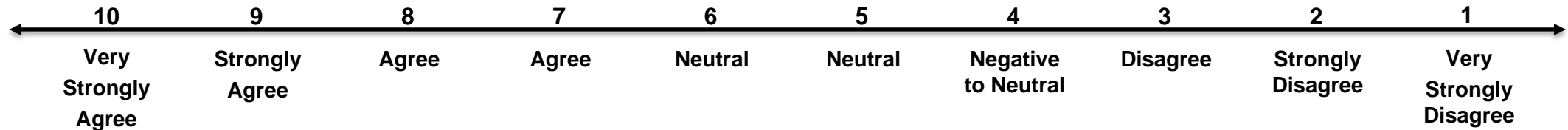
**I have already responded to  
the Family Health Safety Survey**





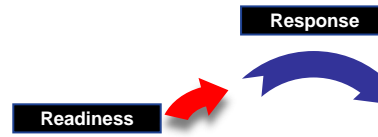
# READINESS

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



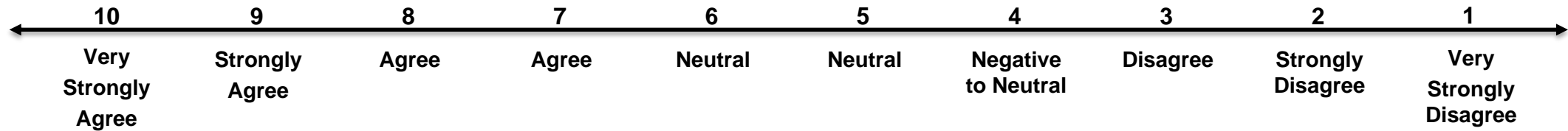
**What readiness information would you like to have?**





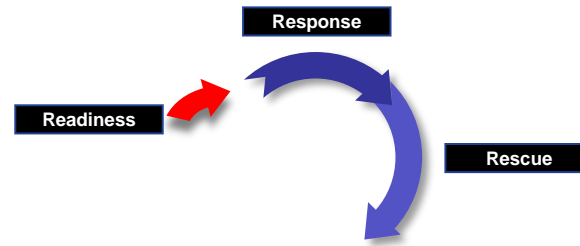
# RESPONSE

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

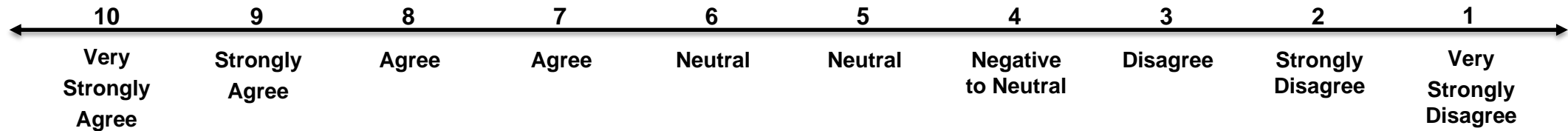


**What information would help you respond when a loved one becomes infected?**

# RESCUE

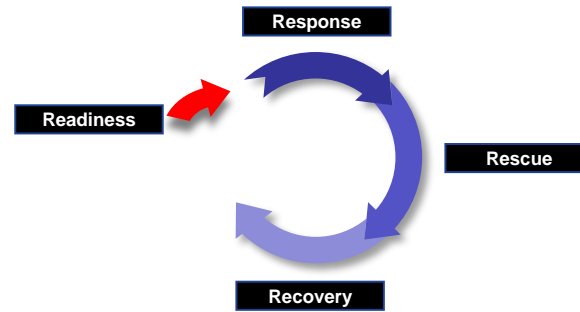


**My family knows what do when someone develops severe COVID-19 symptoms.**

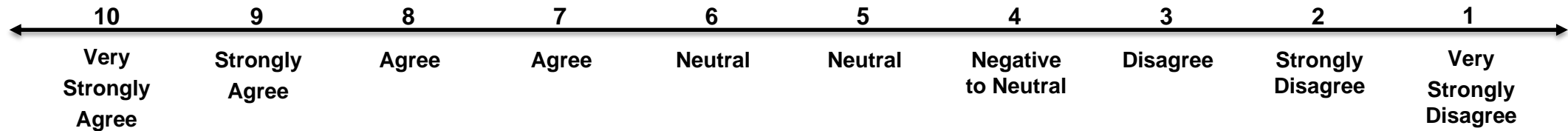


**What information would help your family react if someone develops severe symptoms?**

# RECOVERY

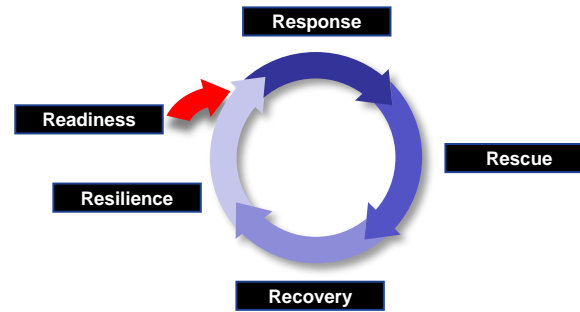


**My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.**

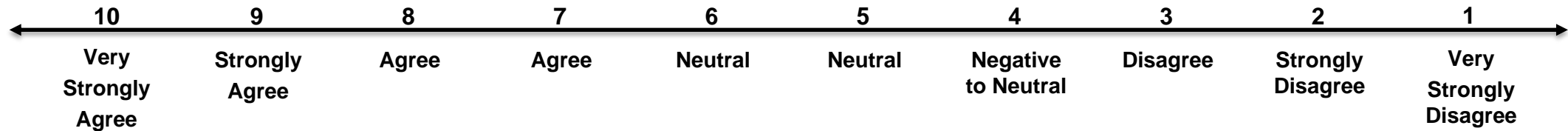


**What information would help your family return to the new normal?**

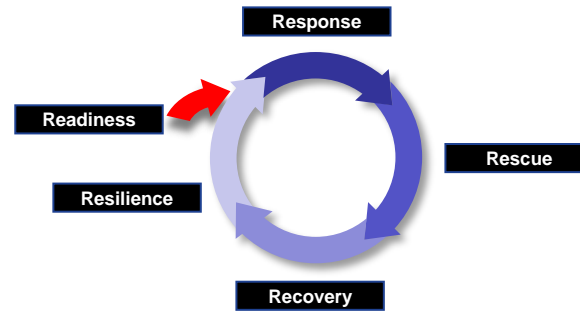
# RESILIENCE



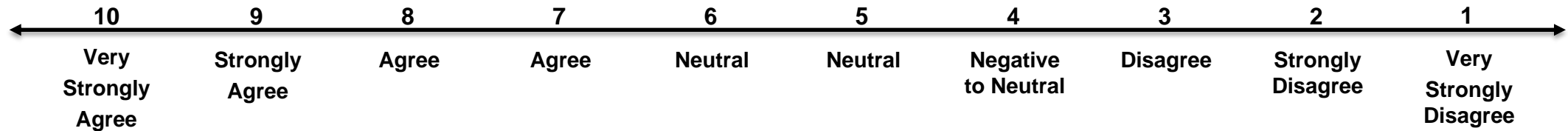
**My family has a plan to make them less vulnerable to epidemics in the future.**



**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:**

## ***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**

