

Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020

MED + TAC Global Coronavirus Care Community of Practice Bystander Rescue Care CareUniversity Series

Creating Your Family Safety Plan A Survive & Thrive Guide™

October 1, 2020 CareUniversity Webinar #147

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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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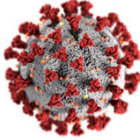
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Voice of the Patient



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



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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.**

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

Our ICARE Values:
 Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.

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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 Owens 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 Bechtel 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 Filtnr 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.

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Survive & Thrive Guide: Keeping Your Family Safe

TMIT Global Research Test Bed

3,100 Hospitals in 3,000 Communities
 500 Subject Matter Expert Pool



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Survive & Thrive Guide: Protecting Your Family




500 Subject Matter Experts

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Essential Critical Workforce Infrastructure

Educators Declared Essential Critical Infrastructure Workers




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Teens, College Students, and Young Adults

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>

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 John Nance JD	 Dr. Gregory Botz	 Chief William Adcox	 Heather Foster	 Dr. Charles Denham	 Dr. Casey Clements	 Beth Ullam	 Dr. McDowell	 Dennis Quaid	 Preston Head II
 Fred Haise	 Dr. Steve Swensen	 Tyler Sant	 Avarie Pettit	 Dr. Mary Foley	 Bob Chapman	 Perry Bechtle II	 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

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Contributions Through Segments of our *Discovery Channel* Documentaries









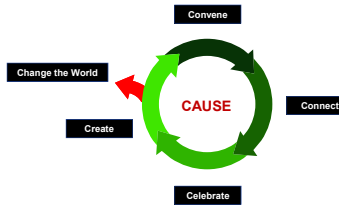




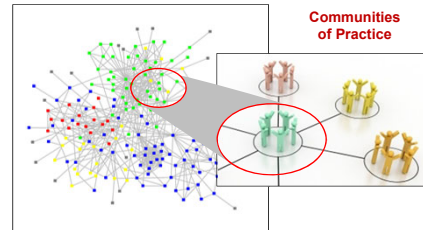

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Communities of Practice Model




Change the World



Communities of Practice

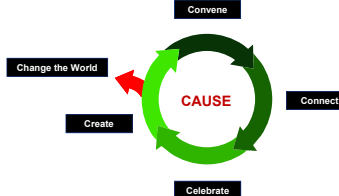
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Family Centric



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

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



ADVANCED MODULES

- Preparing for CARE at Home
- TELEMEDICINE Works - Try It
- Care of Seniors & those at Risk
- The Latest Best Practices
- Companions and the Most Vulnerable
- Getting Home Safely
- The New Return Webinar
- Back to School Safety

Related Resources

- Care of the At Risk & Seniors at Home

www.medtacglobal.org/coronavirus-response/

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Survive & Thrive Guide: Protecting Your Family

Creating Your Family Safety Plan

The diagram illustrates a continuous cycle of family safety. At the center is a blue circle with four quadrants: 'Activate' (top), 'Monitor' (left), 'Care' (right), and 'Mobilize' (bottom). Surrounding this circle are four black rectangular boxes: 'Response' (top), 'Rescue' (right), 'Recovery' (bottom), and 'Readiness' (left). A red arrow points from the 'Readiness' box to the 'Activate' quadrant. The entire cycle is supported by 'Resilience' (bottom-left) and 'Recovery' (bottom-right).

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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?

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Speakers & Reactors

Chief William Adcox	Dr. Gregory Botz	Dr. B Owens	Heather Foster RN	Dr. Casey Clements	David Beshk	Perry Bechtie III	
Jennifer Dingman	Matt Horace	Clair Peck	Jacqueline Botz	D Policchio	Jaime Yrastorza	Paul Bhatia EMT	Charlie Denham III
Father MacKenzie	Preston Head III	Randal Styner	Keith Flitner	John Little	John Tomlinson	Dr. Charles Denham	

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Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide Webinars

Creating Your Family Safety Plan

Survive & Thrive Guide Series: Coming Home Safely

August 6, 2020

Keeping Our Kids Safe

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Coming Home Safely

Hot Zone
Public & Work Exposure

Warm Zone
Disinfection Area

Safe Zone
Home with Family

August 6, 2020

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Hot-Warm-Safe Zone Practices

Hot Zone
Public & Work Exposure

Warm Zone
Disinfection Area

Safe Zone
Home with Family

Maintain Best Protection

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

Disinfection & Storage

- Considered Contaminated
- Remove PPE
- Disinfect each Person
- Store PPE
- Separate Laundry
- Clean Surfaces

Maintain Zone Virus Free

- Disinfection Stations at doors at Warm Zones
- Clean Contact Surfaces
- Maintain Ventilation
- Manage Isolation, Quarantine, and Senior Care

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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone
Public & Work Exposure

Maintain Best Protection

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

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.

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Hot-Warm-Safe Zone Practices

WARM ZONE
Disinfection Area

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.

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.

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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.

Safe Zone
Home with Family



Maintain Zone Virus Free

- Disinfection Stations at doors at Warm Zones
- Clean Contact Surfaces
- Maintain Ventilation
- Manage Isolation, Quarantine, and Senior Care

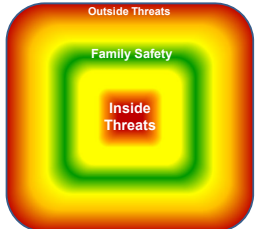
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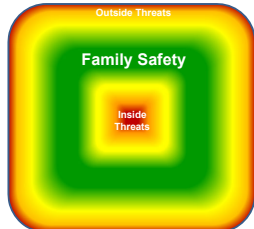
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Family Survive & Thrive Guide: Keeping Our Kids Safe



→



LEAD

August 03, 2020 CareUniversity Webinar #145
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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.



→




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Keeping Our Kids Safe: Steps 1-4


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



Reduce Family Vulnerability



→



LEAD

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.

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Survive & Thrive Guide: Protecting Your Family

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.

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STEP 1: Identify Each Family Member Threat Profile

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.

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STEP 2: Identify and Follow Local Coronavirus Threats

Inside versus Outside Threats

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.
- 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 of 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.

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Example Family Threat Profile Orange County CA

Daily COVID-19 Positive Cases per 100,000 (7-Day Average with 7-Day Lag): **5.6**

Testing Positivity Percent (7-Day Average with 7-Day Lag): **5%**

Cumulative Cases to Date (includes deaths)	Daily COVID Positive Cases Received
49,142	317

Use of AI models: App-Cat, Jmetals, and G2 Person Experiencing Homelessness

Cumulative Tests To Date	Tests Reported Today
664,745	7,605

- 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.

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
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)

Example Family Threat Profile Orange County CA



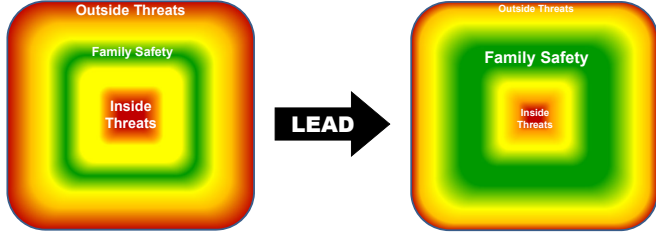
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-  • Grandmother at 99 years of age in assisted living with history of lung disease.

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Threats X Vulnerability = Risk to Your Family

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



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STEP 3: Develop a Family Safety Plan

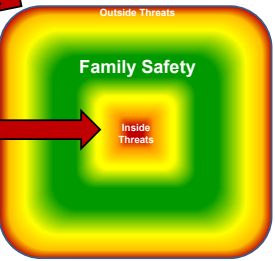
Reduce Vulnerability

Reduce Vulnerability to Outside 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.

Vulnerability to Outside Threats:

- 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.
- 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.

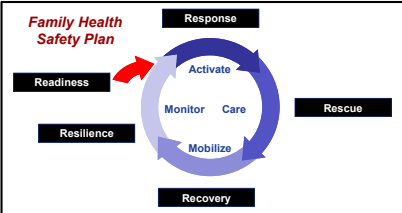


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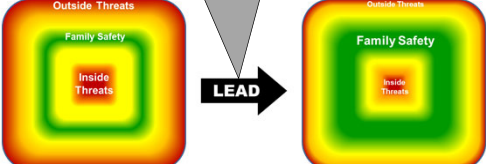
STEP 3: Develop a Family Safety Plan

- 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.



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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.

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."

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

Readiness → **Response** → **Rescue** → **Recovery** → **Resilience**

Activate, **Monitor**, **Care**, **Mobilize**

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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	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic – Before Symptoms	Know: what "exposure is", what to if expose or notified by a contact tracer.	Isolate if test positive and contact tracers link	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain isolation per guidelines.	Isolate if test positive and contact tracers link	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Severely Symptomatic – Need Help	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	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 AND ID best hospital care providers.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	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	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 infections of others at home or in contact with patient.	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!

CarUniversity Med Tac Bystander Rescue Care

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	Watch for the signs and symptoms triggering	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	Know: what "exposure is", what to if expose or notified by a contact tracer.	Isolate if test positive and contact tracers link	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain isolation per guidelines.	Isolate if test positive and contact tracers link	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences of infection.	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Severely Symptomatic – Need Help	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	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 AND ID best hospital care providers.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	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	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 infections of others at home or in contact with patient.	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.

CarUniversity Med Tac Bystander Rescue Care

Family Safety Plan

Readiness → **Response** → **Rescue** → **Recovery** → **Resilience**

Family Member Scenarios	Infected & Symptomatic – Have Symptoms
No Exposure No Test or Negative Test	Infected & Severely Symptomatic – Need Help
Exposure to Infected Person and No Test	Infected & Requiring Hospitalization
Infected & Asymptomatic – No Symptoms Ever	Infected & Require ICU Life Support Respirator & ECMO
Infected & Pre-symptomatic – Before Symptoms	

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Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020

Family Safety Plan

Family Health Safety

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.
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
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
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.
Infected & Pre-symptomatic – Before Symptoms	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.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain isolation per guidelines. Choose ED Care site, have	Isolate if test positive and contact tracers link infections to you.	Watch for the signs and symptoms triggering seeking emergency care. Seek emergency care


Family Safety Plan

Response → **Rescue** → **Recovery** → **Resilience**

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
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.
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.
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.
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.
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.
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

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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



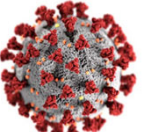
Dr. Charles Denham Moderator

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




Gregory Botz MD
Critical Care Physician
Professor University of Texas
Professor Stanford Medical College



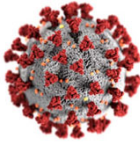
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Creating Your Family Safety Plan: Family Survive & Thrive Guide™




Dr. Brittany Barto-Owens
Community Pediatrician
Practicing in Philadelphia



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Survive & Thrive Guide:
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.

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Survive & Thrive Guide:
Coronavirus Disease 2019 (COVID-19)

WEAR A MASK. PROTECT OTHERS.

Your Health | Community, Work & School | Healthcare Workers & Labs | Health Depts | Cases & Data | More

YOUR HEALTH
When to Quarantine
Stay home if you might have been exposed to COVID-19

Updated Sept. 10, 2020


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.

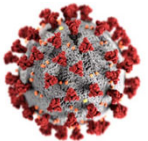
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Creating Your Family Safety Plan: Family Survive & Thrive Guide™



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



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Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020

TMIT Global: Effectiveness of Masks

The Family Plan: Learning as a Family

Family Health Safety & Organization Security Plans™

Who is the CFO?

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TMIT Global: Effectiveness of Masks

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

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

Paul Bhatia, EMT
UCI Pre-Med Student
EMT
President UCI EMT Association
Med Tac Instructor

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

Casey Clements, MD PhD
Emergency Medicine Director
Staff Safety Director
Mayo Clinic, Rochester

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Coronavirus - Protecting You & Your Family: Coming Home Safely, August 6, 2020

Survive & Thrive Guide: Protecting Your Family

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

- Right Provider
- Right Follow Up
- Right Discharge
- Right Diagnosis
- Right Treatment

06:10

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Going to the Emergency Room

The 5 Rights of Emergency Care®

Right Provider (PHR Home, NEW, H, ED, ICE)

Right Follow Up (Test, Monitor, Diagnose, Treat)

Right Discharge (DC PLAN, F°)

Right Diagnosis (MD, Meds, Watch, Images)

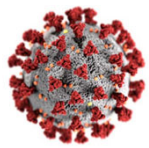
Right Treatment (Rx, Bed, etc.)

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

Matt Horace
Chief Security Officer
Mayo Clinic
Best Selling Author

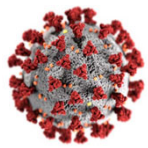


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Creating Your Family Safety Plan: Family Survive & Thrive Guide™

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




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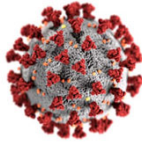
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Heather Foster, RN
 Practicing Nurse
 Infection Preventionist
 Patient Safety Expert



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GTSS & TMIT Global Briefing

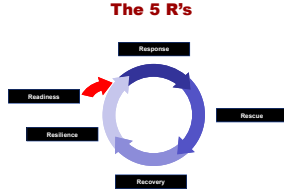
THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center

MAYO CLINIC

UCSF
 University of California
 San Francisco

UCI

The 5 R's



Readiness
 Response
 Recovery
 Resilience
 Rescue

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Survive & Thrive Guide:



Our Discoveries:

The Family Unit is the Achilles Heel
 Family Transmission Chains

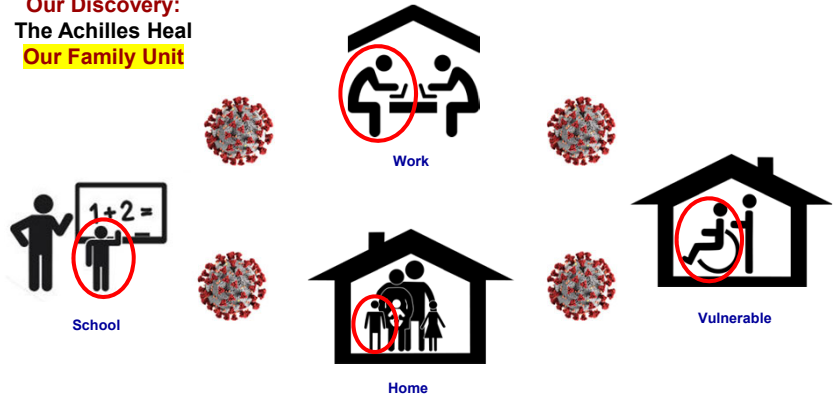
Family Unit Training Works

- Saves Lives
- Saves Money
- Saves Liability

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Survive & Thrive Guide:

Our Discovery:
 The Achilles Heel
 Our Family Unit



School
 Work
 Home
 Vulnerable

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Survive & Thrive Guide:

Our Discovery:
The Achilles Heal
Our Family Unit




Work

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

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Survive & Thrive Guide:

Our Discovery:
The Achilles Heal
Our Family Unit



Work

We Can't Train Essential
Infrastructure Workers Alone

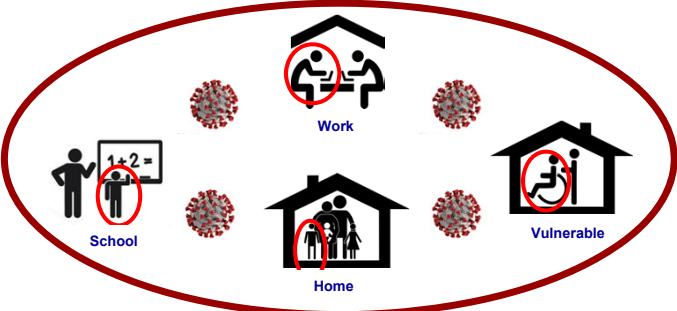
The Family Unit is the Achilles Heel

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Survive & Thrive Guide:

Our Discovery:
The Achilles Heal
Our Family Unit

**Save the Family Unit
Saves the Worker**



School

Work

Home

Vulnerable

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Survive & Thrive Guide:

Our Discovery:
The Achilles Heal
Our Family Unit

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



NORTH AMERICA

North Pacific Ocean

North Atlantic Ocean

Esri, FAO, NOAA

Cumulative Cases

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Survive & Thrive Guide:

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

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

Esri, FAO, NOAA

Cumulative Cases

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Survive & Thrive Guide: Protecting Your Family

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

Why Social Distance WORKS

DAY 1: 1 Person
DAY 5: 1.25 People INFECTED
DAY 30: 15 People INFECTED

13:20

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Survive & Thrive Guide: Protecting Your Family

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Masks: The SCIENCE of Success

27:07

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Survive & Thrive Guide: Protecting Your Family

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- Why ICU, Respirators, and ECMO

Handwashing & DISINFECTANTS

04:20

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Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

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- Why ICU, Respirators, and ECMO

RISK of High Contact Surfaces

Coronavirus Lives on Surfaces

Paper and Tissue Paper**	3 hours	Stainless Steel*	2-3 days
Copper*	4 hours	Polypropylene Plastic**	3 days
Cardboard*	24 hours	Glass**	4 days
Wood**	2 days	Paper Money**	4 days
Cloth**	2 days	Outside of surgical mask**	7 days

07:34

MED TAC

Survive & Thrive Guide: Protecting Your Family

BASIC MODULES

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- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO

ICU Care, Respirators, and ECMO

08:00

MED TAC

Survive & Thrive Guides:

Survive & Thrive Guide: Masks: The SCIENCE of Success

Mask Facts & Fiction

- 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

TRUE or FALSE?

Dramatically Reduced Risk

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

08:00

MED TAC

TMIT Global

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.

Particle Size μm 100 10 1 0.1

Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc197 (2020)


08:00

MED TAC

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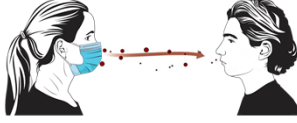
TMIT Global: Effectiveness of Masks

No Mask – Extreme Risk



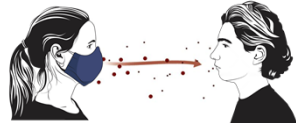
15 minutes within 6 feet = "High Risk"

Surgical Mask – Reduced Risk



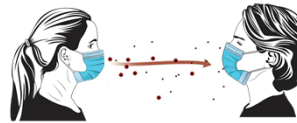
Surgical Mask Reduces Exhaled Droplets Reduced by 99% and Inhaled Droplets by 75%

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


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Community of Practice**

**Bystander Rescue Care
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Young Adult Panel




Jaime Yrastorza




Clair Peck




Jacqueline Botz



D Pollicchio




Preston Head III



Perry Bechtel III
Moderator

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




Jaime Yrastorza

Graduate UCSD
Pre-Med Student
Med Tac College Team



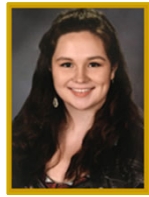
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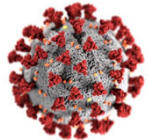
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Jacqueline Botz

Chapman University
Sophomore
Theatrical Arts Student
Med Tac Program Intern



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Clair Peck
NYU Sophomore
Film Student
Med Tac Production
Team Member



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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



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Danny Policichio
NYU Film Student
Producer Med Tac Bystander
Rescue Program Films




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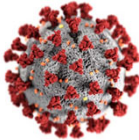
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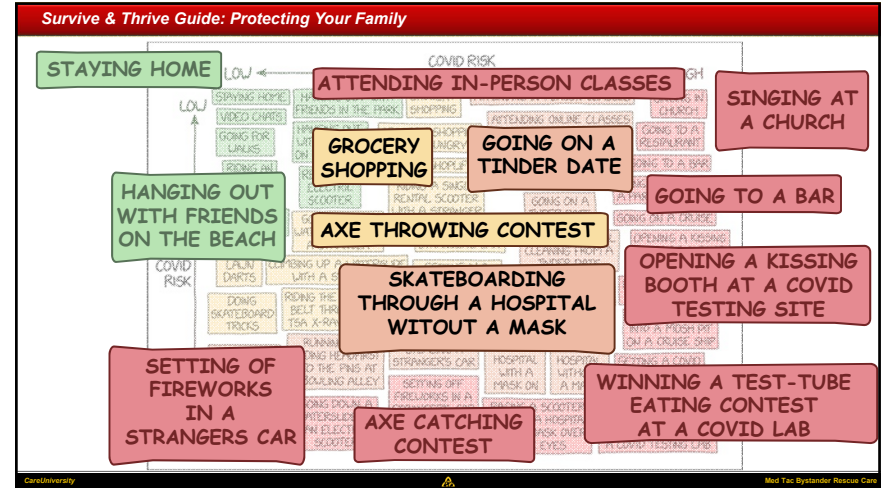
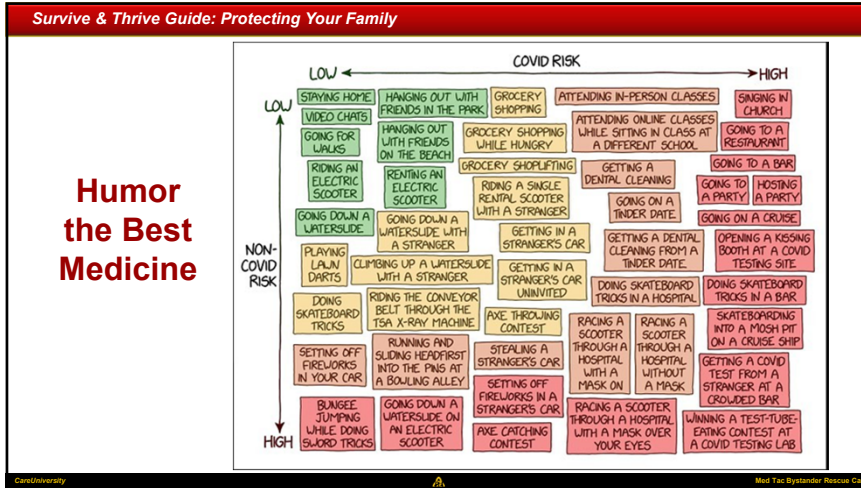


Preston Head III
Master Med Tac Instructor
Co-founder Med Tac Surf &
Lifeguard Program



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Survive & Thrive Guide: Protecting Your Family

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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.

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Speakers & Reactors


- Rev Lester Mackenzie
- Randal Styner
- Keith Filtner
- John Little
- Charlie Denham III
- John Tomlinson
- Perry Bechtel III
- Heather Foster RN
- Dr. Charles Denham

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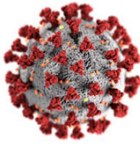
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Creating Your Family Safety Plan: Family Survive & Thrive Guide™



Charles R Denham III
Co-founder Med Tac Bystander
Rescue Program
Junior Med Tac Instructor
Co-lead Med Tac Surf &
Lifeguard Program




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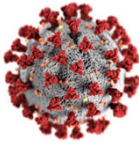
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Randy Styner
Emergency Management Director
UCI Police Department
Assistant Scout Master



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Survive & Thrive Guide: Protecting Your Family

Return to Scouting Safely




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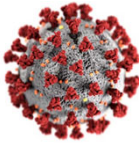
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Keith Flitner
Aerospace Engineer
Scout Leader
Eagle Scout



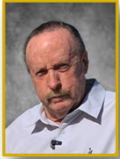
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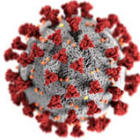
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John Little
Paramedic
Faith-based Security and
Medical Leader
Med Tac Master Instructor




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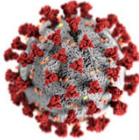
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Rev Lester Mackenzie
Rector of The Episcopal
Church of St Mary
Laguna Beach CA




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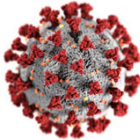
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John Tomlinson JD MBA
Scout Troop Committee Chair
Med Tac Adopt a Cove
Program Partner
Community Leader



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Survive & Thrive Guide: Protecting Your Family

Tomlinson Home Isolation Chamber



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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 Policchio


Jaime Yrastorza


Paul Bhatia EMT


Charlie Denham III


Father MacKenzie


Preston Head III


Randal Styner


Keith Flitner


John Little


John Tomlinson


Dr. Charles Denham



National Survey Questions

I have already responded to the Family Health Safety Survey

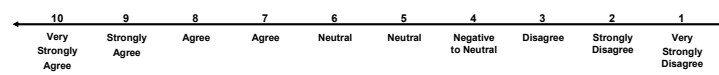
YES

NO

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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?

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RESPONSE

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

10 9 8 7 6 5 4 3 2 1

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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

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RESCUE

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

10 9 8 7 6 5 4 3 2 1

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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

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RECOVERY

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

10 9 8 7 6 5 4 3 2 1

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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

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RESILIENCE

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


10 9 8 7 6 5 4 3 2 1

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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

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

10 9 8 7 6 5 4 3 2 1
← Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree →

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


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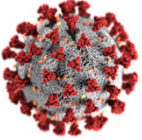
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Voice of the Patient



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



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