

# Safety Plan Templates for Everyone

## *A Survive & Thrive Guide™*



# Welcome

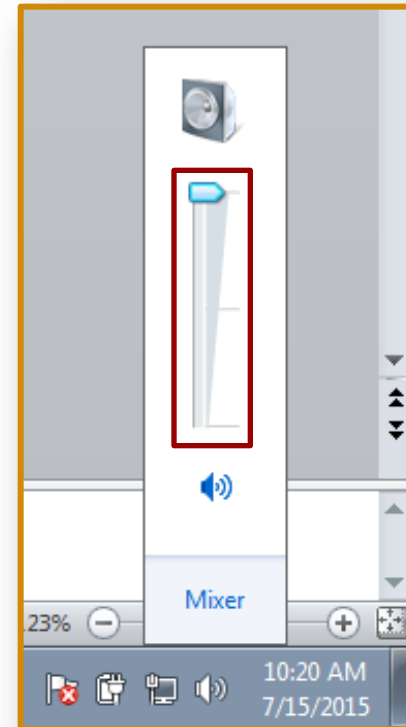
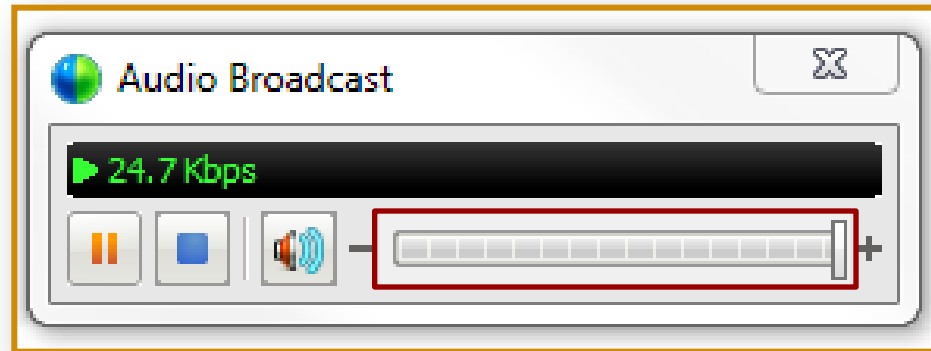


## **Charles Denham, MD**

Chairman, TMIT Global  
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care  
November 5, 2020**

**CareUniversity Webinar #149**

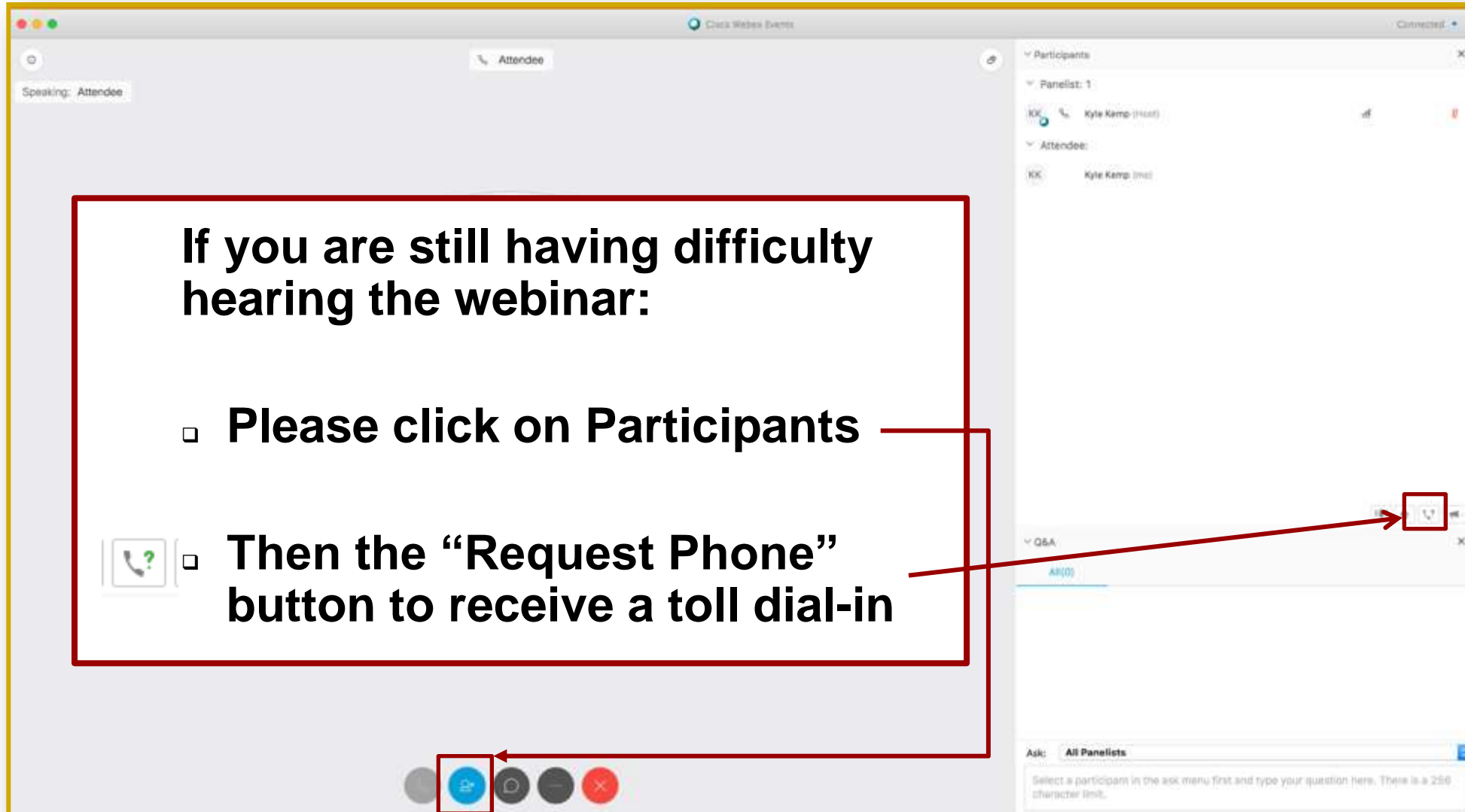


To optimize webinar sound volume, please check:

- WebEx volume
- Computer volume
- External speaker volume

If you are still having difficulty hearing the webinar:

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

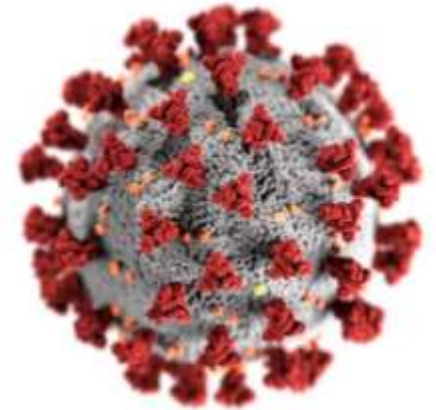


## ***Voice of the Patient***



### **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..
- 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.
- Danny Policichio has nothing to disclose.
- Paul Bhatia has nothing to disclose.
- Charlie Denham III 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 Developed over 35 Years**







# **500 Subject Matter Experts**



# Coronavirus Care Community of Practice

# Bystander Rescue Care *CareUniversity Series*

## Speakers & Reactors



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Dr. Chris Fox



David Beshk



Perry Bechtle III



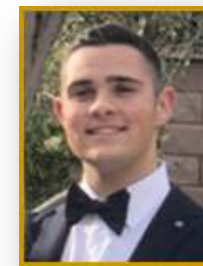
Jennifer Dingman



Matt Horace



Clair Peck



D Policichio



Jaime Yrastorza



Paul Bhatia EMT



Charlie Denham III



Preston Head III



Randal Styner



Keith Flitner



John Little



John Tomlinson



Dr. Charles Denham



## **An Infection Every Second... A Death Every 2 Minutes**



A 13-year-old Missouri boy's on quarantine and last day of school was in late October. He died from Covid-19 days later

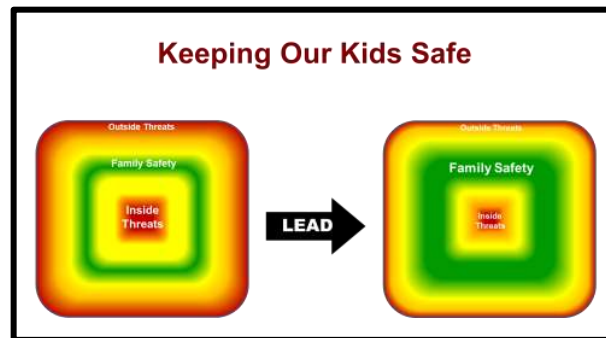
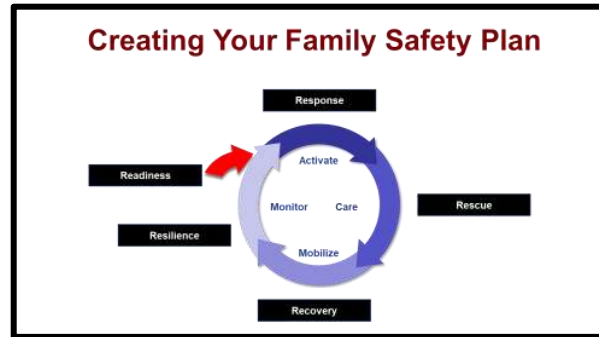


Long-haulers taking months to recover from multi-system symptoms – many develop it.



A 20-year-old dies on quarantine in her dorm room of pulmonary embolism. Test result “never delivered due to clerical error”.

## Survive & Thrive Guide™ Webinar Road Map





[About](#)[Values & Team](#)[Coronavirus Response](#)[Webinar Programs](#)[Specialty Programs](#)[Innovations & Supplies](#)[CAREUNIVERSITY](#)



**Coronavirus Care**  
Community of Practice

**Bystander Rescue Care**  
*CareUniversity Series*

November 5, 2020, 12:00 pm – 1:30 pm CT / 1:00 pm – 2:30 pm ET / 10:00 am – 11:30 am PT

REGISTER

**Safety Plan Templates for Everyone:  
A Survive & Thrive Guide™**

JOIN EVENT

### Session Overview



We need to break family and living unit infection transmission chains to save our nations. A family safety plan can save our workers who are often more vulnerable at home than at work. The collective behaviors of our family members and those we live with will define the safety of each member individually. We all want to keep our children, teens, college students, and young adults as safe as possible. We are delighted to have national experts join us to help you take a step by step approach to build your plan and provide templates you can use. This program is for families of Essential Infrastructure Workers, teachers, scouts, faith-based leaders, and the general public.

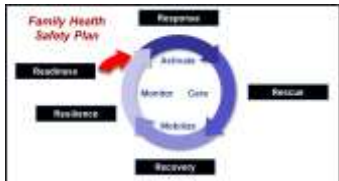
- **WHO** should create a Family Safety Plan?
- **WHAT** should a Safety Plan include look like?
- **WHEN** should a family build a plan?
- **HOW** do I build a plan from scratch?
- **WHY** does my plan need to be customized?



**Templates and Articles will Be Continuously Added to Page**

<https://www.medtacglobal.org/webinar/november2020/>





## READINESS

### Awareness

- ☐ **Family Scenarios:** All understand family scenarios
- ☐ **National and Local Guidelines:** CDC, Local Public Health, and School Guidelines understood..
- ☐ **Community Threat Awareness:** Local infection rate understood.
- ☐ **Readiness Knowledge – 4 P's:** Prevention, Preparedness, Protection, and Performance Imp't.

### Accountability

- ☐ **Readiness Task Assignment:** Who does what, when, of member tasks by Family Scenario.
- ☐ **Readiness Task Completion Log:** Documentation.

### Ability

- ☐ **Readiness Skills:** Deliberative Practice.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds.

### Action

- ☐ **Create a written Family Safety Plan:** Readiness, Response, Rescue, Recovery, and Resilience.
  - Step 1:** Identify Each Members Threat Profile
  - Step 2:** Identify & Local Coronavirus Threats
  - Step 3:** Develop a Family Safety Plan
  - Step 4:** Plan the Flight and Fly the Plan
- ☐ **Assemble Family Medical Records:** Hardcopy summaries & electronic version..
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.

## RESPONSE

### Awareness

- ☐ **Family Scenario Response Awareness:** Know how to respond the exposed, if infected, infected and symptomatic, and if infected with severe symptoms. Understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Prevention of spread. Preparedness for quarantine, isolation, and home care. Protection concepts and tools such as PPE. Performance Improvement from caregivers and trusted guideline sources.

### Accountability

- ☐ **Response Task Accountability:** Task assignment to Family Members.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness.

### Ability

- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available.

### Action

- ☐ **Activate Family Member Scenario Plans:**
  1. Exposure to Infected Person and No Test: Quarantine
  2. Infected and Asymptomatic: Isolation
  3. Infected and Pre-symptomatic: Isolation and Care when Symptomatic
  4. Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).

## RESCUE

### Awareness

- ☐ **Family Rescue Scenario Awareness:** Know "rescue scenarios" & CDC "emergency warning signs":
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
- ☐ **Rescue Knowledge - 4 P's:** Prevention of spread, prepare for transport, protect all, learn performance improvement from caregivers.

### Accountability

- ☐ **Rescue Task Accountability Reinforced:** Task assignment to Family Members. Tie to CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** Recording of lifesaving tasks are vital to caregivers.

### Ability

- ☐ **Rescue Skills:** Isolation skills - safe use of PPE, safe transport, and protecting family.
- ☐ **Rescue Resources:** Adequate funding, outside service, PPE supplies, "go bags", and disinfection resources are critical.

### Action

- ☐ **Activate Family Member Scenario Plans:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
  1. Infected & Severely Symptomatic – Need Help: Emergency Sign recognition, safe transportation, safe Caregiver communication. See SBAR Pt. Tool.
  2. Infected Requiring Hospitalization: Patient alone – Caregiver Communication by only by phone.
  3. Infected & Require ICU Life Support Respirator & ECMO: The seriousness of the situation should be communicated to the family members.

## RECOVERY

### Awareness

- ☐ **Family Recovery Scenario Awareness:** Know "recovery scenarios" with return to a "new safe normal".
  - Long Hauler Threat
  - Multisystem Inflammatory Syndrome (MIS-C) in children and MIS-A in adults.
- ☐ **Recovery 4 P's:** Prevent reinfection - post-infection immunity not assured. Protect family-learn performance improvement from others.

### Accountability

- ☐ **Recovery Task Accountability Reinforced:** Assign tasks for assure safe return to the "new normal" – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member's threat profile, medical records, and history action items.
- ☐ **Recovery Task Completion Log:** Info may be very important to future care decisions.

### Ability

- ☐ **Recovery Skills:** Help children, youth, adults, and seniors SAFELY return to work, play, and pray. Recovery care after severe harm.
- ☐ **Recovery Resources:** Staff, supplies, space, and finances for family to return to a new safe normal. Adjust to sports & play.

### Action

- ☐ **The actions include care documentation and preparation for future problems:**
  1. **Record & Follow "Return Precautions":** Specific caregiver instructions to return for care if patients deteriorate –.
  2. **Update Family Member Threat Profiles:** New medical info added to threat profile.
  3. **Update and Maintain Medical Records:** In case of a future infection, hospital admission, "long hauler", MIS-C, or MIS-A.

## RECOVERY

During the "quiet before the storm" between community infection surges or after caring for someone, it is an ideal time to "harden the target" of the home and members.

### Awareness

- ☐ **Family Impact Scenarios Review:** Update Family Impact Scenarios. Performance improvement can be informed by member caregivers and guidelines..
- ☐ **Resilience Knowledge Review - 4 P's:** Apply prevention, preparedness, protection, and performance improvement lessons learned..

### Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review task assignments for each of the 5 R Phases in to optimize lessons learned.
- ☐ **5 R Task Completion Logs Reviewed:** Review each phase log provide to drive performance improvement.

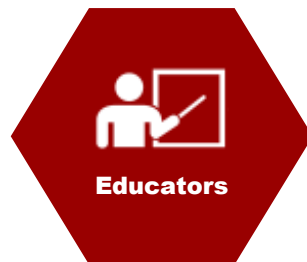
### Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, updated recognition and care skills.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Hardening target of the living space to external threats and from internal threats to the family.

### Action

- ☐ **Revise Family Safety Plan and Update All Checklists**
  - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
  - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are evolving.
  - ☐ **Rescue:** The clinical signs, symptoms, and caregiver emergency practices are evolving as are the interventions. Medical records must be updated.
  - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Family Member Threat Profiles:** The inherent threats and their medical records will be very important to successfully care for them.

**Educators  
Declared  
Essential Critical  
Infrastructure  
Workers**







# 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



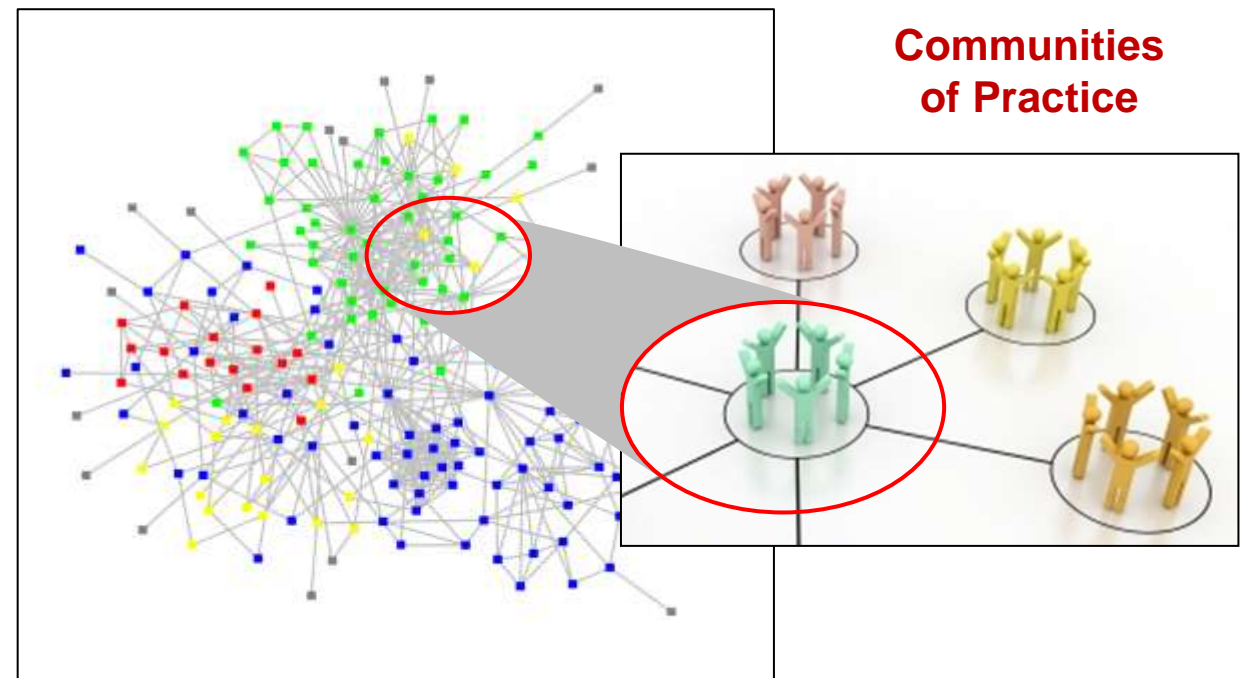
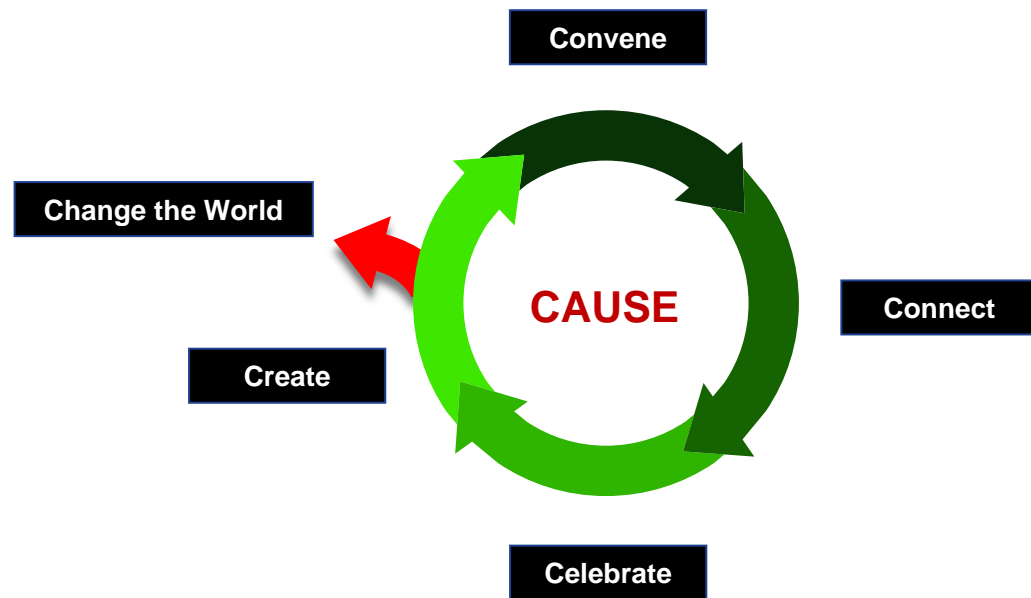
Dr. Jim Bagian



Dr. Harvey Fineberg



# Communities of Practice Model

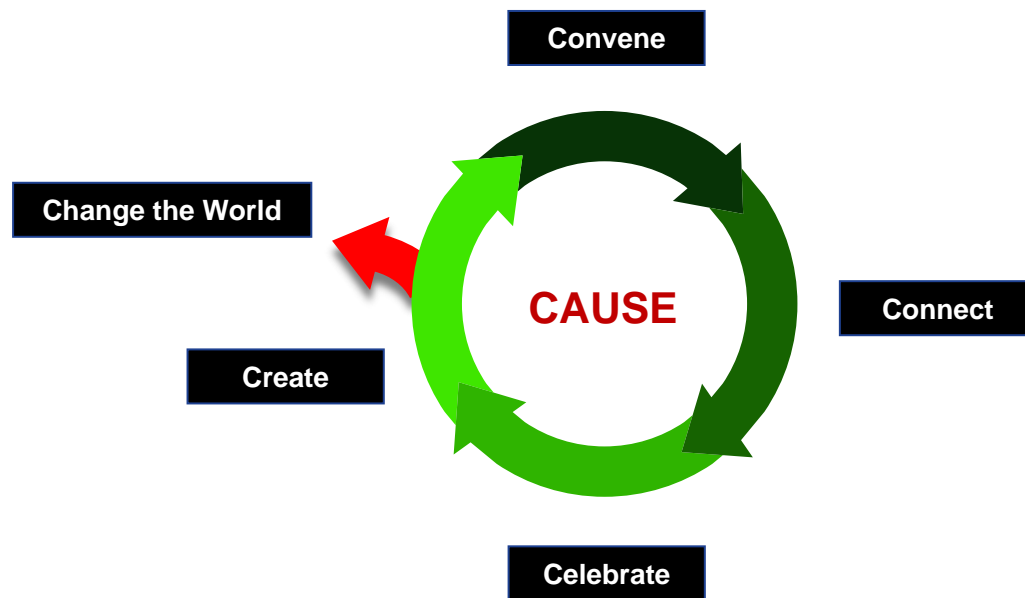






# Coronavirus Care Community of Practice

## 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

**MED+TAC**  
About Values & Team Coronavirus Response Webinar Programs

This webpage and videos have been produced for essential infrastructure workers and general public families. We have drawn on our network of 580 subject matter experts and a patient safety community of practice of 2,100 hospitals in 1,800 communities to tackle the Coronavirus Crisis. To join the Coronavirus Community of Practice and have the option of taking our Survive & Thrive™ certification courses and earn continuing education credits (CME/CE). The first short video in the Basic Videos library below describes how you can participate. Join our free monthly 30 minute webinars for families of professional caregivers, essential workers, and the public. [Click here to register](#). [Join the Community Video Chat Room](#)

### Coronavirus – Protecting You & Your Family

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

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

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

#### BASIC MODULES

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



#### ADVANCED MODULES

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



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

Background & Personal Information	
US and US State Best Practices - What Went Wrong? Time Magazine July 1, 2020 <a href="#">https://www.usnews.com/storyline/coronavirus/best-practices</a>	This is a review of the preparedness of each country's resources can track the best practices for preparedness across the globe.
PANDORA'S MONITORING: Getting a Sense of Supplemental to the Readings for Pandemic Response 05-20-20 GEMORE J. SARINA CENTER FOR COVID-19 RESEARCH & INNOVATION	A paper developed at Harvard that presents the results of a review of pandemic response efforts by countries. It provides a framework for assessing the effectiveness of response efforts.
Build the Coronavirus Crisis, a Program for Emergency, New York Times 05-19-20 David S. Reardon	One of the best articles to be read by all audiences. It provides a clear view of the various of global health. It provides a very comprehensive description of the various global health resources.

**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



- 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



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

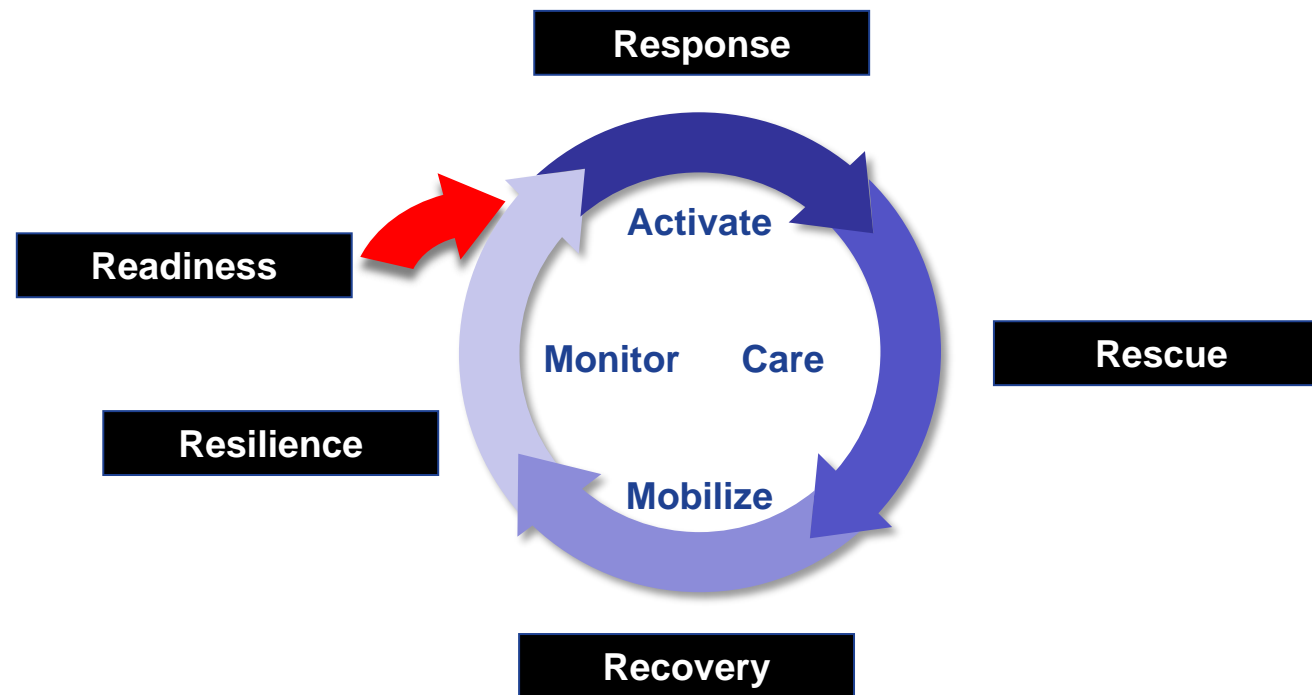
**Related Resources**

Resources:

**MED+TAC GLOBAL** **Care of the At Risk & Seniors at Home**

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

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




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







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

Search 

[Advanced Search](#)

## Morbidity and Mortality Weekly Report (*MMWR*)

CDC



# Transmission of SARS-COV-2 Infections in Households — Tennessee and Wisconsin, April–September 2020

*Early Release* / October 30, 2020 / 69

**53% of those living with COVID-19 positive person were infected and 75% of infections occurred at 5 days.**



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

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

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

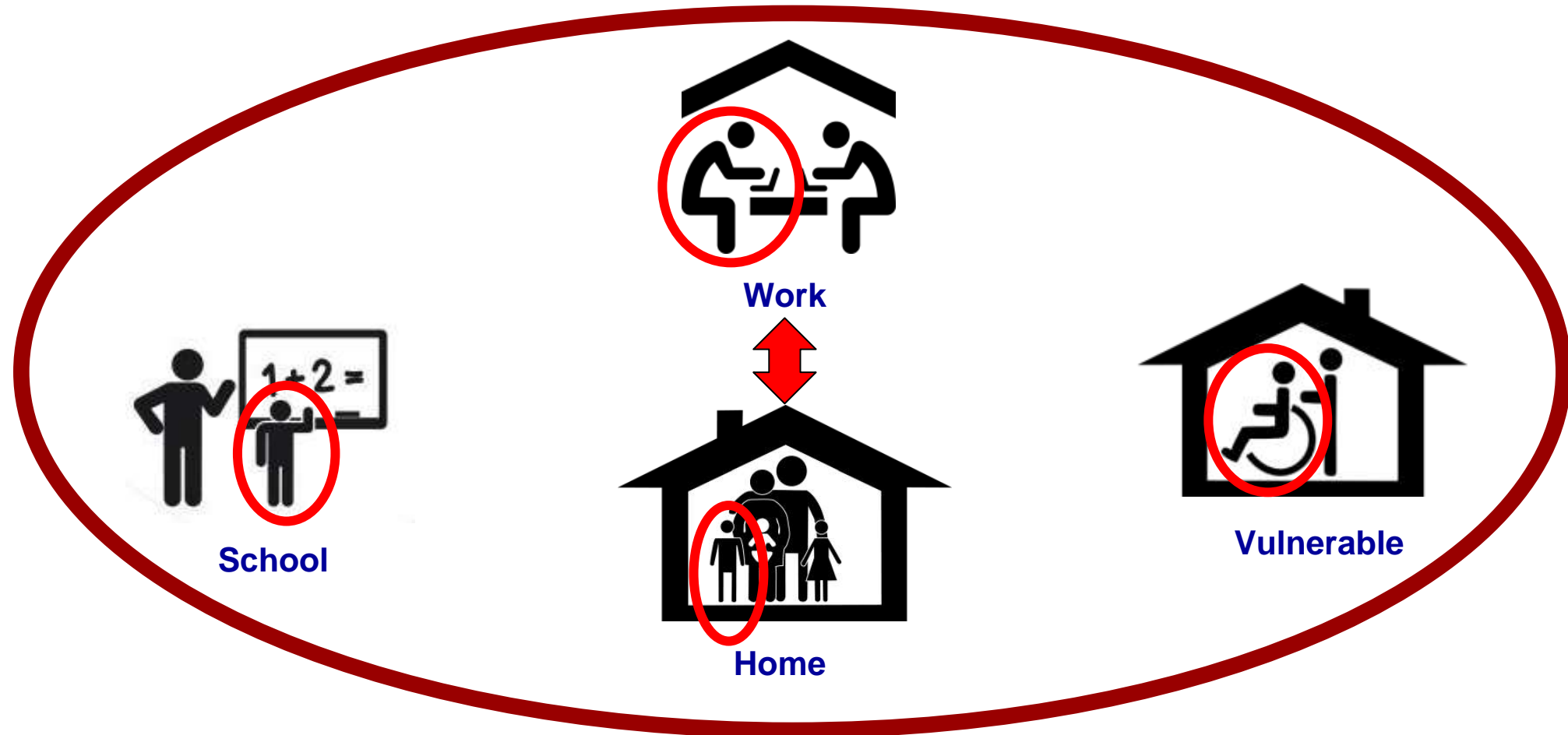


Work

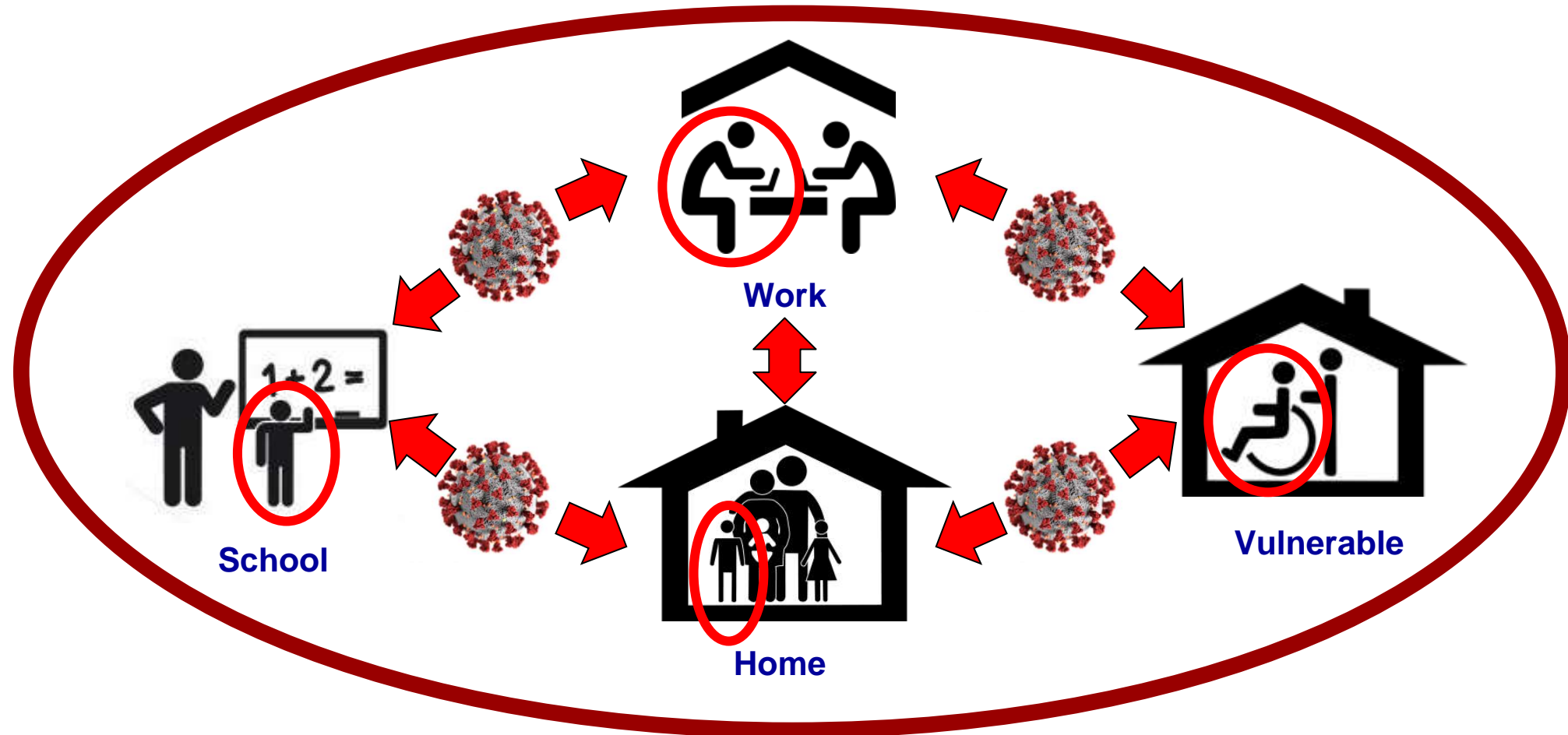
**We Can't Train Essential  
Infrastructure Workers Alone**

**The Family Unit is the Achilles Heal**

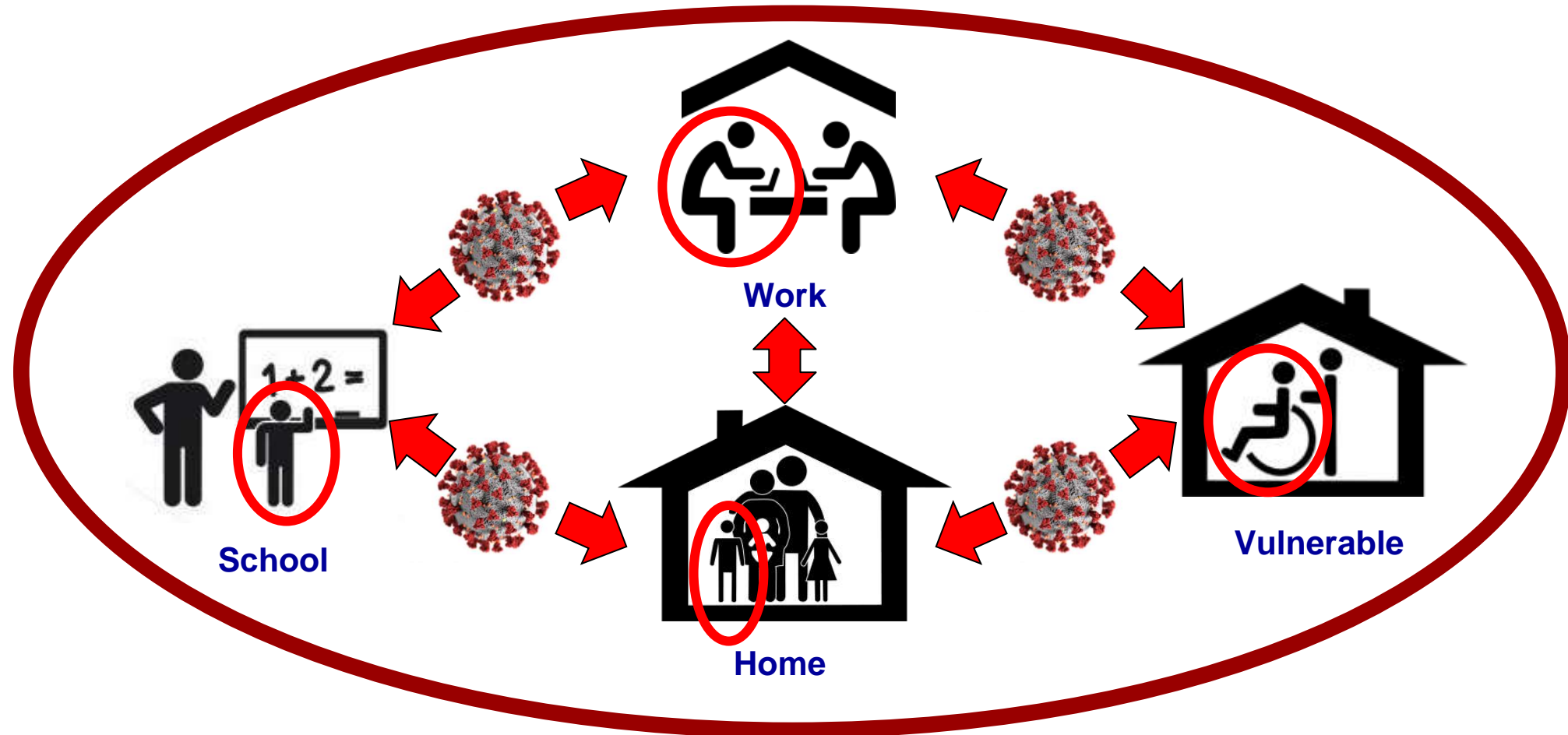
# Family Transmission Chains



## Save the Families...

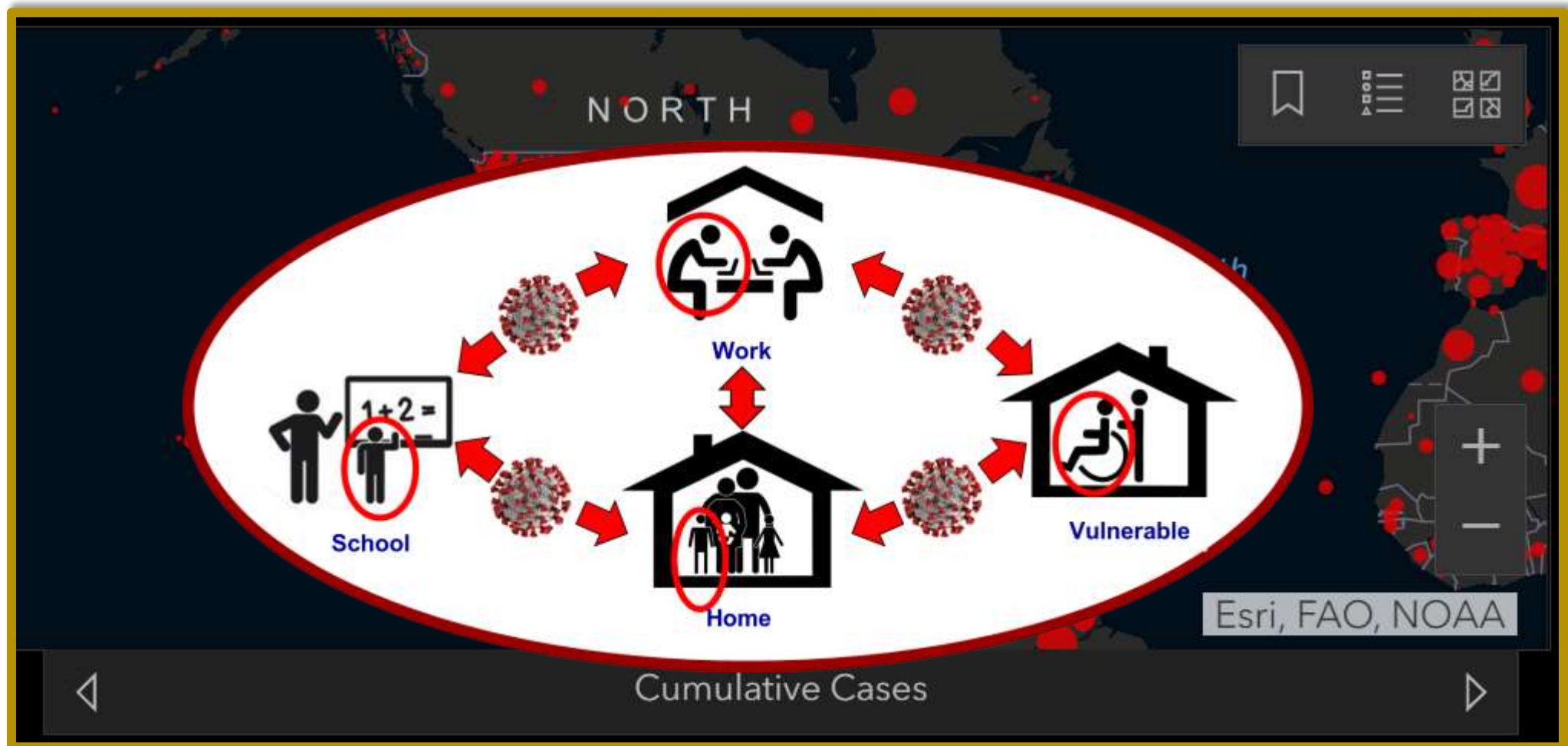


# Save the Families... You Save the Worker



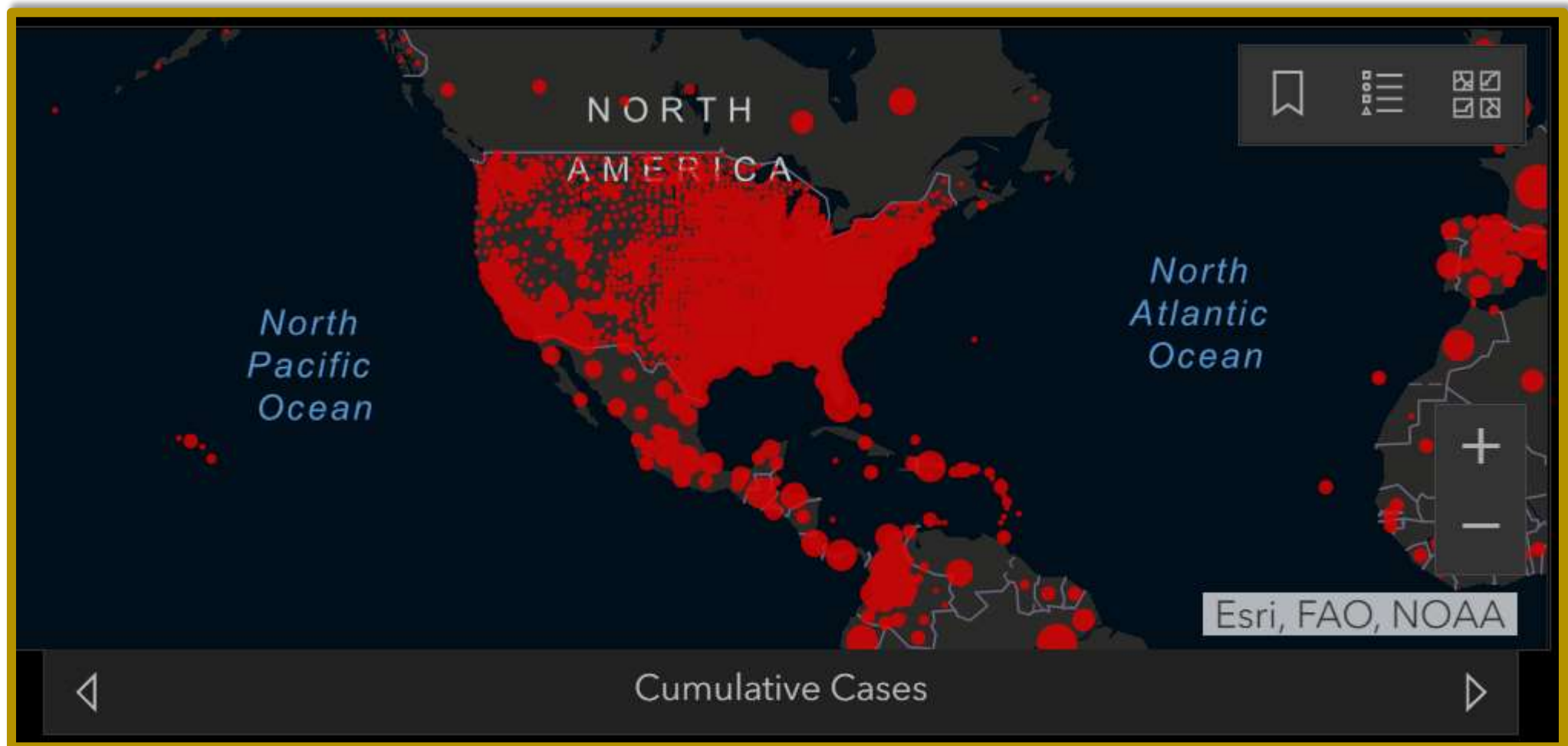


# Save the Families Across Communities...



# Save the Families Across Communities...

## You Save the Nation



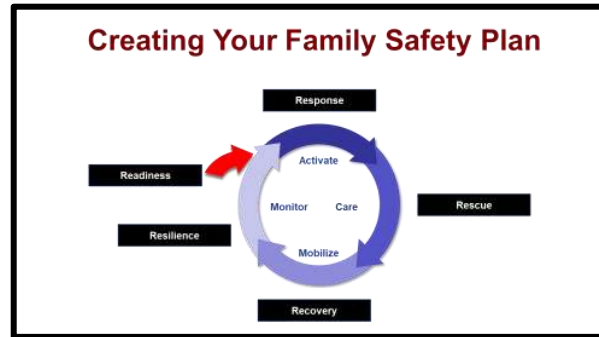
## National Survey Questions

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



**State what you want to see in the  
Family Safety Plan Templates in Free Text Entry**

## Survive & Thrive Guide™ Webinar Road Map



**Webinar Today**

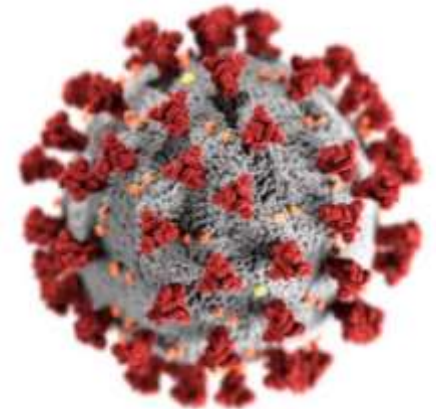
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



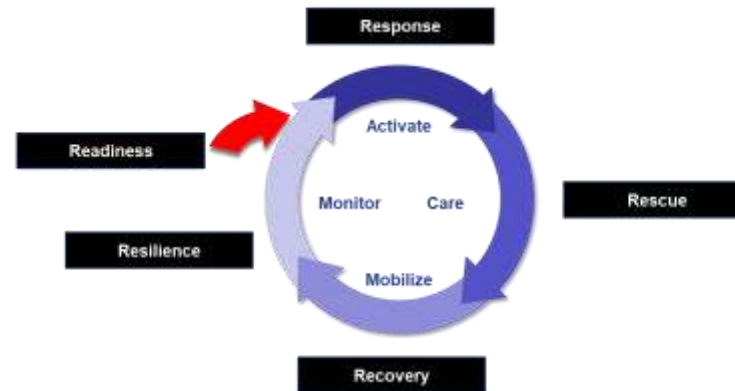
**Gregory Botz MD**

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



# Survive & Thrive Guide Webinars

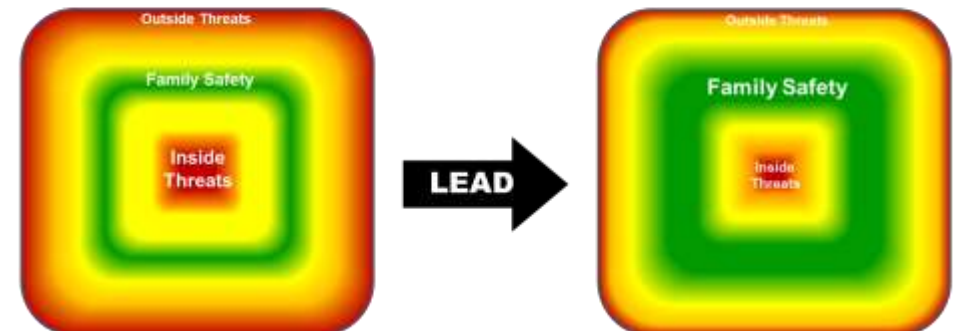
## Creating Your Family Safety Plan



## Survive & Thrive Guide Series: Coming Home Safely



## Keeping Our Kids Safe





## ***Coming Home Safely***

### **Hot Zone**

**Public & Work Exposure**



### **Warm Zone**

**Disinfection Area**



### **Safe Zone**

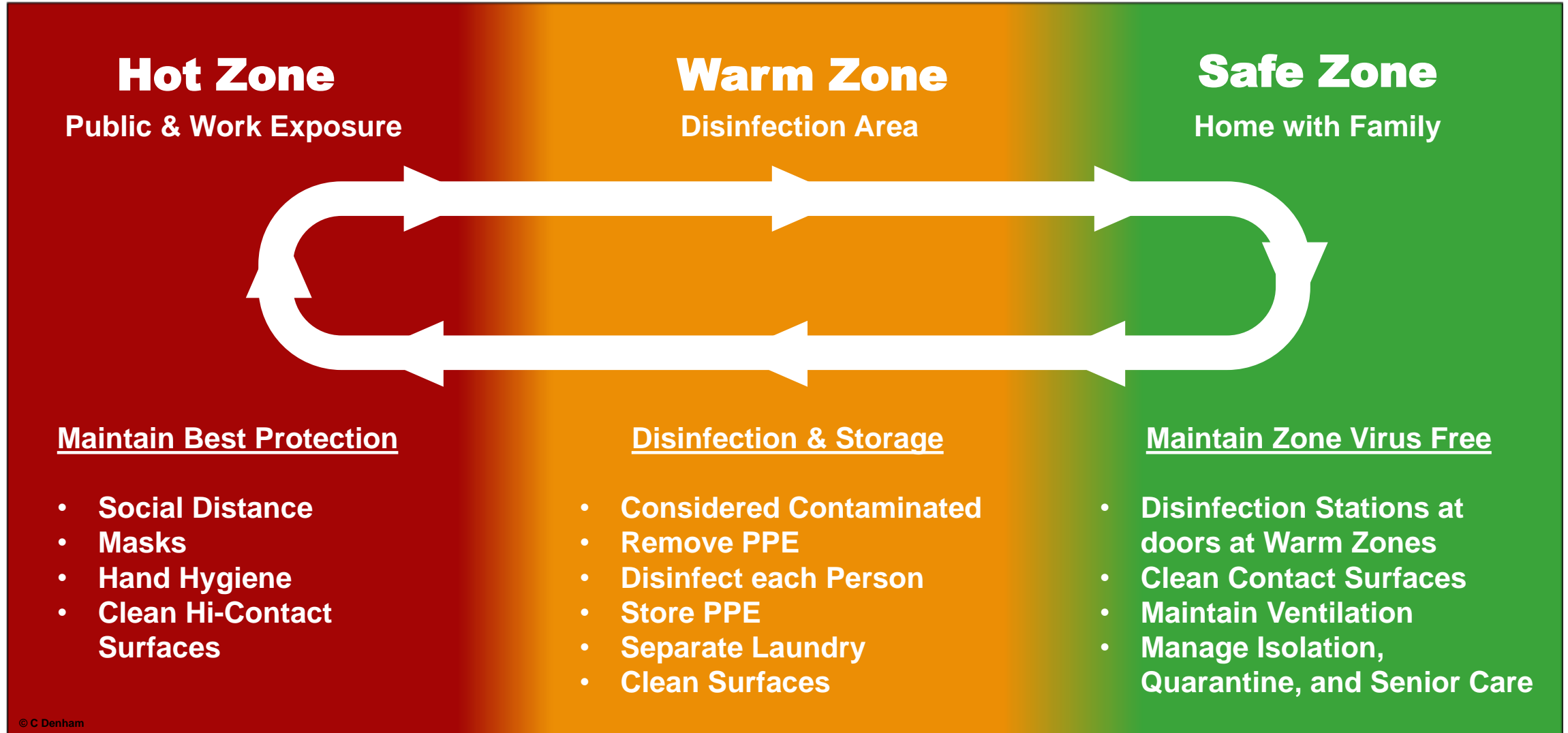
**Home with Family**



**August 6, 2020**



## **Hot-Warm-Safe Zone Practices**



## **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**

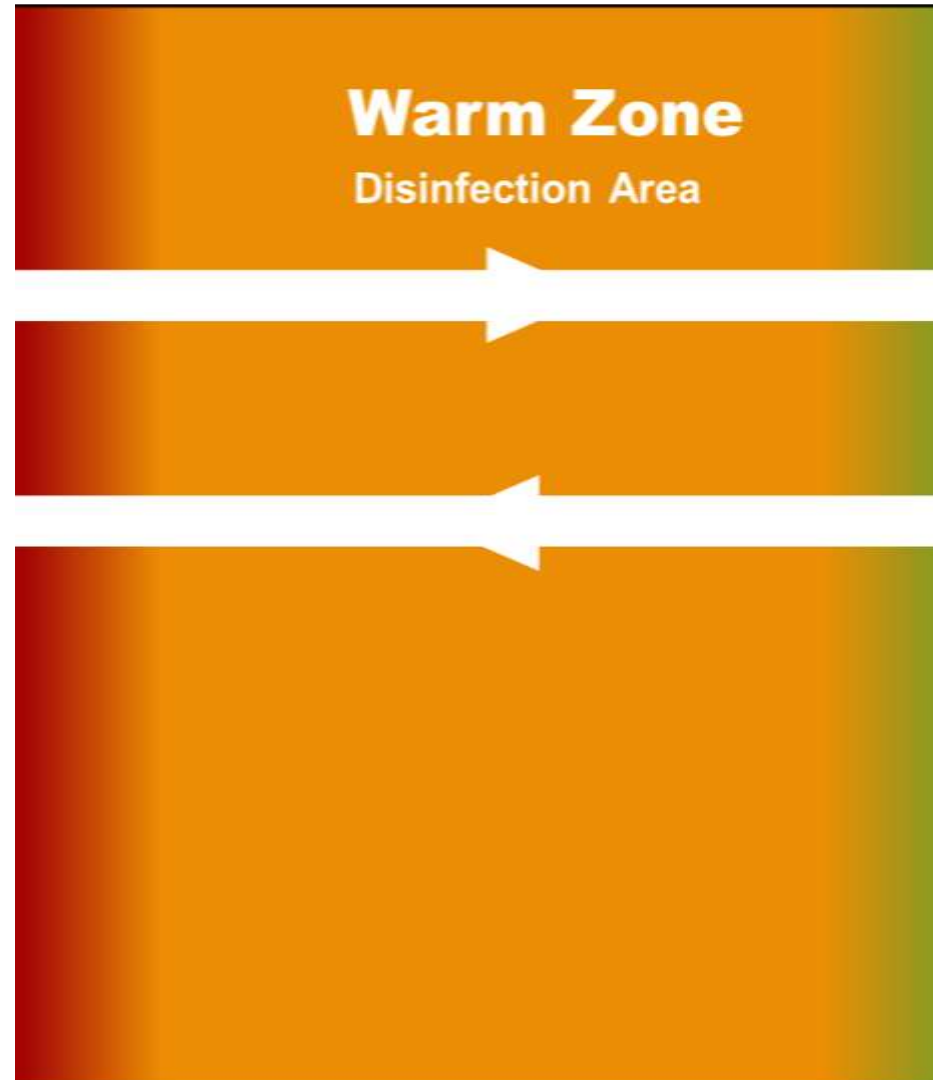
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

### **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**

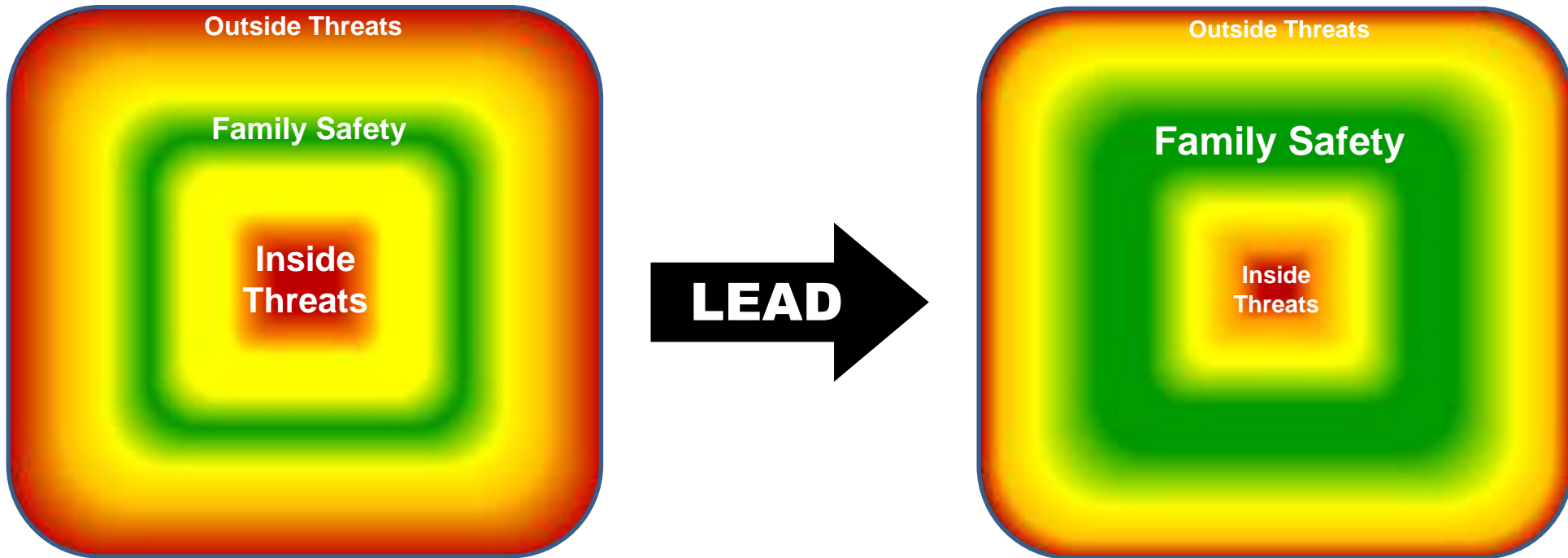
- Establish and maintain disinfection stations at doors.
- Regularly clean high contact surfaces.
- Prevent people or parcels from bringing the virus home.
- If possible, keep rooms well ventilated.

### **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:**

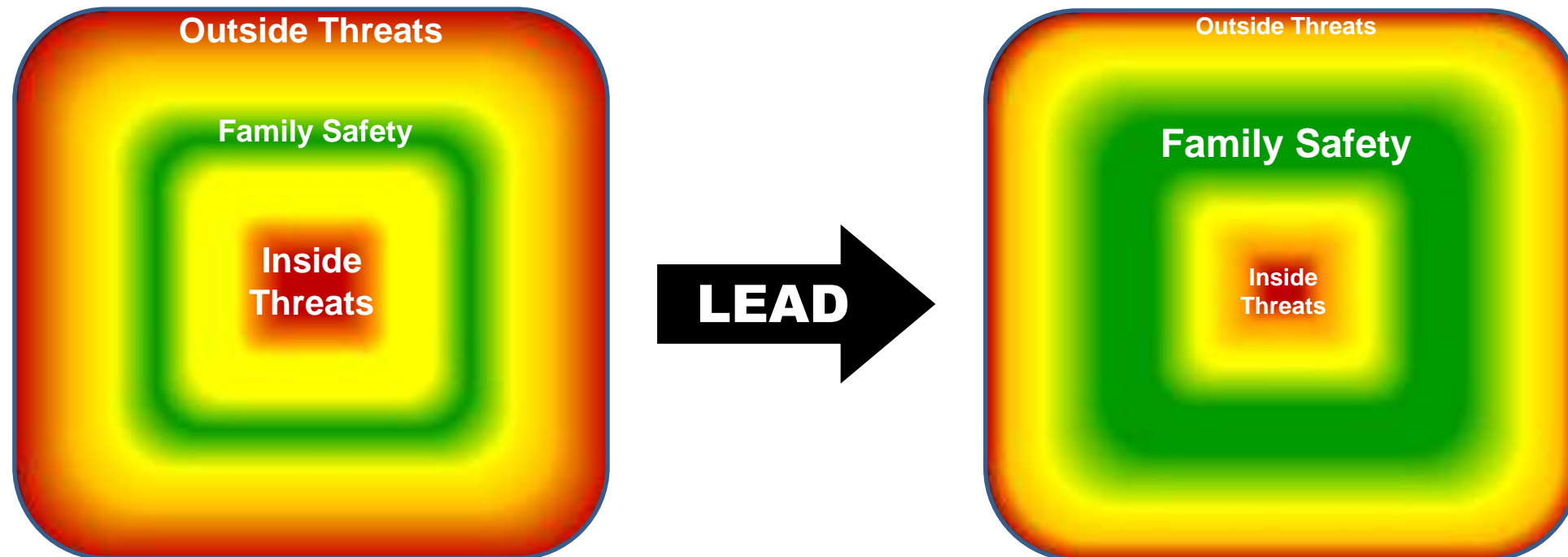
**Likely to  
cause HARM.**

**Vulnerability:**

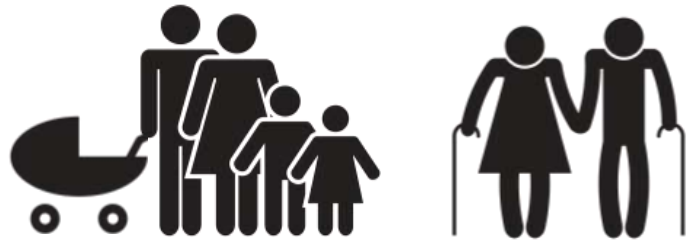
**Weaknesses that can be  
EXPLOITED by threats.**

**Risk:**

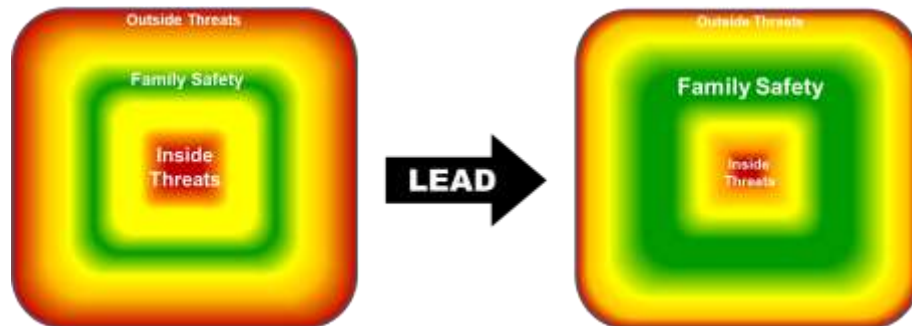
**PROBABILITY of harm by a  
threat exploiting vulnerability.**



# 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.

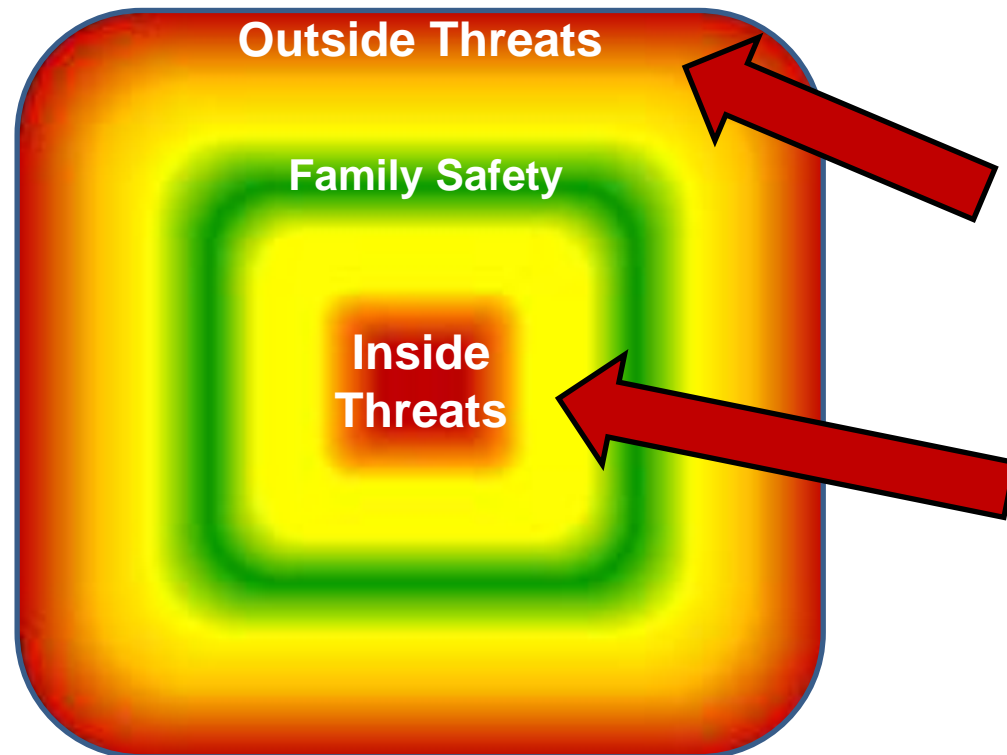
## **STEP 4: Plan the Flight and Fly the Plan**

- 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.



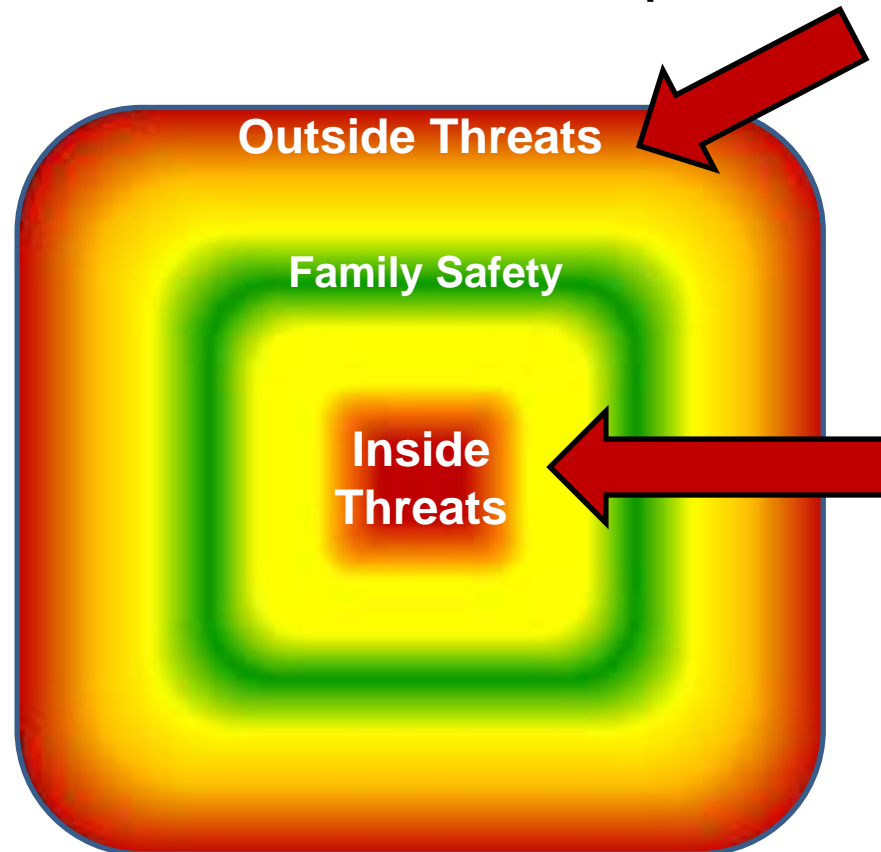
## STEP 2: Identify and Follow Local Coronavirus Threats

### 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.

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

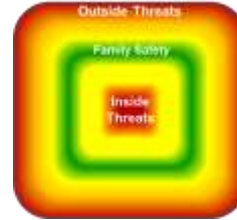
**5.6**

(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.

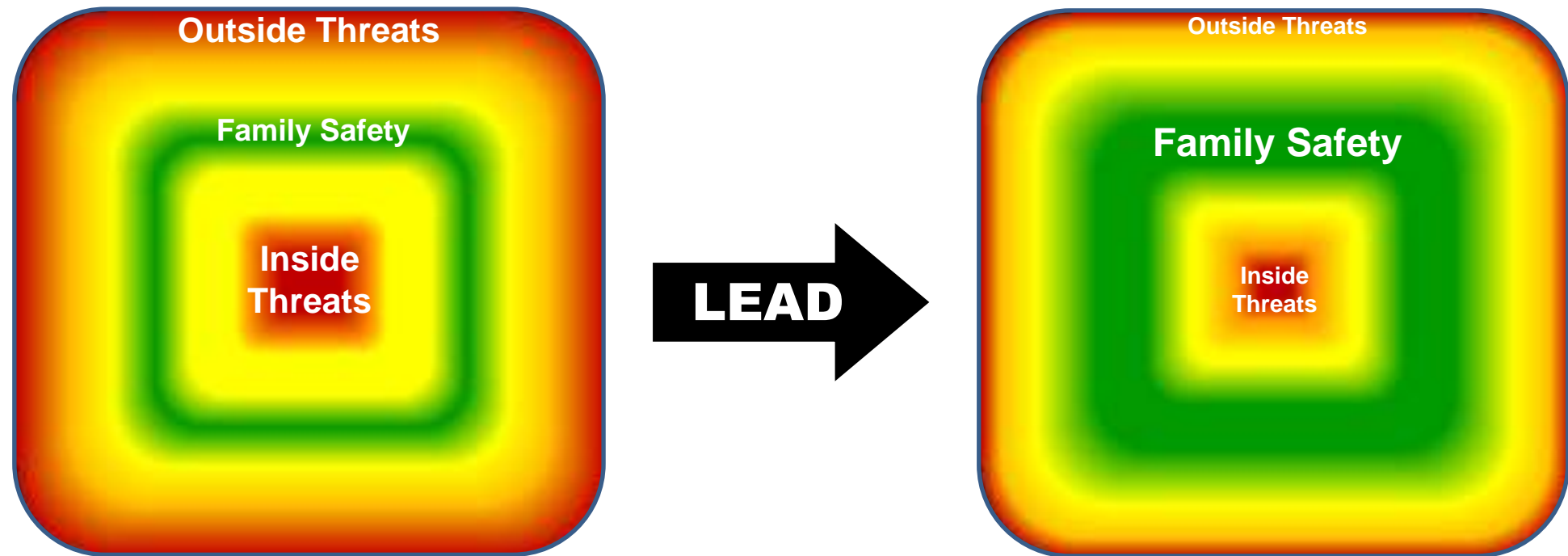


- Grandmother at 99 years of age in assisted living with history of lung disease.

## 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

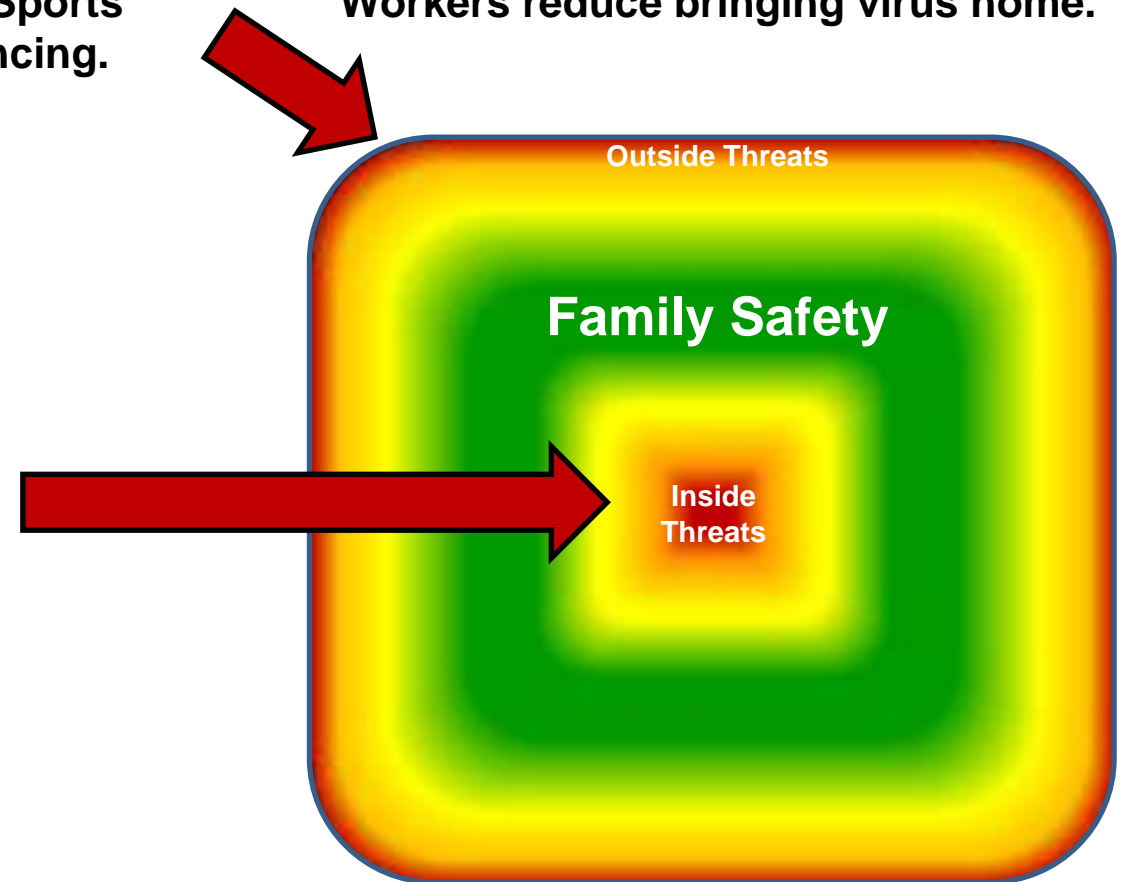
- Adjust behaviors depending on Background Community Infection and local infection trends.
- Base school decisions Test, Trace, Treat, Isolate, and Quarantine Programs.
- Avoid Group Activities and Sports without Proper Social Distancing.

### 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 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.



## STEP 3:

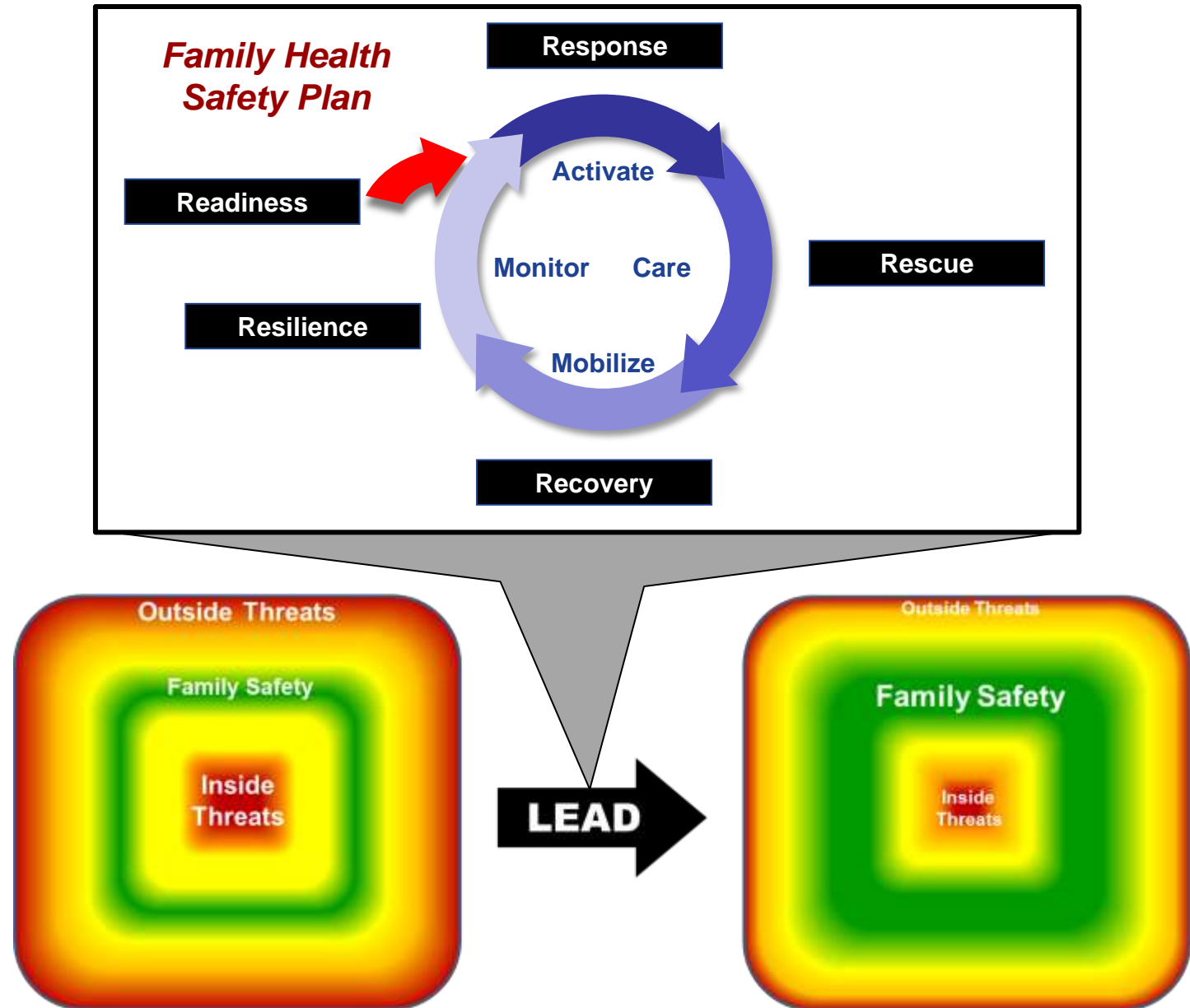
### Develop a Family Safety Plan

- 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

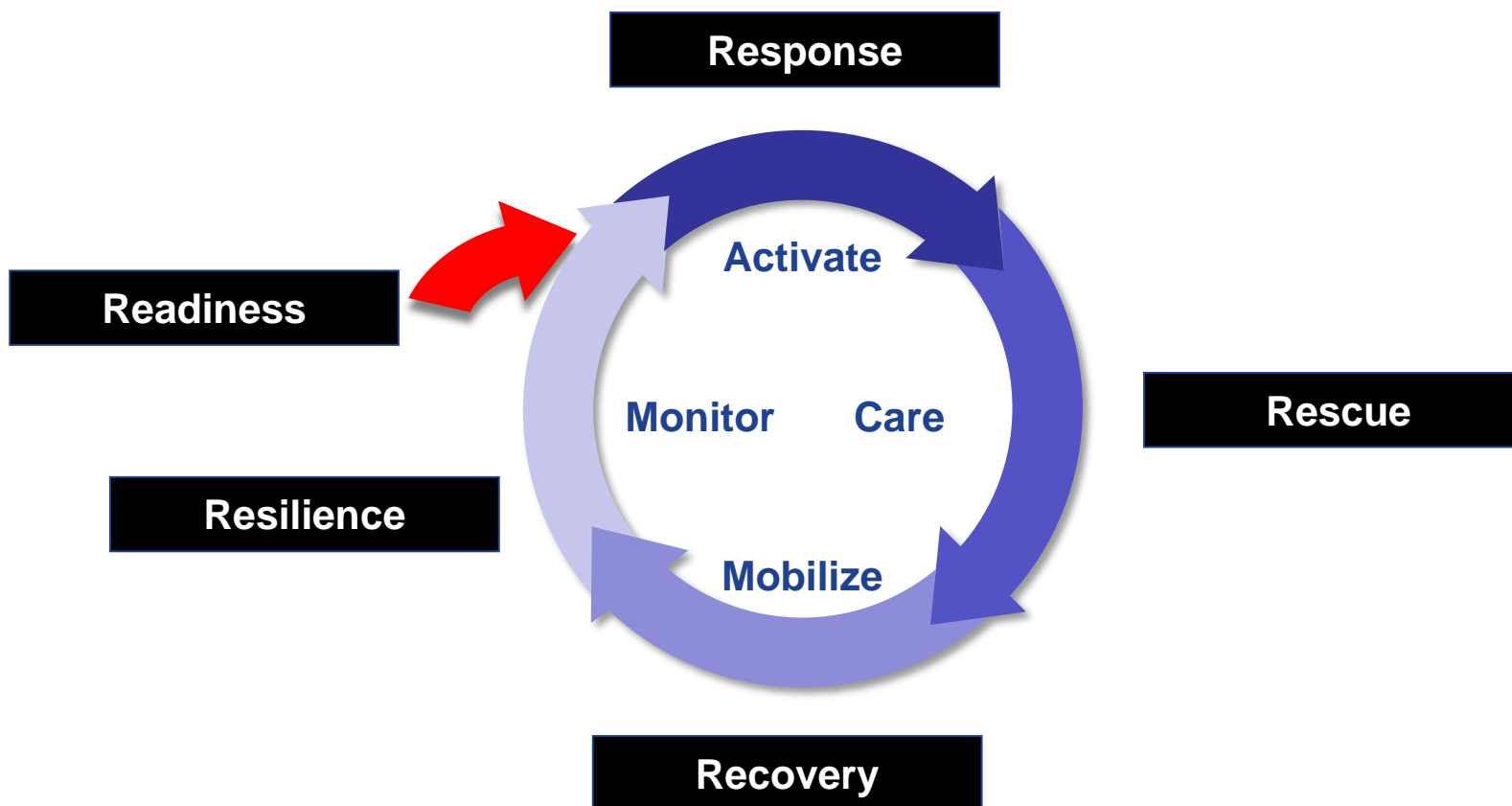
- The novel Coronavirus virus science, threats, vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.







# ***Creating 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.

**Readiness**

**Resilience**

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

**Response**

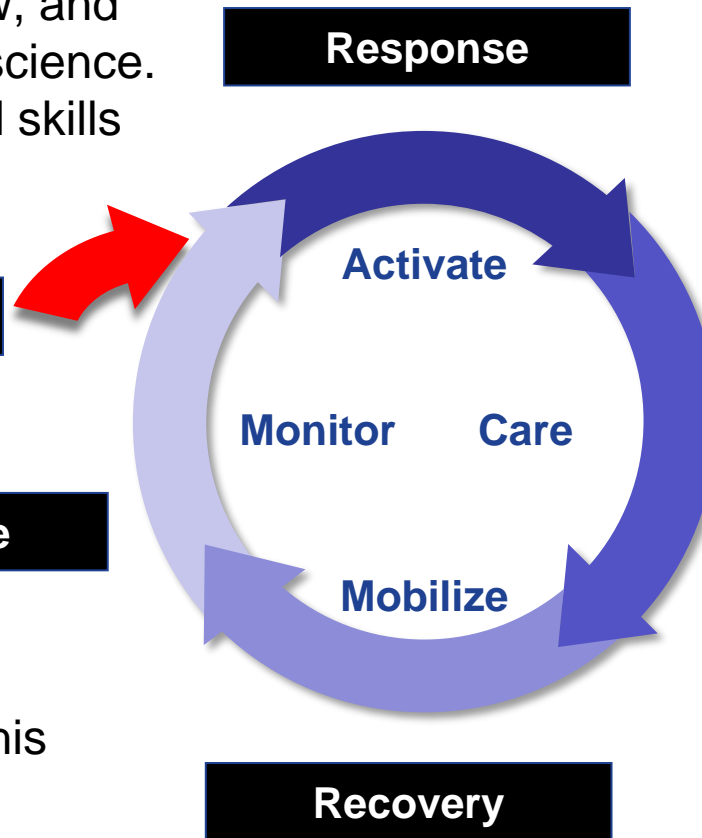
**Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

**Rescue**

**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**

**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
<b>No Exposure No Test or Negative Test</b>	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.
<b>Exposure to Infected Person and No Test</b>	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.
<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 do if exposed 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.
<b>Infected &amp; Require ICU Life Support Respirator &amp; ECMO</b>	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 <u>AND</u> ID best hospital care providers.



# 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	<div> <h2>Customize Your Family Checklists to the Real-life Scenarios that <u>CAN HAPPEN</u> to You!</h2> </div>				
Infected & Symptomatic – Have Symptoms					
Infected & Severely Symptomatic – Need Help					
Infected & Requiring Hospitalization					
Infected & Require ICU Life Support Respirator & ECMO					
	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.
	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.
	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.



# Family Safety Plan



  
**Readiness**

**Response** 

**Rescue** 

**Recovery** 

**Resilience** 

## Family Member Scenarios

No Exposure  
No Test or Negative Test

Exposure to Infected Person  
and No Test

Infected & Asymptomatic –  
No Symptoms Ever

Infected & Pre-symptomatic –  
Before Symptoms

**Every family or living unit needs to have a plan for each of these scenarios. They will drive the elements of your plan.**

Infected & Symptomatic –  
Have Symptoms

Infected & Severely  
Symptomatic – Need Help

Infected & Requiring  
Hospitalization

Infected & Require ICU  
Life Support  
Respirator & ECMO



# 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.	
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	E a s
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 p o
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.	E t o
Infected & Pre-symptomatic –	Know: what “exposure is”, what to if exposed, and if 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.	E t o
Infected & Severely Sick	Choose ED Care site, have med records, med, and a	Isolate if test positive and contact tracers link infections to you.	Seek emergency care immediately. Have medical records ready for family	F

**Every plan should include what to do for every scenario through readiness, response, rescue, recovery, and resilience.**

# Family Safety Plan

## Response

## Rescue

## Recovery

## Resilience

	Response if someone in the home gets sick.	Care of loved one 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 infection	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences	Maintain prevention, testing, contact tracing, isolation and	
Isolate if test positive and contact tracers link infection				
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,	

# 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.

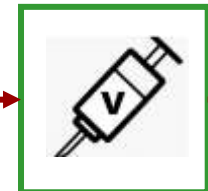
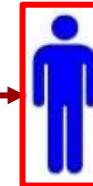
## No Exposure No Test or Negative Test



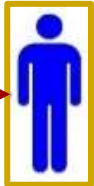
No Symptoms  
No Exposure

No Test or Test Negative  
Stay-At-Home

No  
Immunity



Vaccine



Immunity

# Family Safety Plan



## Readiness

## Response

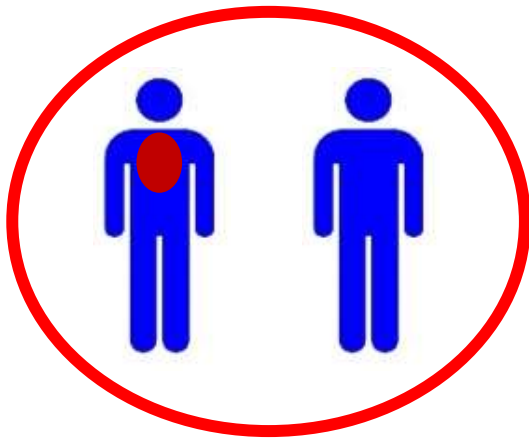
## Rescue

## 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
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.

## Exposure to Infected Person and No Test



Exposure for 15 Minutes  
Over 24 Hours

Exposed and  
No Testing

## Quarantine



Quarantine for  
14 Days

# Family Safety Plan



## Readiness

## Response

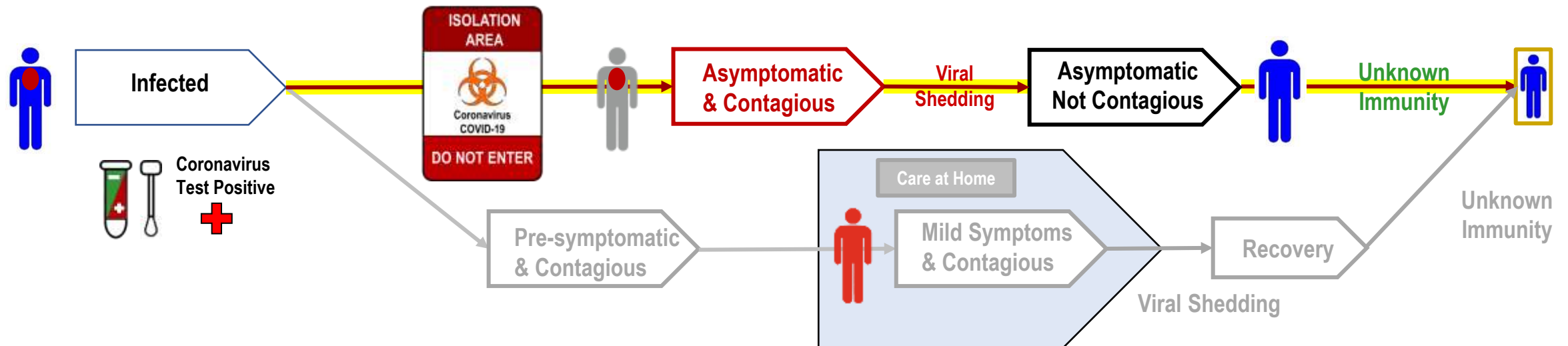
## Rescue

## 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
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 & Asymptomatic – No Symptoms Ever





# Family Safety Plan



## Readiness

## Response

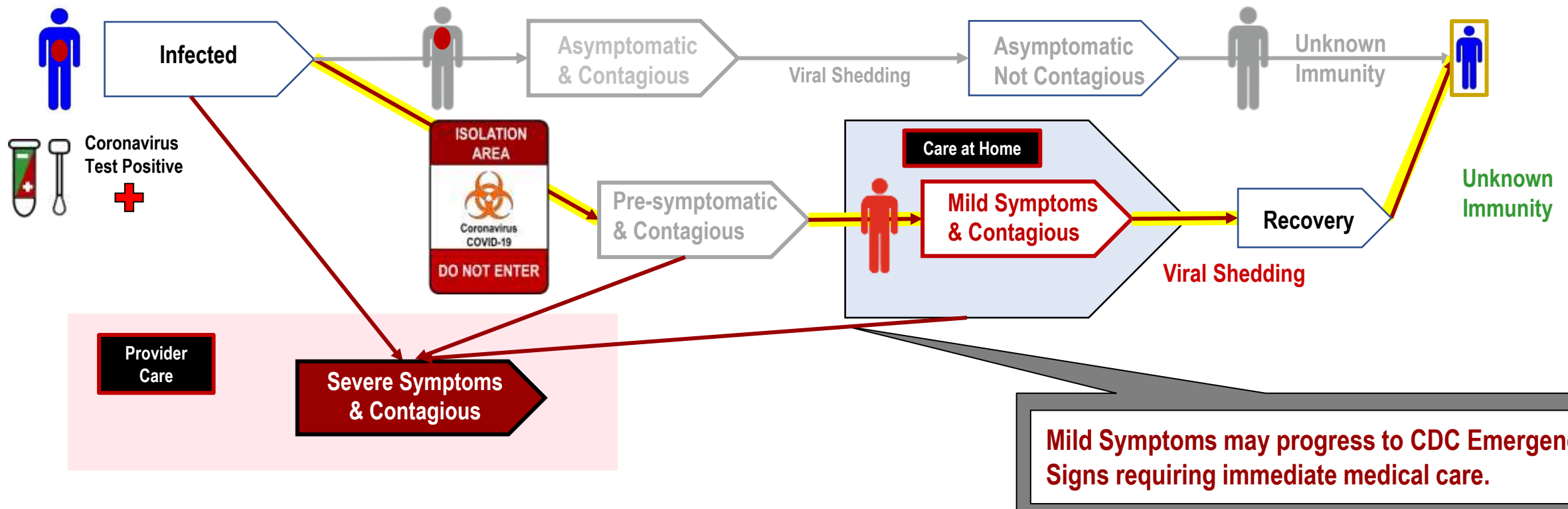
## Rescue

## 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
<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.

## Infected & Pre-symptomatic – Before Symptoms



# Family Safety Plan



Readiness

Response

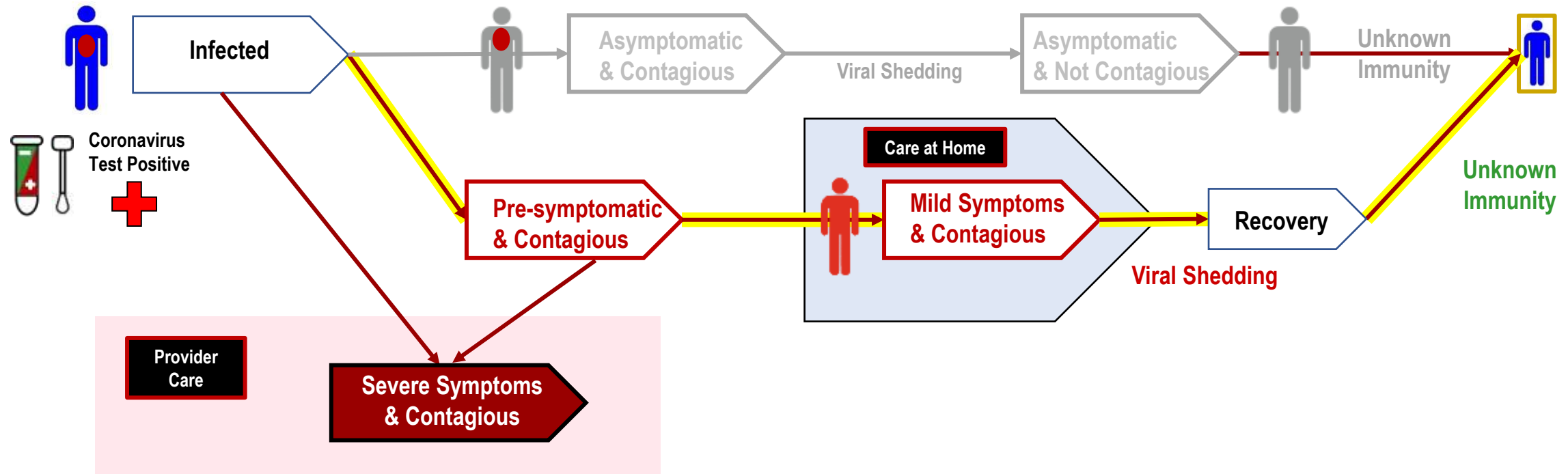
Rescue

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
Infected & Symptomatic – Have Symptoms	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.

## Infected & Symptomatic – Have Symptoms



# Family Safety Plan



## Readiness

## Response

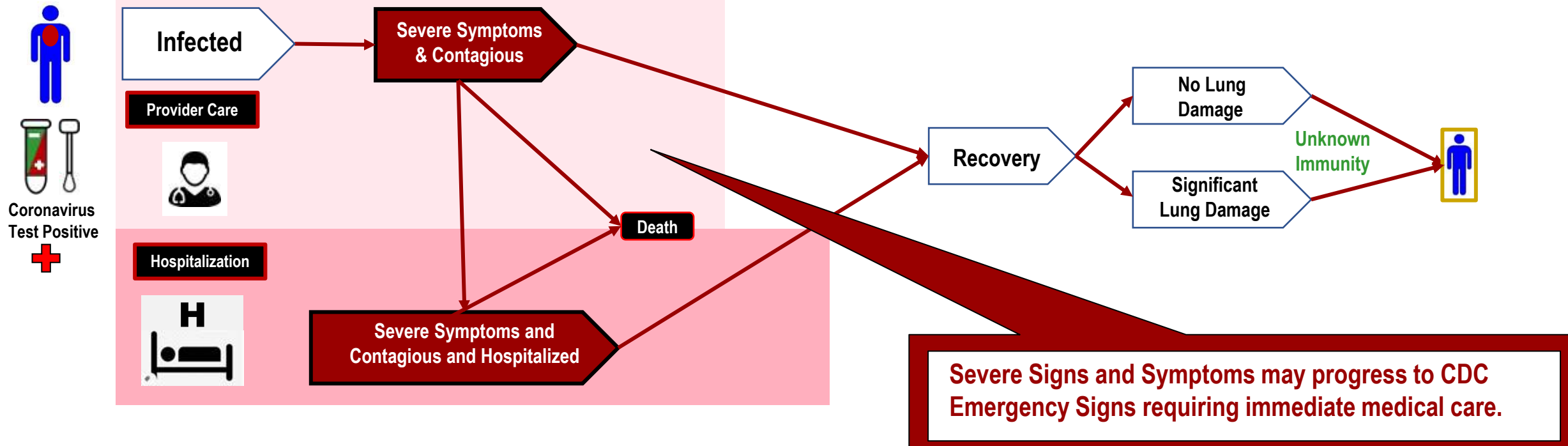
## Rescue

## 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
<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.

## Infected & Severely Symptomatic – Need Help



# Family Safety Plan



## Readiness

## Response

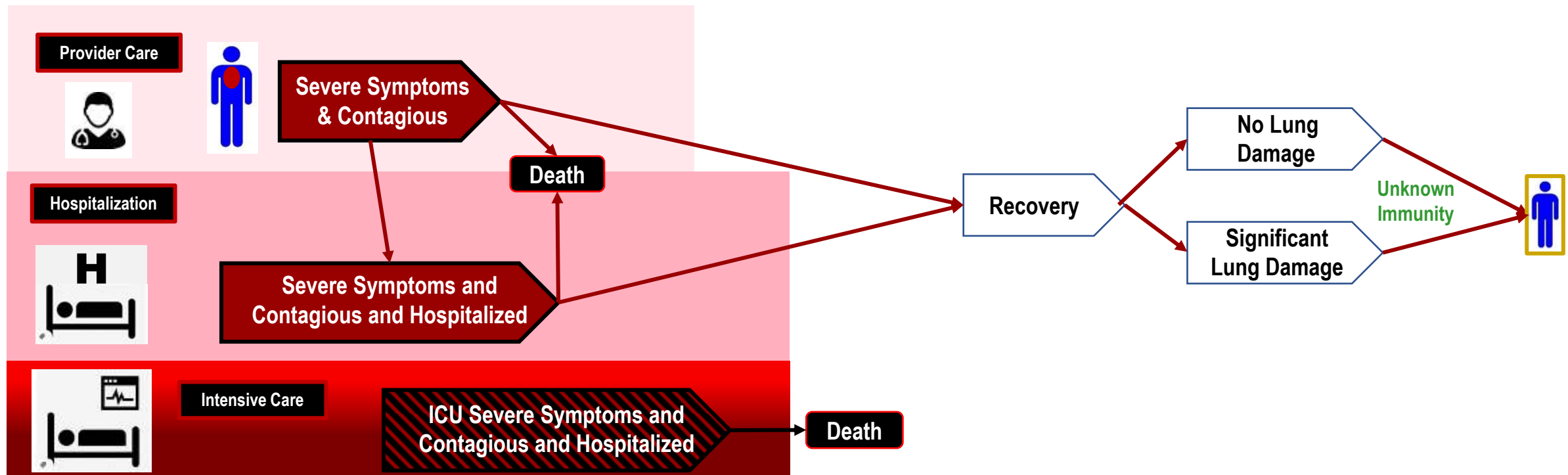
## Rescue

## 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
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 & Requiring Hospitalization



# Family Safety Plan



## Readiness

## Response

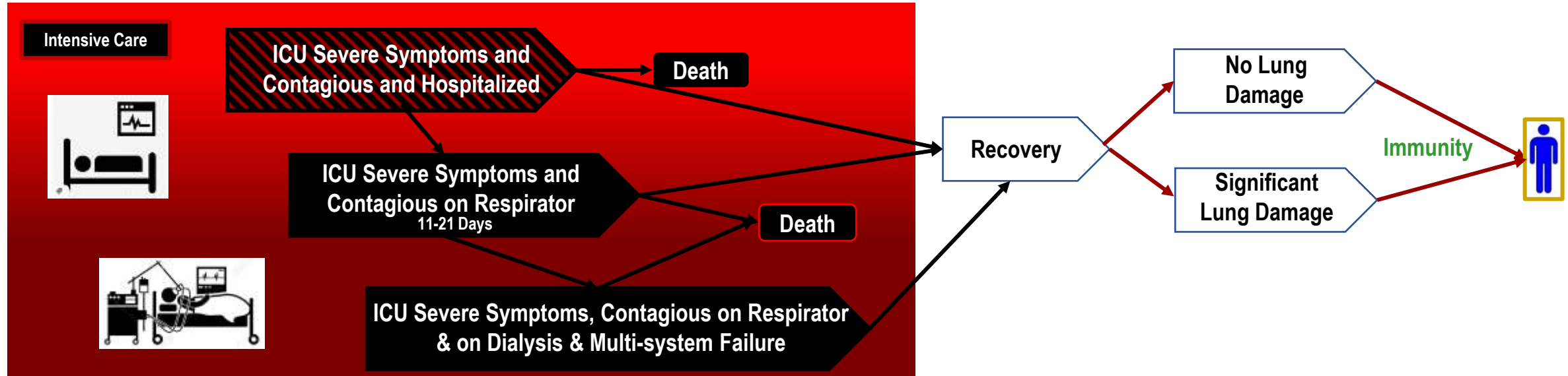
## Rescue

## 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
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.

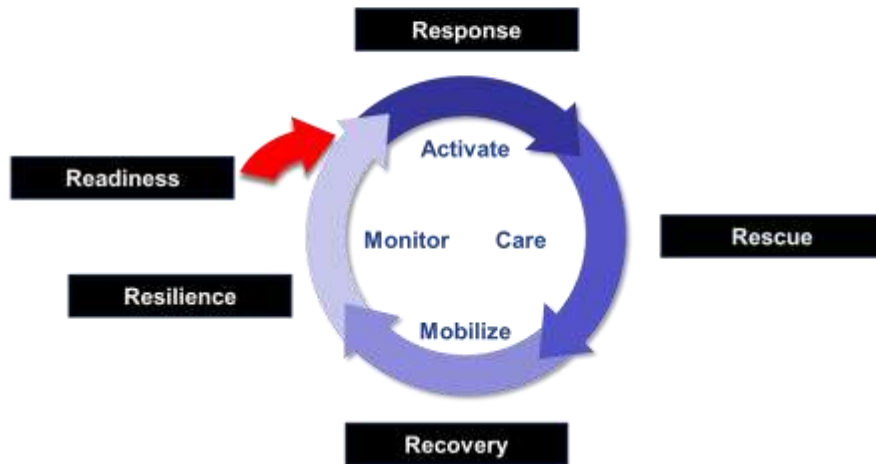
## Infected & Require ICU Life Support Respirator & ECMO





# The Family Plan: Learning as a Family

*Family Health Safety &  
Organization Security Plans™*



## Who is the CFO?

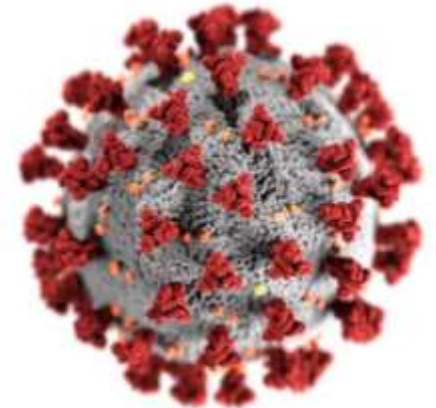
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**

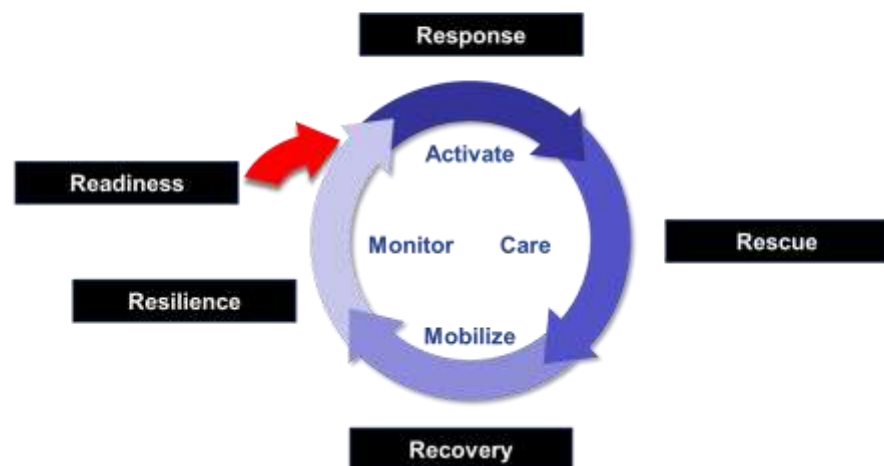


**David Beshk**

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



## 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

## **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.

**Readiness**

**Resilience**

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

**Response**

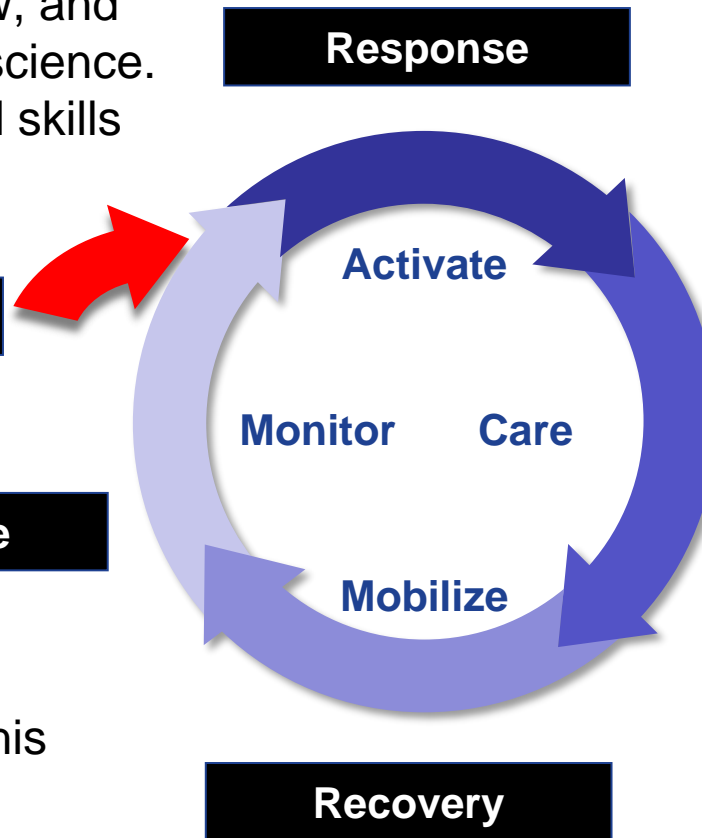
**Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

**Rescue**

**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**

**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.”







## Readiness

Family Member Scenarios	Be ready for waves or new epidemics.
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.
Exposure to Infected Person and No Test	Know: what “exposure” is, what to if exposed, and if notified by a contact tracer.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect “at risk” family members.
Infected & Pre-symptomatic – Before Symptoms	Know: what “exposure is”, what to do if exposed or notified by a contact tracer.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain Isolation per guidelines.
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.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.
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.

## Readiness

## Family Plan Checklist

### Awareness

- ☐ **Family Scenario Readiness Awareness:** All members aware of all family scenarios that may evolve.
- ☐ **National and Local Guideline Awareness:** CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
- ☐ **Community Threat Awareness:** Local community infection rates will need to drive your plan.
- ☐ **Readiness Knowledge – 4 P’s:** Information regarding Prevention, Preparedness, Protection, and Performance Improvement. Watch videos, read, and consult caregivers. Example: MedTacGlobal website, teachers, and caregivers who care for the family.

### Accountability

- ☐ **Readiness Assignment of Tasks to Members:** Who does what, when, why, and how to respond if for the Family Member Scenarios for response, rescue, recovery, and resilience.
- ☐ **Readiness Task Completion Log:** E.g. Care and maintenance of masks tied to a schedule and maintaining disinfectants and cleaning.

### Ability

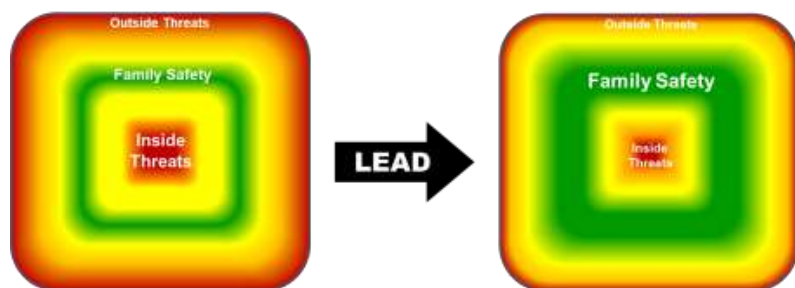
- ☐ **Readiness Skills:** Deliberative Practice of skills to assure competency currency.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds to assure adequate resources.

### Action

- ☐ **Create a written Family Safety Plan**
  - Step 1: Identify Each Members Threat Profile**
  - Step 2: Identify and Follow Local Coronavirus Threats**
  - Step 3: Develop a Family Safety Plan**
  - Step 4: Plan the Flight and Fly the Plan**
- ☐ **Assemble Family Medical Records:** Hardcopy & electronic. See Example Forms.
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.



## Family Member Threat Profile



Infected & Symptomatic –  
Have Symptoms

Be ready for worsening  
symptoms and to maintain

Sym

ct.

with

Be

e

ge.

a

death.

Prepare to deliver

substantial care at home if

the patient is discharged.

Infected & Require ICU  
Life Support  
Respirator & ECMO

death. Prepare to deliver  
substantial care at home if  
the patient is discharged.



## Medical Records



## Family Plan Checklist

### Readiness

#### Awareness

- ☐ **Family Scenario Readiness Awareness:** All members aware of all family scenarios that may evolve.
- ☐ **National and Local Guideline Awareness:** CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
- ☐ **Community Threat Awareness:** Local community infection rates will need to drive your plan.
- ☐ **Readiness Knowledge – 4 P's:** Information regarding Prevention, Preparedness, Protection, and Performance Improvement. Watch videos, read, and consult caregivers. Example: MedTacGlobal website, teachers, and caregivers who care for the family.

#### Accountability

- ☐ **Readiness Assignment of Tasks to Members:** Who does what, when, why, and how to respond if for the Family Member Scenarios for response, rescue, recovery, and resilience.
- ☐ **Readiness Task Completion Log:** E.g. Care and maintenance of masks tied to a schedule and maintaining disinfectants and cleaning.

#### Ability

- ☐ **Readiness Skills:** Deliberative Practice of skills to assure competency currency.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds to assure adequate resources.

#### Action

- ☐ **Create a written Family Safety Plan**
  - Step 1: Identify Each Members Threat Profile**
  - Step 2: Identify and Follow Local Coronavirus Threats**
  - Step 3: Develop a Family Safety Plan**
  - Step 4: Plan the Flight and Fly the Plan**
- ☐ **Assemble Family Medical Records:** Hardcopy & electronic. See Example Forms.
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.





## Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure – no test are at risk for infections.
Exposure to Infected Person and No Test	Know where to get testing, maintain quarantine period, and how to protect family.
Infected & Asymptomatic – No Symptoms Ever	Isolate if test positive and contact tracers link infections to you.
Infected & Pre-symptomatic – Before Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Symptomatic – Have Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Severely Symptomatic – Need Help	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms
Infected & Requiring Hospitalization	Be ready to respond to infections of others at home or in contact with patient.
Infected & Require ICU Life Support Respirator & ECMO	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.

## Response

## Family Plan Checklist

### Awareness

- ☐ **Family Scenario Response Awareness:** Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

### Accountability

- ☐ **Response Task Accountability Reinforced:** Who does what, when, why, and how to respond if for the Family Member Scenarios if someone gets infected, exposed, or need care in the home.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness. Examples include care and maintenance of masks, use of disinfectants, and regular cleaning.

### Ability



- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available. Staff include family members and service providers. Adequate funding must be allocated to assure proper actions.

### Action

- ☐ **Activate Family Member Scenario Plans:** When family members are exposed, infected, become symptomatic, become severely symptomatic, are hospitalized, or admitted to ICU the plans are activated.
  1. Exposure to Infected Person and No Test: Quarantine
  2. Infected and Asymptomatic: Isolation
  3. Infected and Pre-symptomatic: Isolation and Care when Symptomatic
  4. Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).



## Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure – no test are at risk for infections.
Exposure to Infected Person	Know where to get testing,
Isolation	Quarantine
	
Infected & Severely Symptomatic – Need Help	Contact healthcare and watch for worsening signs/symptoms
Infected & Requiring Hospitalization	Be ready to respond to infections of others at home or in contact with patient.
Infected & Require ICU Life Support Respirator & ECMO	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.

## Response

## Family Plan Checklist

### Awareness

- ☐ **Family Scenario Response Awareness:** Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

### Accountability

- ☐ **Response Task Accountability Reinforced:** Who does what, when, why, and how to respond if for the Family Member Scenarios if someone gets infected, exposed, or need care in the home.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness. Examples include care and maintenance of masks, use of disinfectants, and regular cleaning.

### Ability

- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available. Staff include family members and service providers. Adequate funding must be allocated to assure proper actions.

### Action

- ☐ **Activate Family Member Scenario Plans:** When family members are exposed, infected, become symptomatic, become severely symptomatic, are hospitalized, or admitted to ICU the plans are activated.
  - Exposure to Infected Person and No Test: Quarantine**
  - Infected and Asymptomatic: Isolation**
  - Infected and Pre-symptomatic: Isolation and Care when Symptomatic**
  - Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).**



## Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No Exposure No Test or Negative Test	Know the triggers for emergency care. Have med records ready for family
Exposure to Infected Person and No Test	Know the triggers for emergency care. Have med records ready for family
Infected & Asymptomatic – No Symptoms Ever	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Pre-symptomatic – Before Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Symptomatic – Have Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Severely Symptomatic – Need Help	Seek emergency care immediately. Have medical records and medications for ED care providers.
Infected & Requiring Hospitalization	Watch for triggers for emergency care of other family members who may get sick.
Infected & Require ICU Life Support Respirator & ECMO	Watch for symptom triggers requiring emergency care visit if others in family get sick.

## Rescue

## Family Plan Checklist

### Awareness

- ☐ **Family Rescue Scenario Awareness:** Members need to be aware of “rescue scenarios” and what the CDC describes as “emergency warning signs”:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ☐ **Rescue Knowledge - 4 P’s:** Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

### Accountability

- ☐ **Rescue Task Accountability Reinforced:** Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** These recorded lifesaving tasks are vital to professional caregivers.

### Ability

- ☐ **Rescue Skills:** Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- ☐ **Rescue Resources:** Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

### Action

- ☐ **Follow the Plan for the Family Member Scenario:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
  - ☐ **Infected & Severely Symptomatic – Need Help:** Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
  - ☐ **Infected Requiring Hospitalization:** Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
  - ☐ **Infected & Require ICU Life Support Respirator & ECMO:** The seriousness of the situation should be communicated to the family members.



## Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No	ned
Expo	ned
Infect	e.
Infect	seeking emergency care.
Infected & Symptomatic	signs and triggering emergency care.
Infected & Symptomatic	cy care Have medical medications for ders.
Infected & Hospital	gers for re of other ers who may get
Infected & Life Support	ptom triggers emergency care
Respirator & ECMO	visit if others in family get sick.



## Rescue

## Family Plan Checklist

### Awareness

- ☐ **Family Rescue Scenario Awareness:** Members need to be aware of “rescue scenarios” and what the CDC describes as “emergency warning signs”:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- ☐ **Rescue Knowledge - 4 P's:** Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

### Accountability

- ☐ **Rescue Task Accountability Reinforced:** Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** These recorded lifesaving tasks are vital to professional caregivers.

### Ability

- ☐ **Rescue Skills:** Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- ☐ **Rescue Resources:** Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

### Action

- ☐ **Follow the Plan for the Family Member Scenario:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
  - ☐ **Infected & Severely Symptomatic – Need Help:** Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
  - ☐ **Infected Requiring Hospitalization:** Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
  - ☐ **Infected & Require ICU Life Support Respirator & ECMO:** The seriousness of the situation should be communicated to the family members.





## Recovery

Family Member Scenarios	Assistance safely to the “new normal”.
No Exposure No Test or Negative Test	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.
Exposure to Infected Person and No Test	If infected, be aware of the possible long-term consequences of infection.
Infected & Asymptomatic – No Symptoms Ever	Be aware of and watch for the long-term consequences of infection.
Infected & Pre-symptomatic – Before Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Symptomatic – Have Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Severely Symptomatic – Need Help	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario
Infected & Requiring Hospitalization	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario
Infected & Require ICU Life Support Respirator & ECMO	Recognize probable long-term consequences after being infected. Be aware of “long haulers” scenario

## Recovery

## Family Plan Checklist

### Awareness

- ☐ **Family Recovery Scenario Awareness:** Every member aware of how to respond to Make sure family members are aware of “recovery scenarios” to help family members return to a “new safe normal”.
- ☐ **Recovery 4 P’s:** Family members are aware of how to prevent reinfection, be prepared to recover, prevent medical errors, protect loved ones and learn performance improvement the experiences of others. They need to understand the “long hauler threat” and threats to children such as Multisystem Inflammatory Syndrome (MIS-C). Citation: <https://www.cdc.gov/mis-c/> This condition is also being described in adults (MIS-A) Post-infection immunity is not well understood or assured. Therefore beware of risk of relaxing prevention behaviors. There may be specific prevention behaviors for specific patients.

### Accountability

- ☐ **Recovery Task Accountability Reinforced:** Members will need to maintain accountability for recovery the tasks to assure safe return to the “new normal” – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member’s threat profile, medical records, and history action items.
- ☐ **Recovery Task Completion Log:** Documentation may be very important to future care decisions.

### Ability

- ☐ **Recovery Skills:** Communication and deliberate practice of skills to help children, youth, adults, and seniors SAFELY return to work, play, and pray. Care of those experiencing severe harm or sequelae.
- ☐ **Recovery Resources:** Staff, supplies, space, and financial resources must be available to allow the family to return to a new safe normal. Adjustment of sports equipment and participation are important.

### Action

- ☐ **The actions include care documentation and preparation for future problems:**
  - 1.Record & Follow Return for Care Precautions:** The specific caregiver instructions to return for care if patients deteriorate – return of signs and symptoms and specific conditions caregivers identify.
  - 2.Update Family Member Threat Profiles:** New medical information should be added to the member threat profile in order to be able to respond properly if there is deterioration or reinfection.
  - 3.Update and Maintain Medical Records:** The latest medical records of the infected person need to be included in case of a future infection, hospital admission, “long hauler” disease, MIS-C, or MIS-A.



**“Long Haulers”**

**Harvard Medical School**

Infected & Asymptomatic –  
No Symptoms Ever

Be aware of and watch for  
the long-term consequences

Inf

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

**Multisystem Inflammatory Syndrome (MIS-C)**



Life Support  
Respirator & ECMO

being infected. Be aware of  
“long haulers” scenario

## Recovery

## Family Plan Checklist

### Awareness

- ❑ **Family Recovery Scenario Awareness:** Every member aware of how to respond to Make sure family members are aware of “recovery scenarios” to help family members return to a “new safe normal”.
- ❑ **Recovery 4 P’s:** Family members are aware of how to prevent reinfection, be prepared to recover, prevent medical errors, protect loved ones and learn performance improvement the experiences of others. **They need to understand the “long hauler threat” and threats to children such as Multisystem Inflammatory Syndrome (MIS-C).** Citation: <https://www.cdc.gov/mis-c/> This condition is also being described in adults (MIS-A) Post-infection immunity is not well understood or assured. Therefore beware of risk of relaxing prevention behaviors. There may be specific prevention behaviors for specific patients.

### Accountability

- ❑ **Recovery Task Accountability Reinforced:** Members will need to maintain accountability for recovery the tasks to assure safe return to the “new normal” – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member’s threat profile, medical records, and history action items.
- ❑ **Recovery Task Completion Log:** Documentation may be very important to future care decisions.

### Ability

- ❑ **Recovery Skills:** Communication and deliberate practice of skills to help children, youth, adults, and seniors SAFELY return to work, play, and pray. Care of those experiencing severe harm or sequelae.
- ❑ **Recovery Resources:** Staff, supplies, space, and financial resources must be available to allow the family to return to a new safe normal. Adjustment of sports equipment and participation are important.

### Action

- ❑ **The actions include care documentation and preparation for future problems:**
  - 1.Record & Follow Return for Care Precautions:** The specific caregiver instructions to return for care if patients deteriorate – return of signs and symptoms and specific conditions caregivers identify.
  - 2.Update Family Member Threat Profiles:** New medical information should be added to the member threat profile in order to be able to respond properly if there is deterioration or reinfection.
  - 3.Update and Maintain Medical Records:** The latest medical records of the infected person need to be included in case of a future infection, hospital admission, “long hauler” disease, MIS-C, or MIS-A.





## Resilience

Family Member Scenarios	Making the family “hardened” as a target
No Exposure No Test or Negative Test	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	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	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Requiring Hospitalization	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.

## Resilience

## Family Plan Checklist

During the “quiet before the storm” between community infection surges or after caring for someone, it is an ideal time to “harden the target” of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

### Awareness

- ☐ **Family Impact Scenarios Review:** Family Impact Scenarios can be updated. Performance improvement can be informed by member caregivers and guidelines. Underlying conditions can evolve.
- ☐ **Resilience Knowledge Review - 4 P’s:** Make sure everyone is aware of the lessons learned about prevention, preparedness, protection, and performance improvement related to spread of infections and care of the family living unit members.

### Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review all the task assignments for each of the 5 R Phases in order to optimize them from lessons learned internally and externally.
- ☐ **5 R Task Completion Logs Reviewed:** Review of each of the 5 R Phases of the task completion logs provide insights to performance improvement.

### Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, so will the skills for recognizing and caring for family members.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Staff include family members and service providers. Hardening target of the living space to external threats and from internal threats to the family when members are in isolation are important.

### Action

- ☐ **Revise Family Safety Plan and Update All Checklists**
  - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
  - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are rapidly evolving.
  - ☐ **Rescue:** The clinical signs, symptoms, and means of caregivers providing proper emergency care are evolving as are the interventions. This is why updates to medical records are so important.
  - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Each Family Member Threat Profile:** The inherent threats to individual family members change and their medical records will be very important to successfully care for them.



## Resilience

## Resilience

## Family Plan Checklist

During the “quiet before the storm” between community infection surges or after caring for someone, it is an ideal time to “harden the target” of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

### Awareness

- ☐ **Family Impact Scenarios Review:** Family Impact Scenarios can be updated. Performance improvement can be informed by member caregivers and guidelines. Underlying conditions can evolve.
- ☐ **Resilience Knowledge Review - 4 P's:** Make sure everyone is aware of the lessons learned about **prevention, preparedness, protection, and performance improvement** related to spread of infections and care of the family living unit members.

### Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review all the task assignments for each of the 5 R Phases in order to optimize them from lessons learned internally and externally.
- ☐ **5 R Task Completion Logs Reviewed:** Review of each of the 5 R Phases of the task completion logs provide insights to performance improvement.

### Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, so will the skills for recognizing and caring for family members.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Staff include family members and service providers. **Hardening target of the living space to external threats and from internal threats to the family when members are in isolation are important.**

### Action

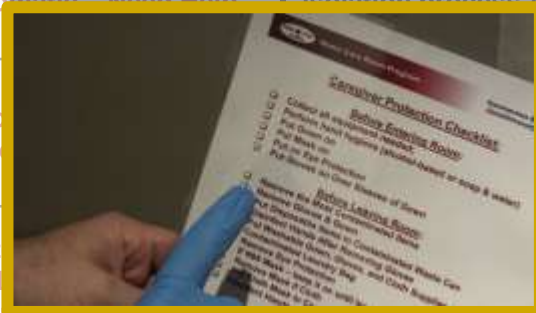
- ☐ **Revise Family Safety Plan and Update All Checklists**
  - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
  - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are rapidly evolving.
  - ☐ **Rescue:** The clinical signs, symptoms, and means of caregivers providing proper emergency care are evolving as are the interventions. This is why updates to medical records are so important.
  - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Each Family Member Threat Profile:** The inherent threats to individual family members change and their medical records will be very important to successfully care for them.



No Symptoms Ever



Infected & Severely Symptomatic - Need Help





## READINESS

### Awareness

- ☐ **Family Scenarios:** All understand family scenarios
- ☐ **National and Local Guidelines:** CDC, Local Public Health, and School Guidelines understood..
- ☐ **Community Threat Awareness:** Local infection rate understood.
- ☐ **Readiness Knowledge – 4 P's:** Prevention, Preparedness, Protection, and Performance Imp't.

### Accountability

- ☐ **Readiness Task Assignment:** Who does what, when, of member tasks by Family Scenario.
- ☐ **Readiness Task Completion Log:** Documentation.

### Ability

- ☐ **Readiness Skills:** Deliberative Practice.
- ☐ **Readiness Resources:** Staff, supplies, and space. Allocation of the funds.

### Action

- ☐ **Create a written Family Safety Plan:** Readiness, Response, Rescue, Recovery, and Resilience.
  - Step 1:** Identify Each Members Threat Profile
  - Step 2:** Identify & Local Coronavirus Threats
  - Step 3:** Develop a Family Safety Plan
  - Step 4:** Plan the Flight and Fly the Plan
- ☐ **Assemble Family Medical Records:** Hardcopy summaries & electronic version..
- ☐ **Establish Required Staff, Supplies, and Space:** Maintain in a state of readiness.

## RESPONSE

### Awareness

- ☐ **Family Scenario Response Awareness:** Know how to respond the exposed, if infected, infected and symptomatic, and if infected with severe symptoms. Understand quarantine, isolation, and care at home.
- ☐ **Response Knowledge – 4 P's:** Prevention of spread. Preparedness for quarantine, isolation, and home care. Protection concepts and tools such as PPE. Performance Improvement from caregivers and trusted guideline sources.

### Accountability

- ☐ **Response Task Accountability:** Task assignment to Family Members.
- ☐ **Response Task Completion Log:** Task completion should be documented to maximize effectiveness.

### Ability

- ☐ **Response Skills:** Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- ☐ **Response Resources:** Staff, supplies, space, and financial resources must be available.

### Action

- ☐ **Activate Family Member Scenario Plans:**
  1. Exposure to Infected Person and No Test: Quarantine
  2. Infected and Asymptomatic: Isolation
  3. Infected and Pre-symptomatic: Isolation and Care when Symptomatic
  4. Infected and Symptomatic – Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).

## RESCUE

### Awareness

- ☐ **Family Rescue Scenario Awareness:** Know "rescue scenarios" & CDC "emergency warning signs":
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
- ☐ **Rescue Knowledge - 4 P's:** Prevention of spread, prepare for transport, protect all, learn performance improvement from caregivers.

### Accountability

- ☐ **Rescue Task Accountability Reinforced:** Task assignment to Family Members. Tie to CDC emergency warning signs.
- ☐ **Rescue Task Completion Log:** Recording of lifesaving tasks are vital to caregivers.

### Ability

- ☐ **Rescue Skills:** Isolation skills - safe use of PPE, safe transport, and protecting family.
- ☐ **Rescue Resources:** Adequate funding, outside service, PPE supplies, "go bags", and disinfection resources are critical.

### Action

- ☐ **Activate Family Member Scenario Plans:** Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
  1. Infected & Severely Symptomatic – Need Help: Emergency Sign recognition, safe transportation, safe Caregiver communication. See SBAR Pt. Tool.
  2. Infected Requiring Hospitalization: Patient alone – Caregiver Communication by only by phone.
  3. Infected & Require ICU Life Support Respirator & ECMO: The seriousness of the situation should be communicated to the family members.

## RECOVERY

### Awareness

- ☐ **Family Recovery Scenario Awareness:** Know "recovery scenarios" with return to a "new safe normal".
  - Long Hauler Threat
  - Multisystem Inflammatory Syndrome (MIS-C) in children and MIS-A in adults.
- ☐ **Recovery 4 P's:** Prevent reinfection - post-infection immunity not assured. Protect family-learn performance improvement from others.

### Accountability

- ☐ **Recovery Task Accountability Reinforced:** Assign tasks for assure safe return to the "new normal" – social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member's threat profile, medical records, and history action items.
- ☐ **Recovery Task Completion Log:** Info may be very important to future care decisions.

### Ability

- ☐ **Recovery Skills:** Help children, youth, adults, and seniors SAFELY return to work, play, and pray. Recovery care after severe harm.
- ☐ **Recovery Resources:** Staff, supplies, space, and finances for family to return to a new safe normal. Adjust to sports & play.

### Action

- ☐ **The actions include care documentation and preparation for future problems:**
  1. **Record & Follow "Return Precautions":** Specific caregiver instructions to return for care if patients deteriorate –.
  2. **Update Family Member Threat Profiles:** New medical info added to threat profile.
  3. **Update and Maintain Medical Records:** In case of a future infection, hospital admission, "long hauler", MIS-C, or MIS-A.

## RECOVERY

During the "quiet before the storm" between community infection surges or after caring for someone, it is an ideal time to "harden the target" of the home and members.

### Awareness

- ☐ **Family Impact Scenarios Review:** Update Family Impact Scenarios. Performance improvement can be informed by member caregivers and guidelines..
- ☐ **Resilience Knowledge Review - 4 P's:** Apply prevention, preparedness, protection, and performance improvement lessons learned..

### Accountability

- ☐ **5 R Accountability Task Assignments Review:** Review task assignments for each of the 5 R Phases in to optimize lessons learned.
- ☐ **5 R Completion Logs Reviewed:** Review each phase log provide to drive performance improvement.

### Ability

- ☐ **Resilience Skills:** As the Coronavirus Crises evolves, updated recognition and care skills.
- ☐ **Resilience Resources:** Staff, supplies, space, and financial resources must be available and budgeted for the future. Hardening target of the living space to external threats and from internal threats to the family.

### Action

- ☐ **Revise Family Safety Plan and Update All Checklists**
  - ☐ **Readiness:** The team & space needs reviewed to be ready for response, rescue, and recovery.
  - ☐ **Response:** Testing, quarantine, isolation, and guidelines for essential workers are evolving.
  - ☐ **Rescue:** The clinical signs, symptoms, and caregiver emergency practices are evolving as are the interventions. Medical records must be updated.
  - ☐ **Recovery:** The long-term impact of the disease impacts the length and means of recovery.
- ☐ **Review & Update Family Member Threat Profiles:** The inherent threats and their medical records will be very important to successfully care for them.

### Law Enforcement Caregiver Panel



Chief William Adcox



Dr. Chris Fox



Matt Horace



Heather Foster RN



Dr. Charles Denham  
Moderator



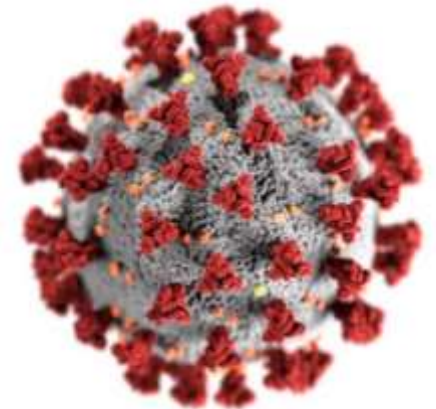
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Chris Fox MD**

**Chairman  
Department of  
Emergency Medicine  
University of California Irvine**



## 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



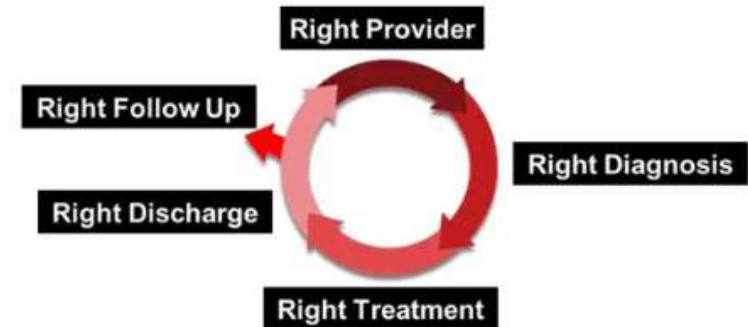
## Dr. Christopher Peabody

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





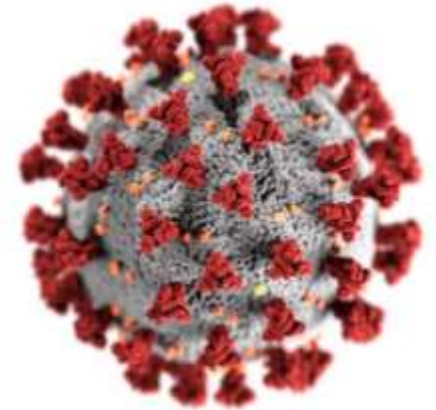
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Heather Foster, RN**

**Practicing Nurse  
Infection Preventionist  
Patient Safety Expert**



## 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**



## BASIC MODULES

**Why Social Distancing WORKS**

**Masks ARE Critical**

**Masks: The SCIENCE of Success**

**Hand Washing & DISINFECTANTS**

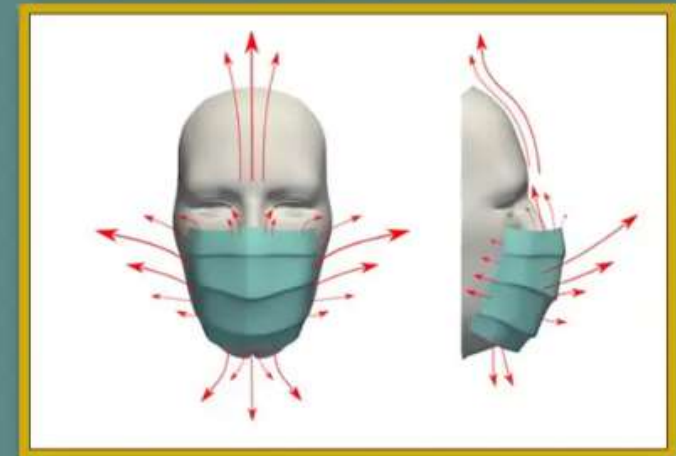
**CLEAN High Contact Surfaces**

**Building a FAMILY SAFETY PLAN**

**If we NEED Emergency Care**

**Why ICU, Respirators, and ECMO**

## Masks: The SCIENCE of Success



27:07





## BASIC MODULES

**Why Social Distancing WORKS**

**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**

## Handwashing & DISINFECTANTS



## 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

## RISK of High Contact Surfaces

### Coronavirus Lives on Surfaces

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

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



07:34





## 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**

## ICU Care, Respirators, and ECMO





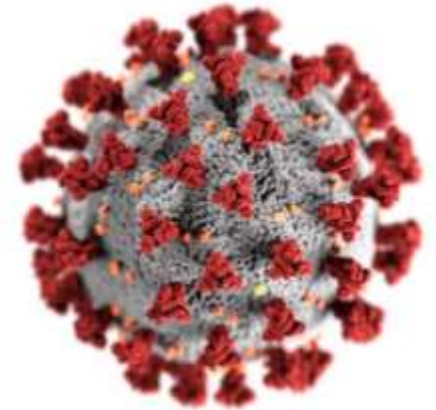
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Matt Horace**

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



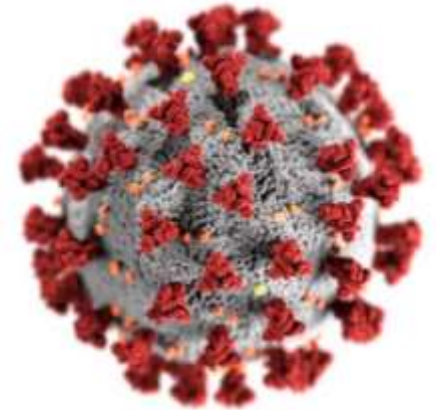
# **Safety Plan Templates for Everyone**

## **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**



People

11-04-20

## College Student, 20, Found Dead in Dorm Room After Testing Positive to COVID-19: 'This Loss Is Forever'

A 20-year-old student has died in her dorm room while in quarantine after testing positive for the novel [coronavirus \(COVID-19\)](#). Bethany Nesbitt — **a third-year psychology major at Grace College in Winona Lake, Indiana** — was found dead in a residence hall on Friday around 10 a.m., her school [confirmed in a statement](#). Kosciusko County Coroner Tony Ciriello tells PEOPLE on Tuesday that Bethany **tested positive for coronavirus, which can affect the pulmonary system, and her cause of death has been ruled as a pulmonary embolus**. An asthmatic and began experiencing symptoms consistent with COVID-19 on the week of Oct. 20. **She tested for the virus on Oct. 22, though the results were "never delivered, due to a clerical error," according to the family.**



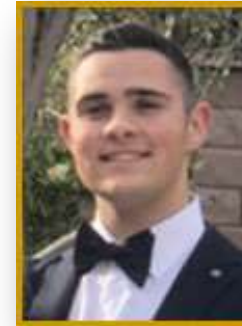
### Young Adult Speakers & Reactors



Perry Bechtle III  
Moderator



Clair Peck



D Policichio



Jaime Yrastorza



Preston Head III



Paul Bhatia EMT



Charlie Denham III

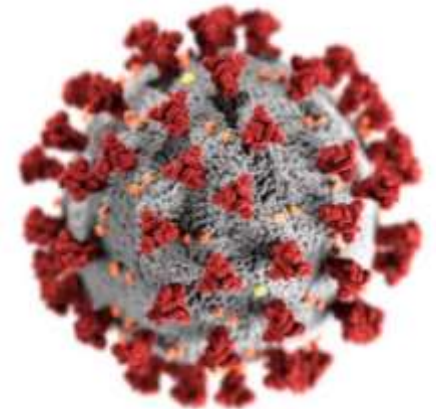
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Perry Bechtle III**

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





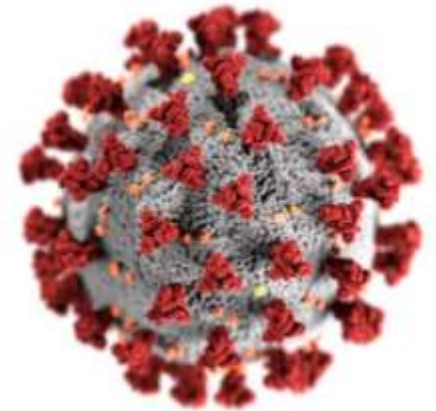
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Jaime Yrastorza**

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



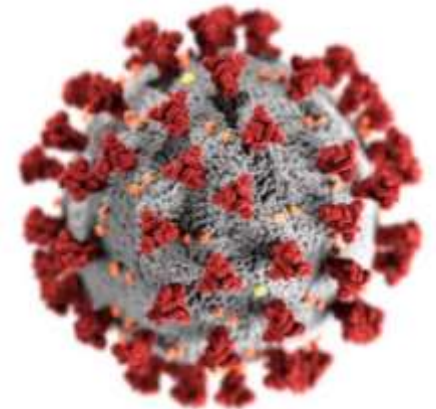
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Paul Bhatia, EMT**

**UCI Pre-Med Student  
EMT  
President UCI EMT Association  
Med Tac Instructor**



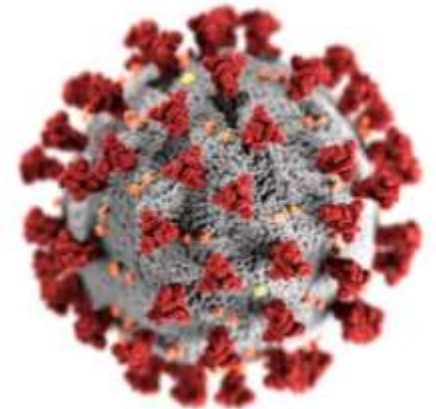
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Clair Peck**

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



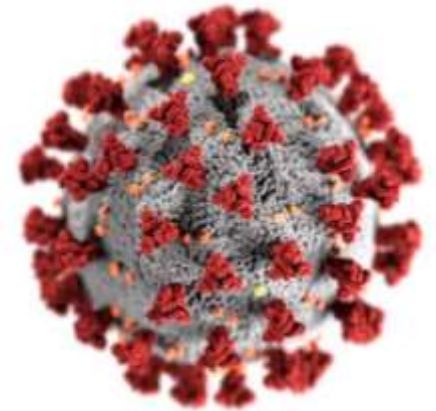
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Danny Policichio**

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



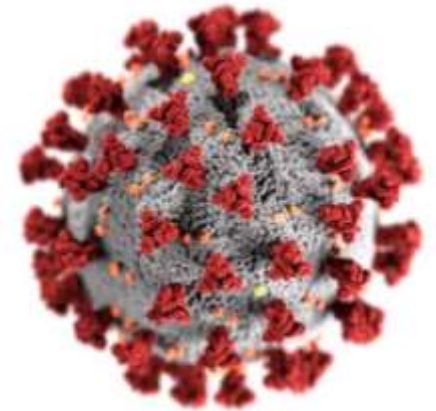
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Preston Head III**

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







November 2, 2020

## **A 13-year-old Missouri boy's last day of school was in late October. He died from Covid-19 days later**



An eighth-grade student from Missouri passed away from complications related to Covid-19. Peyton Baumgarth, 13, died over the weekend. His last day of school was October 22, and the school was informed he was in quarantine the following Monday.

"We extend our heartfelt sympathy to the family and ask that the public respects their privacy," she wrote. "His family deserves nothing less. **The family also asks that we all remember to wear masks, wash hands frequently and follow guidelines. COVID-19 is real and they want to remind students and parents to take these precautions in and outside of school.**"

Peyton was a "a wonderful young man, who always had a smile to share with you," his family wrote...

Source: <https://www.cnn.com/2020/11/02/us/missouri-13-year-old-dies-covid-19-trnd/index.html>

## Faith-based & Scout Leader Speakers & Reactors



Randal Styner



Keith Flitner



John Little



John Tomlinson



Charlie Denham III



Dr. Charles Denham

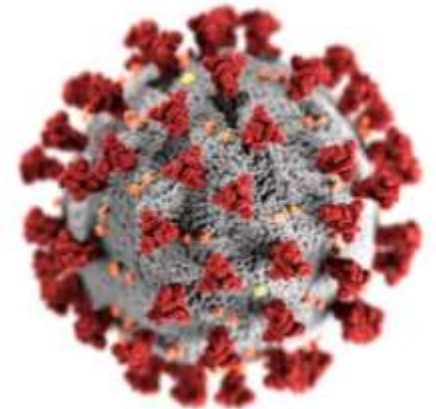
# **Safety Plan Templates for Everyone**

## **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**



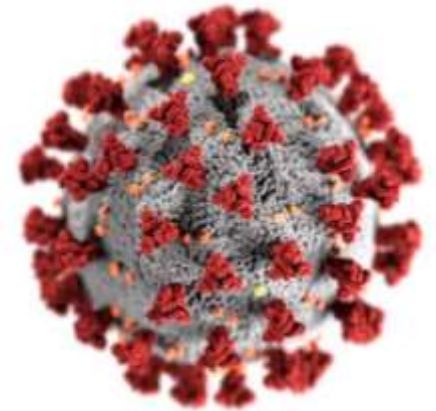
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**

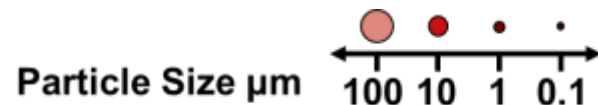


**John Tomlinson JD MBA**

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



## Tomlinson Home Isolation Chamber



## Airborne Threat and HVAC Systems



**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.



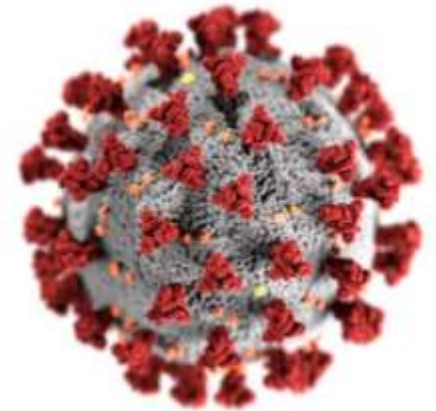
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Randy Styner**

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



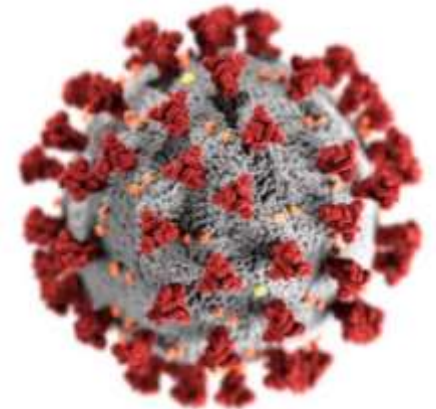
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**John Little**

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



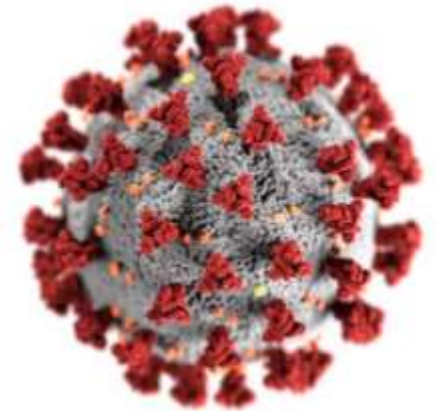
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**Keith Flitner**

**Aerospace Engineer  
Scout Leader  
Eagle Scout**





# Coronavirus Care Community of Practice

# Bystander Rescue Care *CareUniversity Series*

## Speakers & Reactors



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Dr. Chris Fox



David Beshk



Perry Bechtle III



Jennifer Dingman



Matt Horace



Clair Peck



D Policichio



Jaime Yrastorza



Paul Bhatia EMT



Charlie Denham III



Preston Head III



Randal Styner



Keith Flitner



John Little



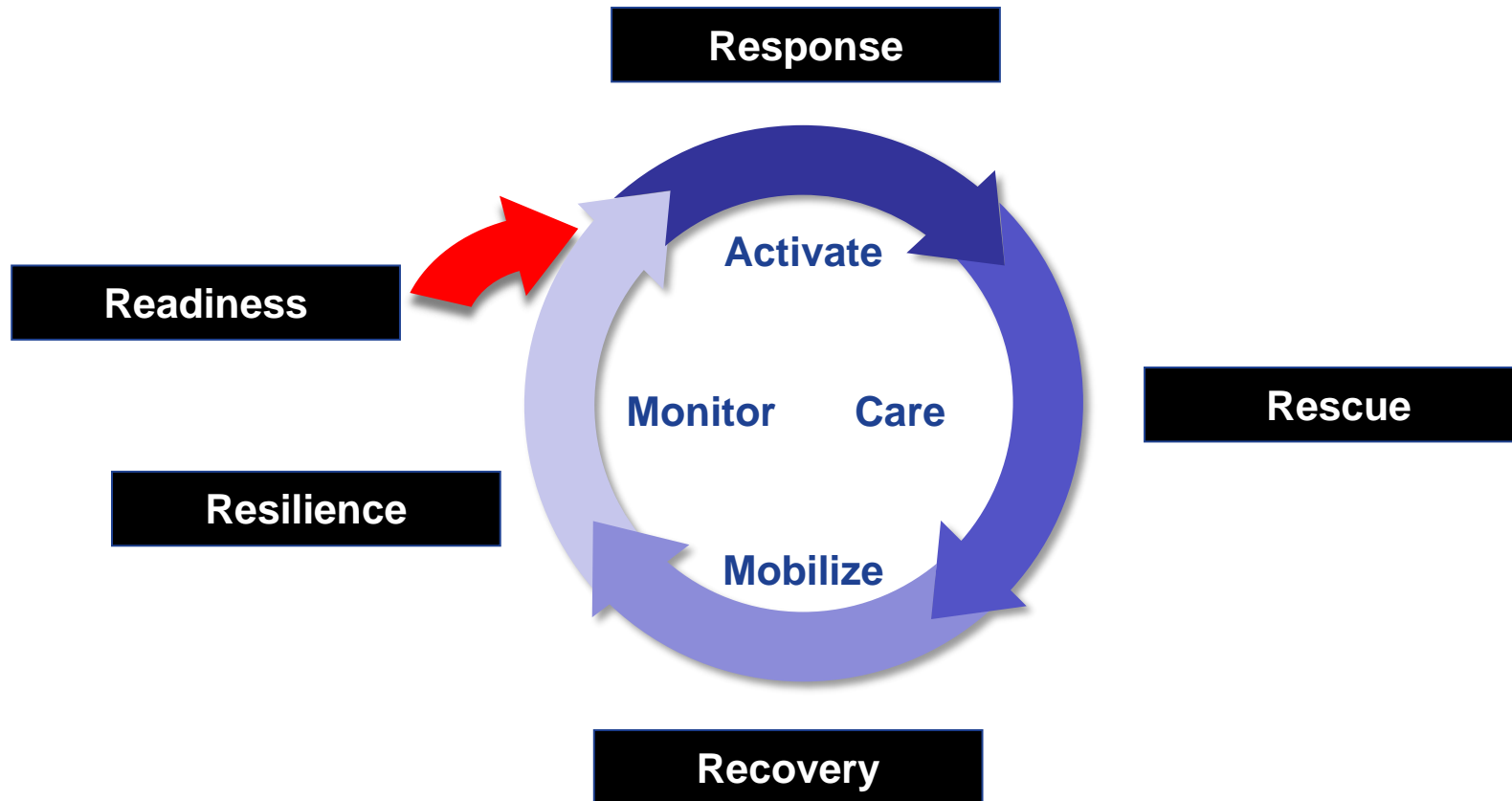
John Tomlinson



Dr. Charles Denham



## ***Family Health Safety & Organization Security Plans™***





## National Survey Questions

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

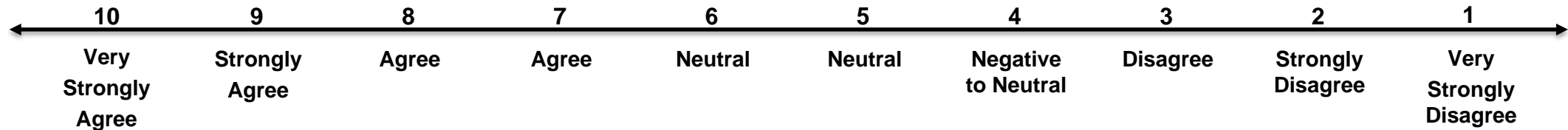


**State what you want to see in the  
Family Safety Plan Templates in Free Text Entry**

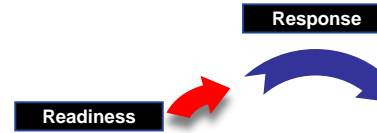


# READINESS

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

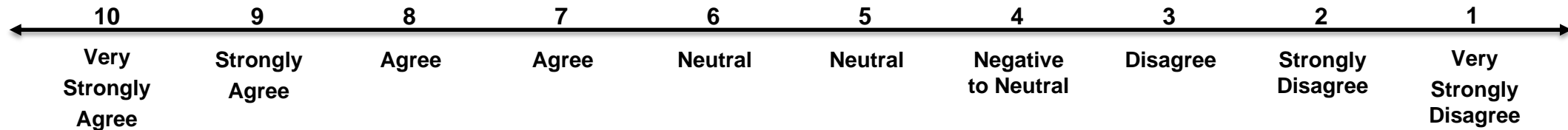


**What readiness information would you like to have?**



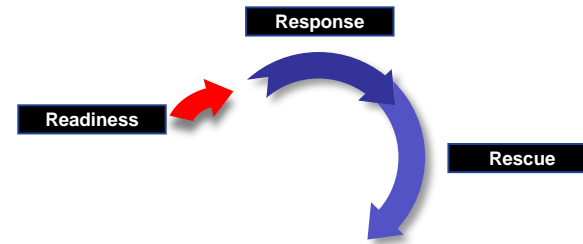
## RESPONSE

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

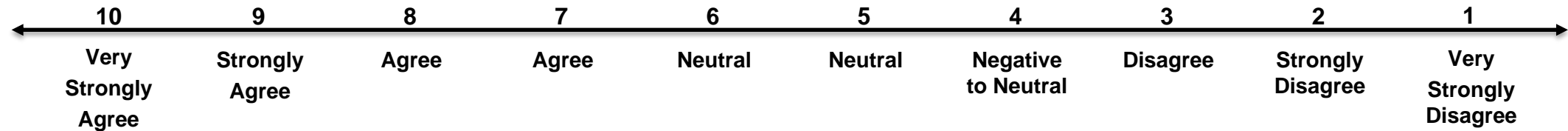


**What information would help you respond when a loved one becomes infected?**

# RESCUE

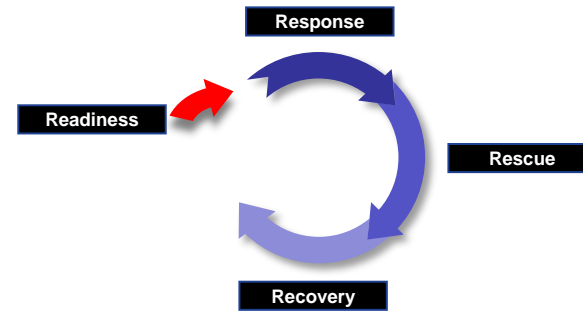


**My family knows what do when someone develops severe COVID-19 symptoms.**

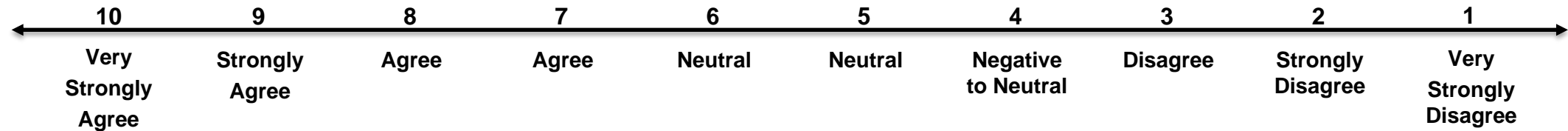


**What information would help your family react if someone develops severe symptoms?**

# RECOVERY



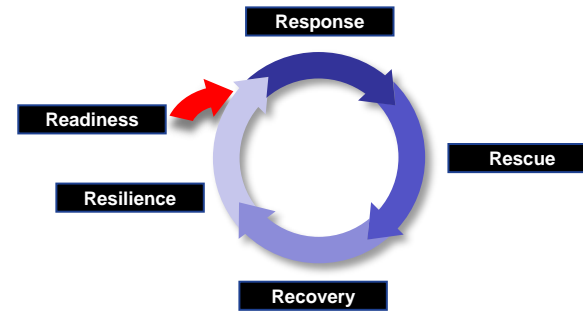
**My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.**



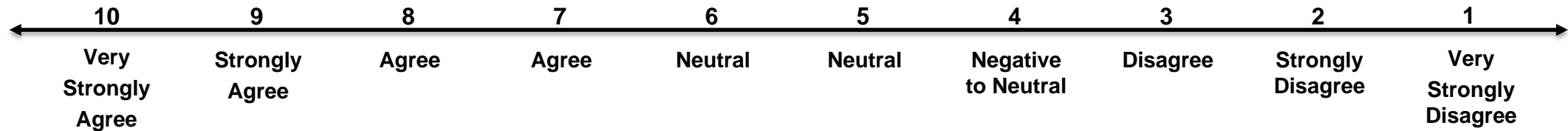
**What information would help your family return to the new normal?**



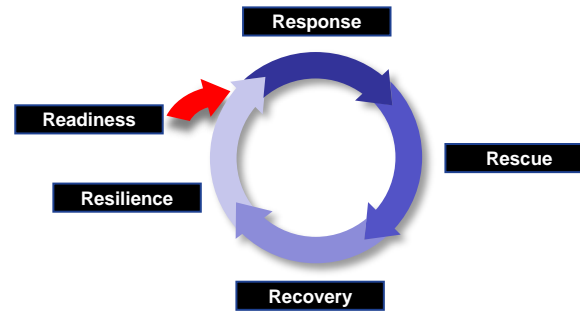
# RESILIENCE



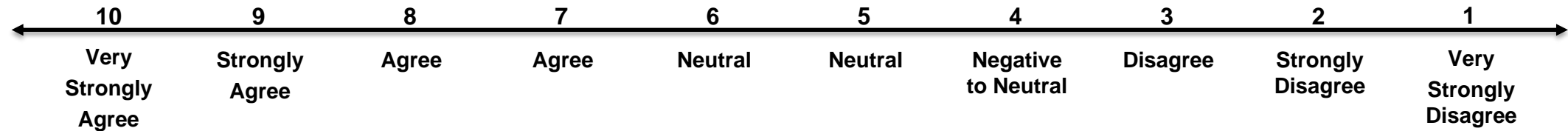
**My family has a plan to make them less vulnerable to epidemics in the future.**



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



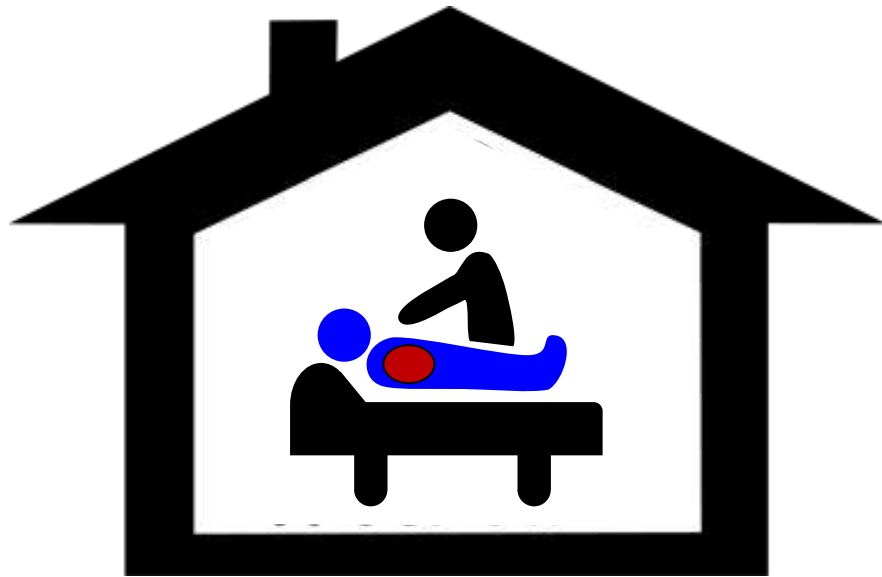
**Changing behaviors of teens and young adults  
is key to beating the Coronavirus Crisis.**



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

# Providing Care at Home

## *A Survive & Thrive Guide™*





## Home Care Room Program

Coronavirus Response  
*CareUniversity Series*

### Select a Care Room Checklist:

- ☐ Select a room separate from the rest of the home that ideally should be used only for patient care.
- ☐ Identify the bathroom that can be used to wash hands.
- ☐ If a fully dedicated room is not available, use a room where supplies and equipment are stored, away from the family and other visitors.
- ☐ If another room or area is used, set up a station set that up a barrier between the room and the rest of the home.
- ☐ Make sure the Care Room is well-ventilated.
- ☐ If you have no separate room, use plastic sheets, or vinyl curtains or tents to create a barrier.
- ☐ Optimize ventilation by opening a window that may be available.
- ☐ If Heating and Air Conditioning is used, set up a separate ventilation system.
- ☐ Make decisions regarding the Care Room. It is optimal for the patient.



## Home Care Room Program

Coronavirus Response  
*CareUniversity Series*

### Care Room Set Up Checklist:

- ☐ Set Up Cleaning Supplies
- ☐ Set Up Cleaning Equipment
- ☐ Equip Both Clean and Contaminated Areas
- ☐ Post Signs to Restrict Access
- ☐ Consider Signs for Family and Visitors
- ☐ Prepare a Daily Cleaning Schedule
- ☐ Remove Hard to Clean Items
- ☐ Set Up Personal Protective Equipment
- ☐ Set up a Contaminated Area
- ☐ Set up a Contaminated Area
- ☐ Set up a Non-contaminated Area
- ☐ Put Waste Cans, Sharps Containers, and Medication in Care Room
- ☐ Place Safe Containers for Injection Meds Under Sink
- ☐ Keep Patient's Personal Items in Care Room
- ☐ Place Water Pitcher and Personal Hygiene Items in Care Room
- ☐ Keep dedicated Thermometers in Care Room
- ☐ Keep Reusable Supplies in Care Room



## Home Care Room Program

Coronavirus Response  
*CareUniversity Series*

### Supplies Checklist:

- ☐ Eye Protection
- ☐ A Face Shield
- ☐ Reusable Gloves
- ☐ Rubber Gloves
- ☐ Disposable Hair Cover
- ☐ N95 Mask or Medical Mask
- ☐ Aprons - single-use and reusable gowns.
- ☐ Plastic Aprons
- ☐ Alcohol-based Hand Sanitizer
- ☐ Plain Soap
- ☐ Clean Single-use Paper Towels
- ☐ Safe Puncture Proof Container
- ☐ Detergent for Cleaning
- ☐ Thermometer & Medical Supplies
- ☐ Mobile Phone
- ☐ Waste Bags, Garbage



## Home Care Room Program

Coronavirus Response  
*CareUniversity Series*

### Home Care Team Checklists:

#### Laundry Processes:

- ☐ Disinfect Laundry Room after Every Wash
- ☐ Always Separate Contaminated Laundry from Non-contaminated Laundry
- ☐ Wash all regular and Non-contaminated laundry first
- ☐ Wash kitchen towels and bathroom hand towels daily.
- ☐ Wash all Contaminated Laundry last
- ☐ Disinfect Laundry Room while Contaminated Laundry are in the wash
- ☐ Move Formerly Contaminated Laundry from Washer to Dryer after Disinfecting Laundry Room

#### Cleaning the Home:

- ☐ Door knobs

## ***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**

