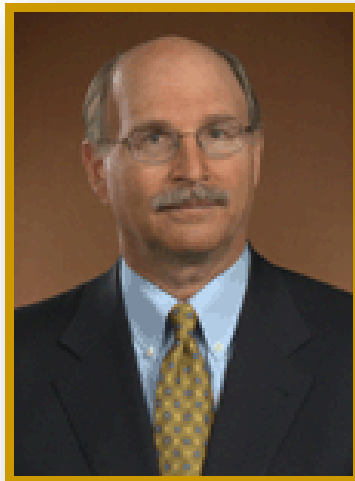


# Creating Your 2021 Family Safety Plan: *A Survive & Thrive Guide™*



# Welcome



## **Charles Denham, MD**

Chairman, TMIT Global  
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care  
January 7, 2020**

**CareUniversity Webinar 153**



## 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..
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- Keith Flitner has nothing to disclose.
- Jaime Yrastorza has nothing to disclose.
- Paul Bhatia has nothing to disclose.
- Keith Styner has nothing to disclose.
- Chief William Adcox

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.

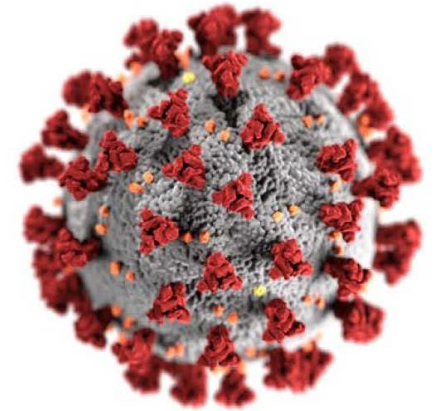


## ***Voice of the Patient***

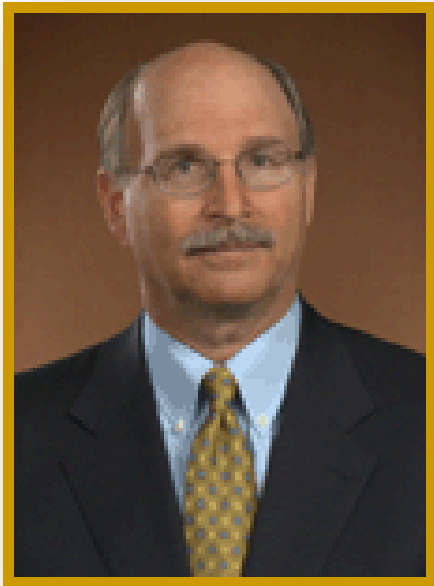


### **Jennifer Dingman**

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

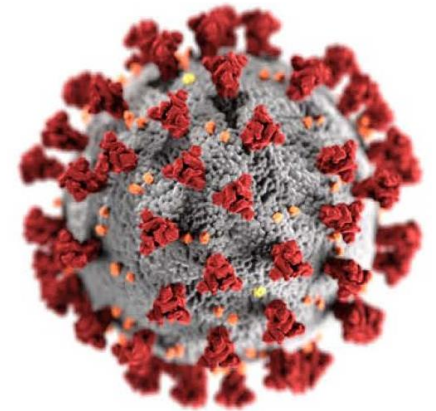


# Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™

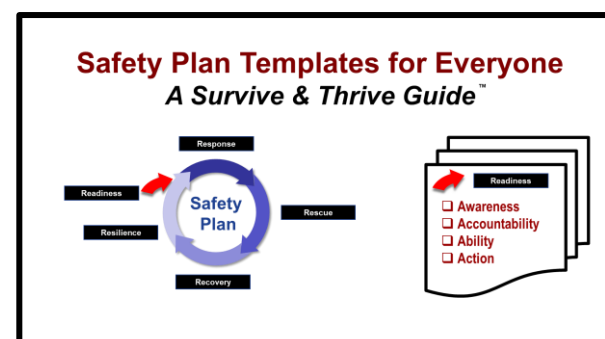
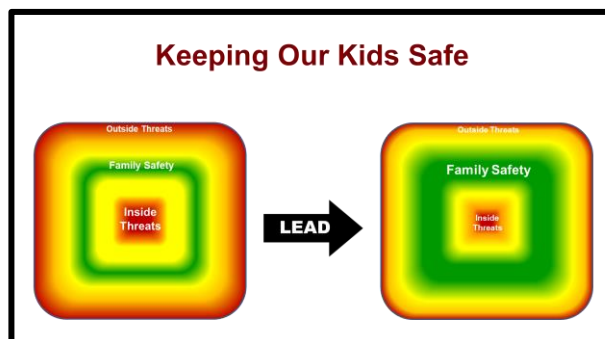
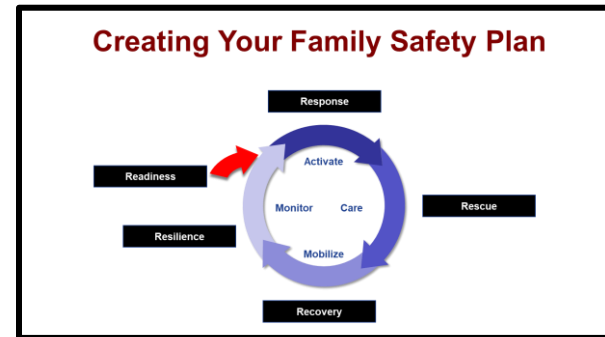


**Charles Denham, MD**

**Chairman, TMIT Global  
Founder Med Tac  
Bystander Rescue Care**



## Survive & Thrive Guide™ Program Road Map



# Creating Your 2021 Family Safety Plan: *A Survive & Thrive Guide*<sup>TM</sup>



- HOW do vaccines work?
- WHAT do I do after I am vaccinated?
- WHEN will we get back to normal?
- HOW do we adjust family activities while waiting?
- WHAT will be the “new normal” for my family?
- WHEN will children be vaccinated?



# Vaccines and Family Safety Planning:

- 1. Follow Your Caregivers Recommendations.**
- 2. Be prepared for side effects if you are at risk.**
- 3. Consult the CDC Guidelines – they are evolving.**
- 4. Whether Vaccinated or not maintain SAFETY BEHAVIORS.**
- 5. Build vaccinations into your Family Safety Plan.**

### Speakers & Reactors



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



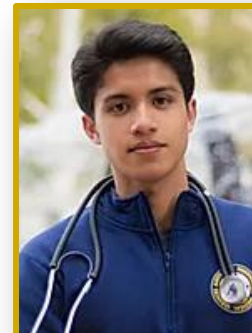
Randy Styner



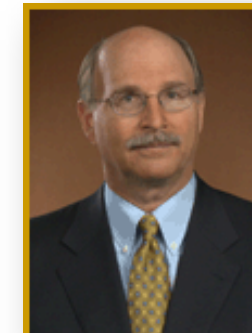
Keith Flitner



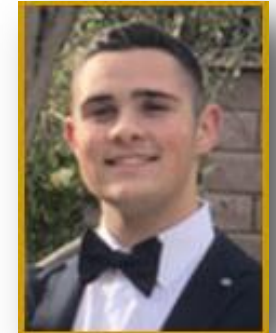
Jamie Yrastorza



Paul Bhatia EMT



Dr. Charles Denham



Danny Policicchio



## **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

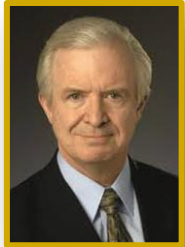
Graphic Representation to Protect Expert Privacy





# Coronavirus Care Community of Practice

# Bystander Rescue Care *CareUniversity Series*



John Nance JD



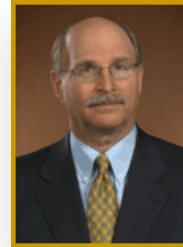
Dr. Gregory Botz



Chief William Adcox



Heather Foster



Dr. Charles Denham



Dr. Casey Clements



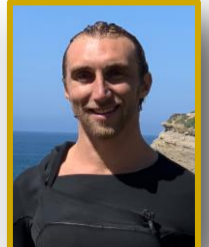
Beth Ullem



Dr. McDowell



Dennis Quaid



Preston Head III



Fred Haise



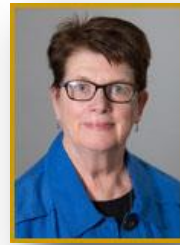
Dr. Steve Swensen



Tyler Sant



Avarie Pettit



Dr. Mary Foley



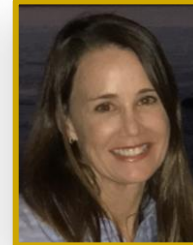
Bob Chapman



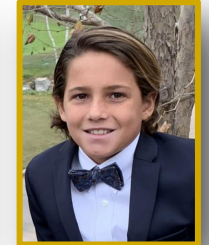
Perry Bechtle III



Becky Martins



Betsy Denham



Charlie Denham III



Dr. C Peabody



Dr. Chris Fox



Randy Styner



Tom Renner



David Beshk



Ann Rhoades



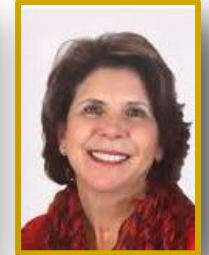
Nancy Conrad



Dr. Chopra



John Little



Debbie Medina



## Coronavirus Care Community of Practice

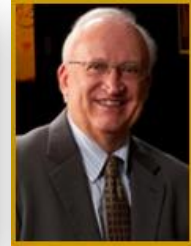
## Bystander Rescue Care *CareUniversity Series*



Matt Horace



John Tomlinson



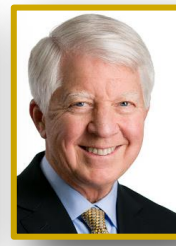
Dan Ford



Arlene Salamendra



Jennifer Dingman



Bill George



Penny George



Hilary Schmidt PhD



Paul Bhatia EMT



Dr. McDowell

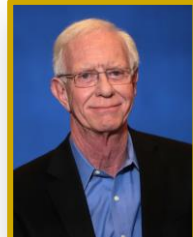
## Contributions Through Segments of our *Discovery Channel* Documentaries



Prof Christensen



Jim Collins



C Sullenberger



Charlotte Guglielmi



Dr. Don Berwick



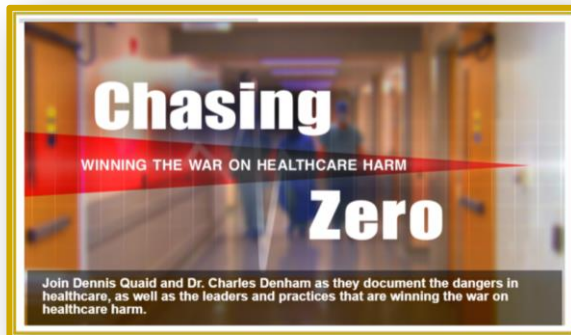
Dr. Howard Koh



Dr. Jim Bagian

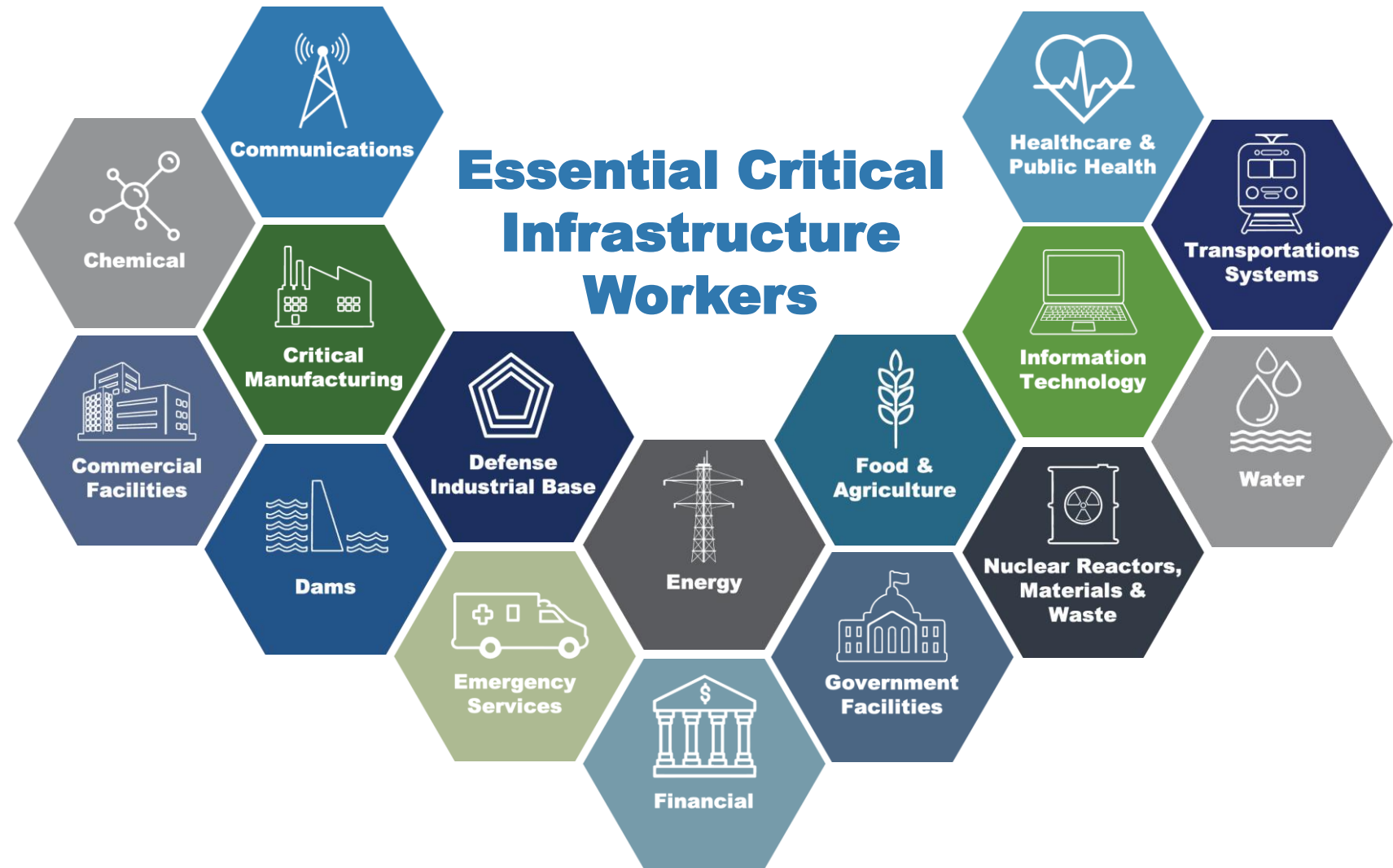


Dr. Harvey Fineberg

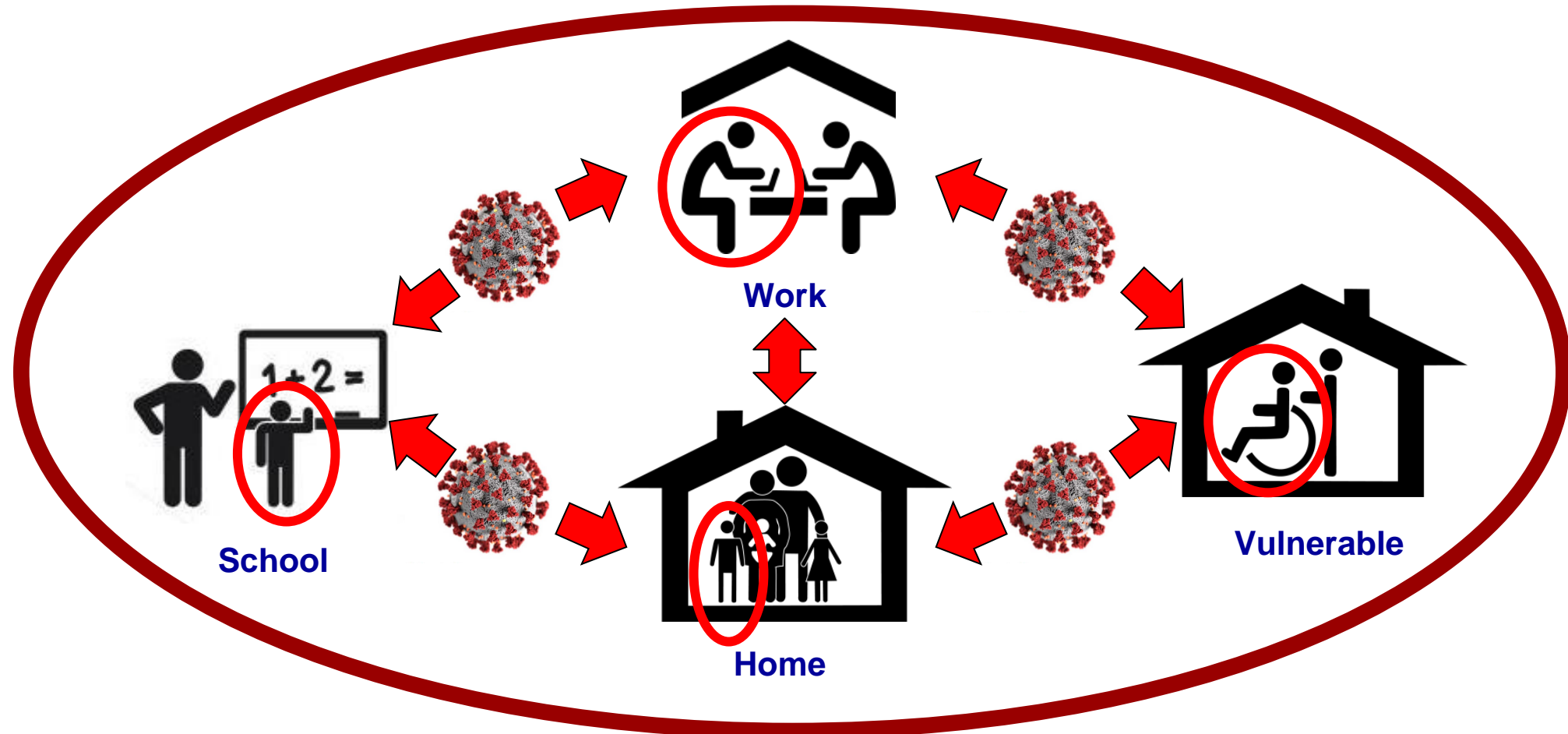




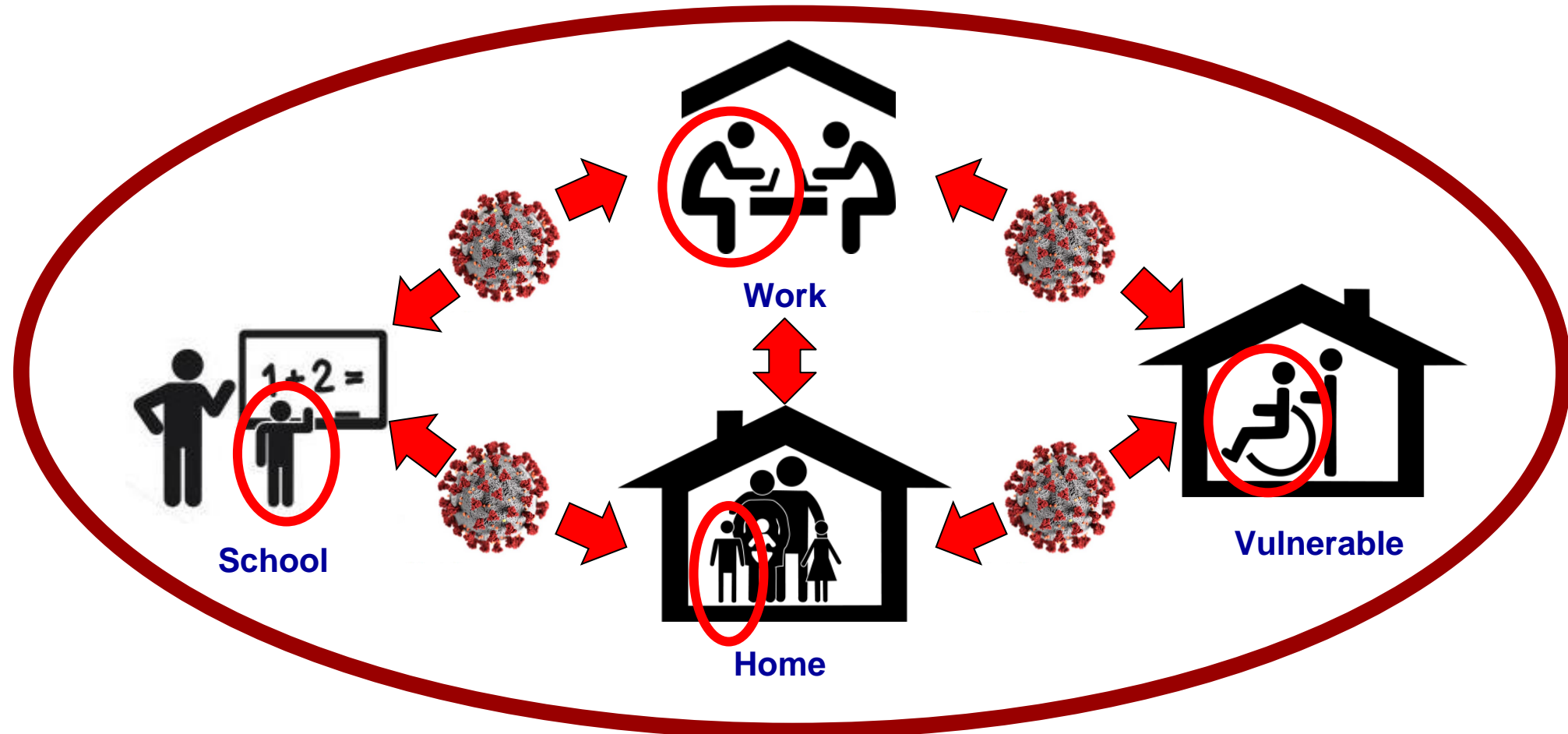
**Educators  
Declared  
Essential Critical  
Infrastructure  
Workers**



# Save the Families...

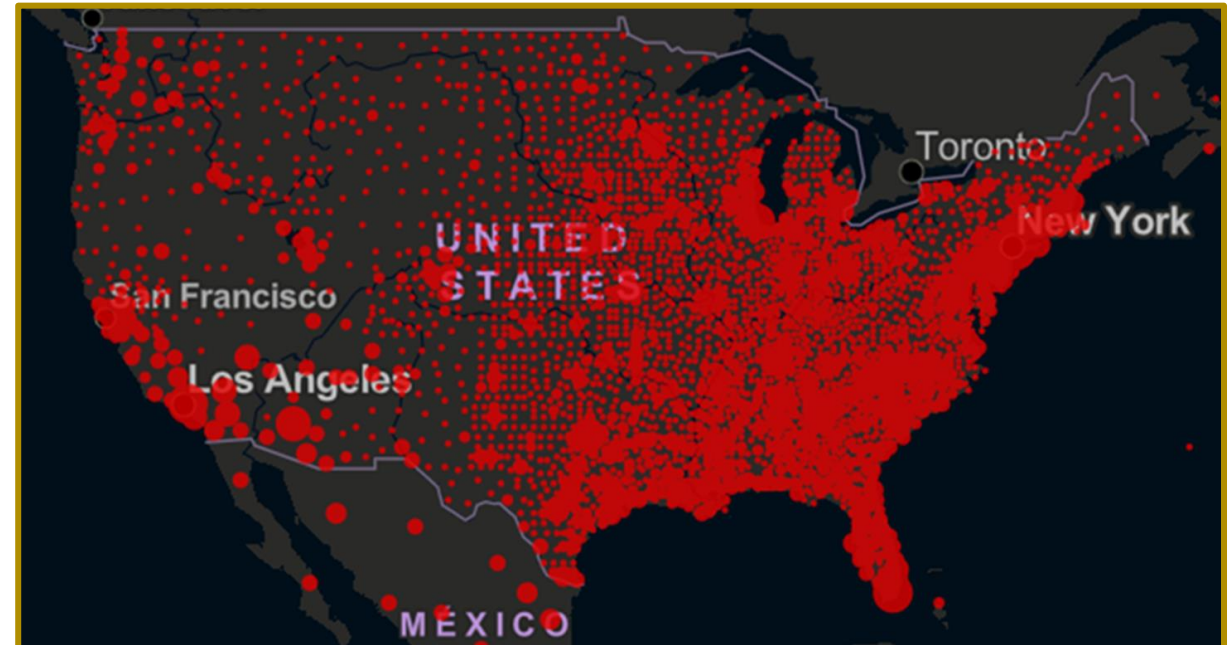
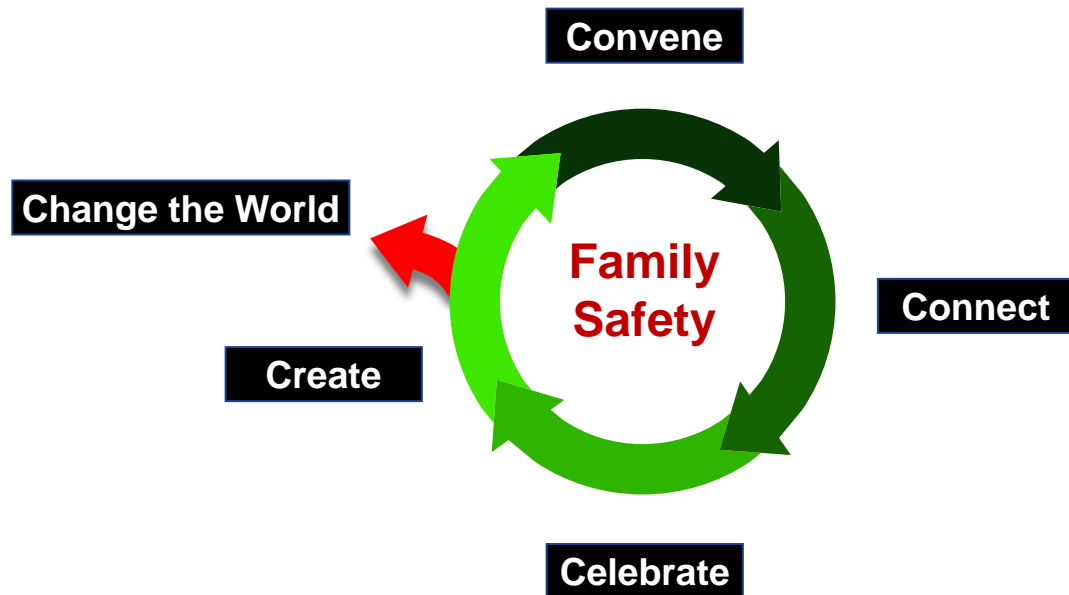


# Save the Families... You Save the Worker



# Coronavirus Care Community of Practice

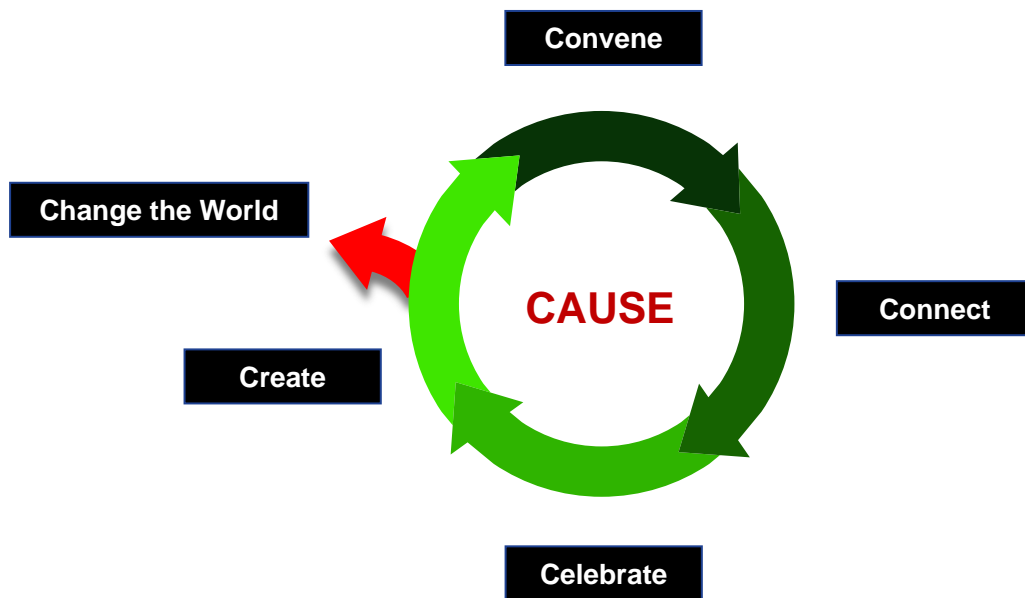
## *2020 Year End Report and 2021 Plan*





# 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 500 subject matter experts and a patient safety community of practice of 3,100 hospitals in 3,000 communities to tackle the Coronavirus Crisis. To join the Coronavirus Community of Practice and have the option of taking our Survive & Thrive™ certification courses and earn continuing education credits [click here](#). The first short video in the Basic Videos library below describes how you can participate. Join our free monthly 90 minute webinars for families of professional caregivers, essential workers, and the public. [Click here](#) to register. [Join Our Community Intro Video Click Here](#)

### 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** CareUniversity Series

We have organized the videos below as BASIC VIDEOS to provide critical information quickly. For those who want more detail, view the ADVANCED VIDEOS. The source articles may be downloaded below.

#### BASIC MODULES

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



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

#### 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 Safely



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.

MedTacGlobal Coronavirus Resources (View Only)

| ID | Task Name  | Notes  |
|----|--|--|
| 1  | Background & Foundational Information  |  |
| 2  | US and UK Were Best Prepared - What Went Wrong? Time Magazine July, 2020 <a href="https://time.com/5641987/us-uk-failed-coronavirus-response/">https://time.com/5641987/us-uk-failed-coronavirus-response/</a> | This is a review of the preparedness of both countries. Countries can have the best ranking for preparedness and still contain the virus.  |
| 3  | PAIDEMIC RESILIENCE: Getting it Done - A Supplement to the Roadmap to Pandemic Resilience 05-20-20 EDMOND J. SAFRA CENTER FOR ETHICS AT HARVARD UNIVERSITY   | A plan developed at Harvard that proposes the levels of disease prevalence require different tactics and strategies. With community specific approaches, the to be successful in suppressing COVID-19 in the US. |
| 4  | Amid the Coronavirus Crisis, a Regimen for Rentry, New Yorker 05-15-20 Dr/Alai Gwande  | One of the best articles to be read by all audiences. Dr. Gwande has been one of our heroes of patient safety. He provides a timely evidence based description of the valuable practices we need to undertake.   |

**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 Safely



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

**Related Resources**

Resources:

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

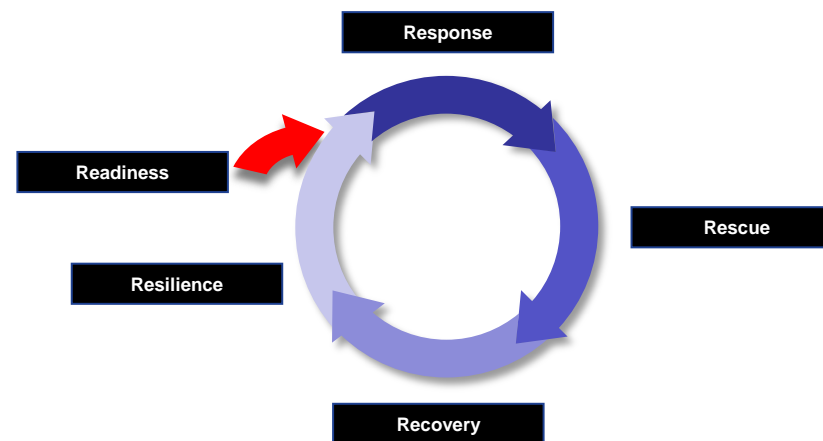
[www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/)



THE UNIVERSITY OF TEXAS  
**MDAnderson**  
~~Cancer~~ Center



### Family Rescue R&D



### The 5 R's of Safety

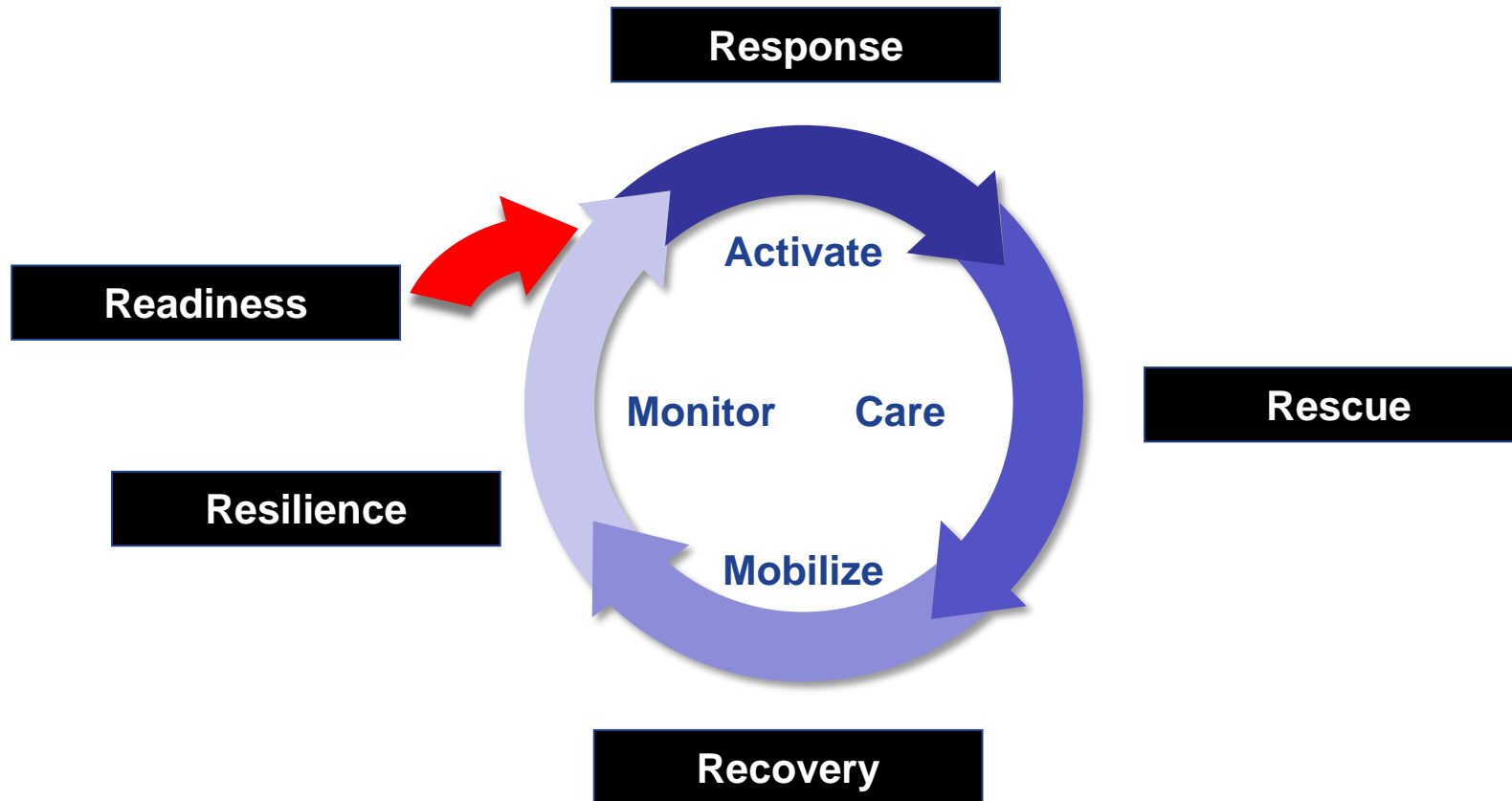


University of California  
San Francisco





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



## National Survey Questions

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

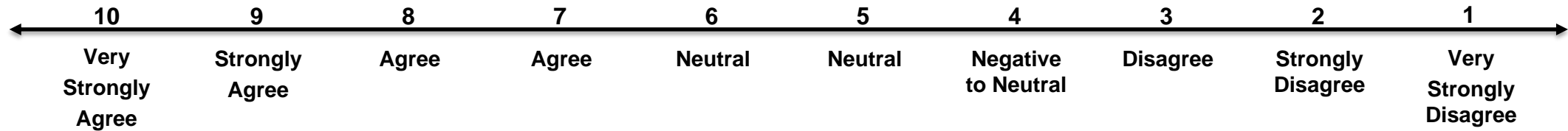


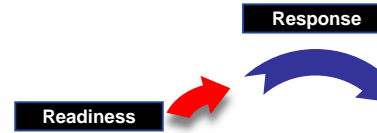
**State what you want to see in the  
Family Safety Plan Templates in Free Text Entry**



# READINESS

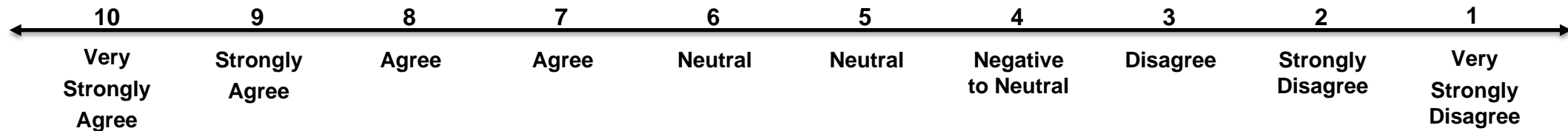
**My family is ready to take care of a loved one with Coronavirus in our home.**



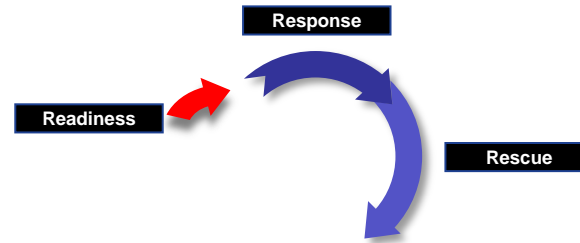


# RESPONSE

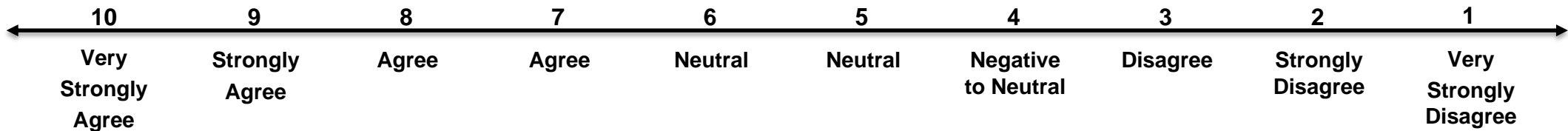
**My family knows what actions to take if a loved one becomes infected with Coronavirus.**



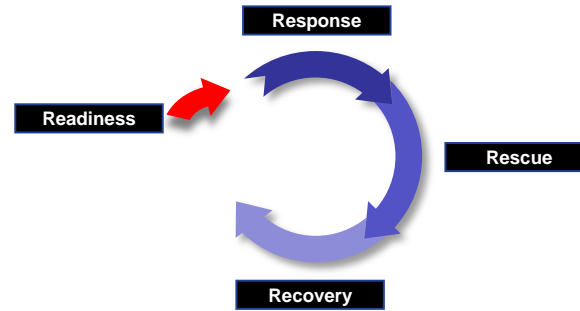
# RESCUE



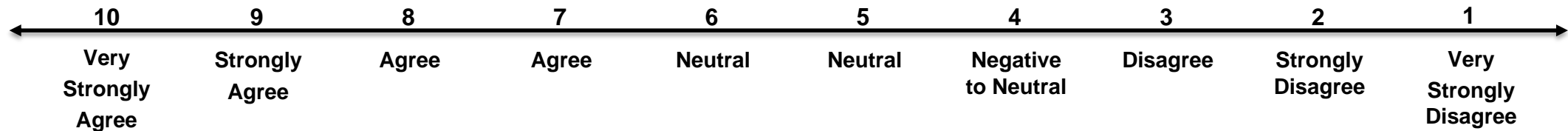
**My family knows what do when someone develops severe COVID-19 symptoms.**



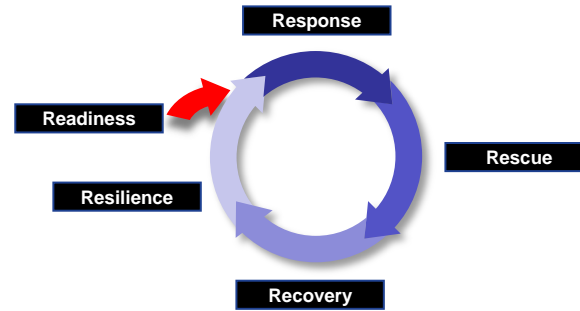
# RECOVERY



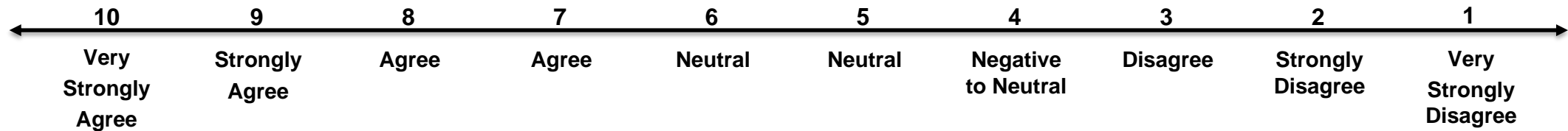
**My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.**



# RESILIENCE



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







Global Cases

**21,145,275**

Cases by

Country/Region/Sovereignty

**21,096,346** US

**10,374,932** India

**7,810,400** Brazil

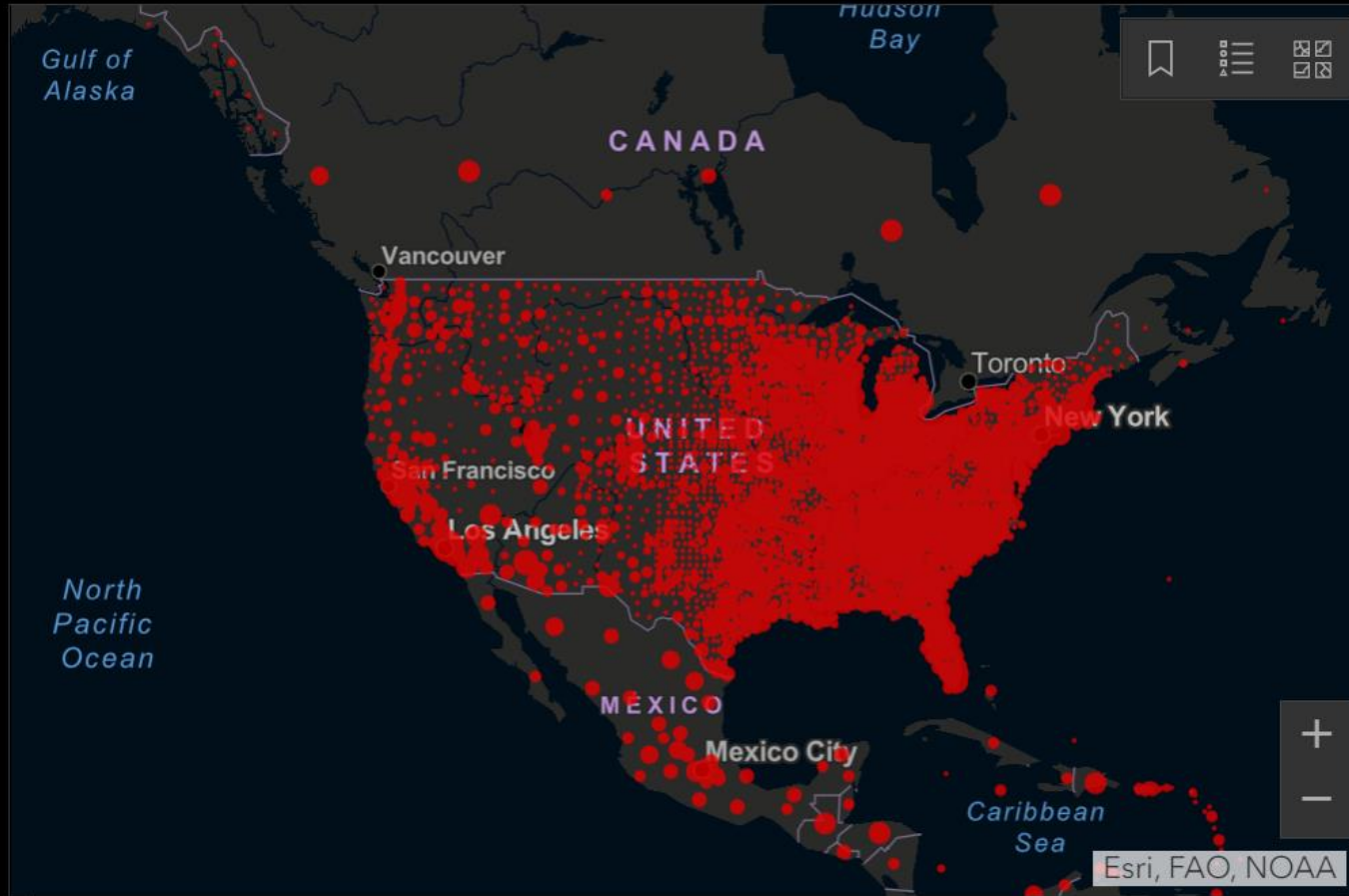
**3,274,615** Russia

**2,845,233** United Kingdom

**2,738,053** France

**2,283,931** Turkey

Admin0



Cumulative Cases



**191**

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Data sources: [Full](#)

Global Deaths

**359,077**

358,279 deaths  
US

197,732 deaths  
Brazil

150,114 deaths  
India

128,822 deaths  
Mexico

77,470 deaths  
Global...

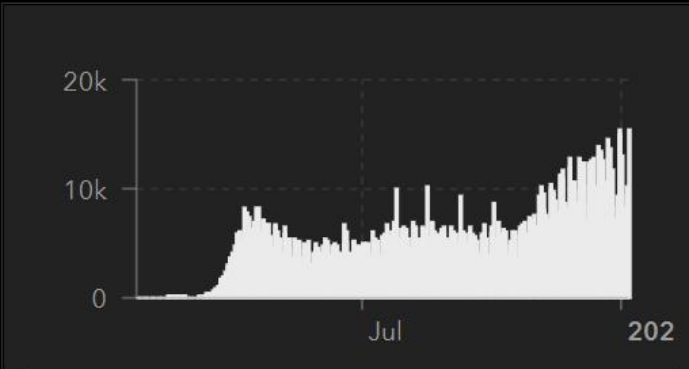
US State Level  
Deaths, Recovered

38,743  
deaths, **105,379**  
recovered  
New York US

28,803  
deaths, **1,488,189**  
recovered  
Texas US

27,524 deaths,  
recovered

US De...





### Global Cases

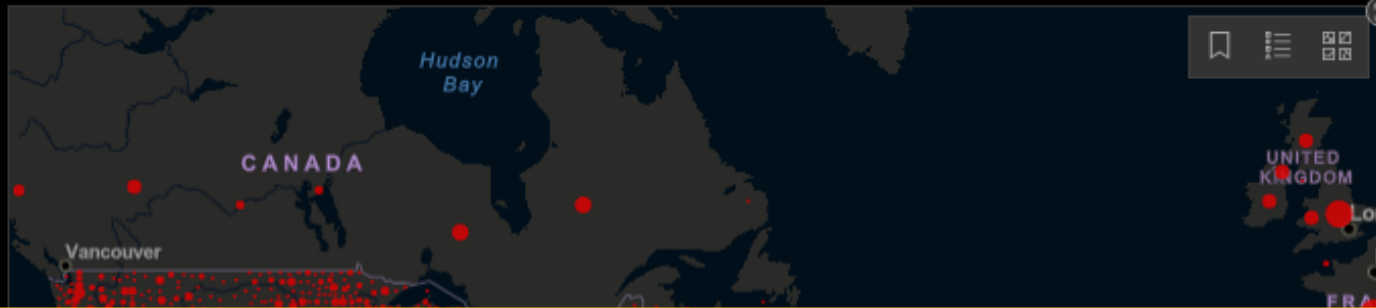
**61,787,692**

### Cases by Country/Region/Sovereignty

13,094,010 US  
9,351,109 India  
6,238,350 Brazil  
2,248,209 France  
2,223,500 Russia  
1,628,208 Spain  
1,593,260 United Kingdom  
1,538,217 Italy  
1,407,277 Argentina  
1,290,510 Colombia  
1,078,594 Mexico  
1,038,649 Germany  
973,593 Poland

Admin0

Last Updated at (M/D/YYYY)  
**11/28/2020, 5:27 AM**



Cumulative Cases Active Cases Incidence Rate Case-Fatality Ratio Testing Rate

**191**  
countries/regions

Lancet Inf Dis Article: [Here](#). Mobile Version: [Here](#). Data sources: [Full list](#). Downloadable database: [GitHub](#), [Feature Layer](#).  
Lead by JHU CSSE. Technical Support: [Esri Living Atlas team](#) and [JHU APL](#). Financial Support: [JHU](#), [NSF](#), [Bloomberg Philanthropies](#) and [Stavros Niarchos Foundation](#). Resource support: [Slack](#), [GitHub](#), [JHU CSSE](#), [JHU APL](#), [JHU Bloomberg Center for Transformative Medicine](#), [JHU Center for Communications Programs](#), [JHU Center for Global Health](#), [JHU Center for Health Equity Promotion](#), [JHU Center for International Development](#), [JHU Center for Leadership in Global Health](#), [JHU Center for Public Health and Safety](#), [JHU Center for the Study of Language Acquisition](#), [JHU Center for the Study of the Mind](#), [JHU Center for the Study of the Social and Behavioral Sciences](#), [JHU Center for the Study of the Environment](#), [JHU Center for the Study of the Earth and Planetary Sciences](#), [JHU Center for the Study of the Life Sciences](#), [JHU Center for the Study of the Physical Sciences](#), [JHU Center for the Study of the Social and Behavioral Sciences](#), [JHU Center for the Study of the Environment](#), [JHU Center for the Study of the Earth and Planetary Sciences](#), [JHU Center for the Study of the Life Sciences](#), [JHU Center for the Study of the Physical Sciences](#).

Global Deaths  
**1,445,541**

264,866 deaths  
US  
171,974 deaths  
Brazil

### US State Level Deaths, Recovered

34,477 deaths, **84,723**  
recovered  
New York US  
21,693 deaths, **946,663**  
recovered

57,648 deaths  
United Kingdom  
53,677 deaths  
Italy  
51,000 deaths

18,363 deaths, **recovered**  
Florida US  
16,942 deaths, **42,923**  
recovered

Global Deaths

US Deaths, Re...

**2 Infections Every Second**

**2 Deaths Every Minute**



Daily Deaths



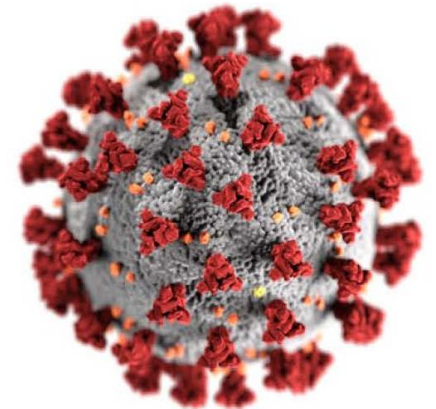


# Creating Your 2021 Family Safety Plan: *A Survive & Thrive Guide*<sup>TM</sup>



**John Christian Fox, MD**

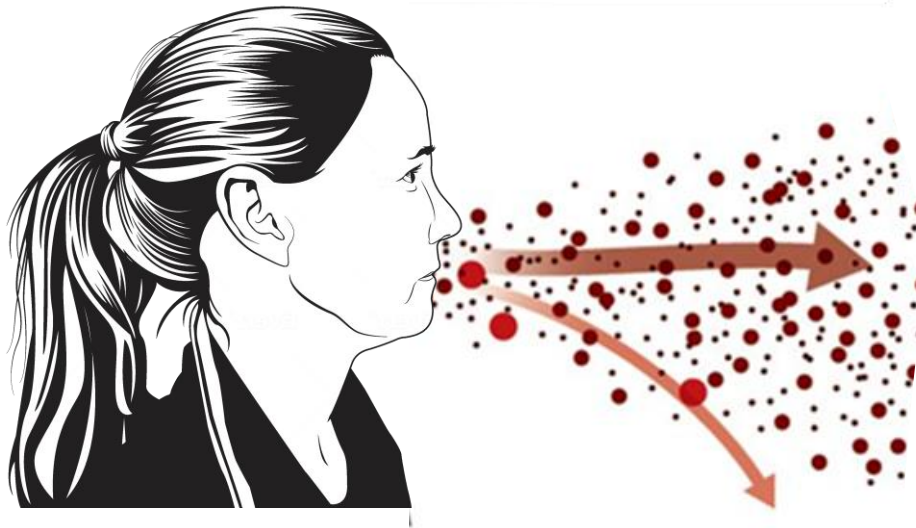
**Professor and Chair  
Emergency Medicine Department  
Director of Ultrasound in Medical Education  
University of California at Irvine**



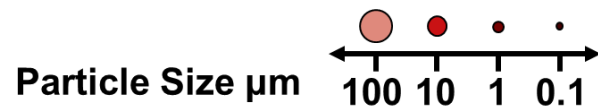


# Mask Reduction of Airborne Transmission

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

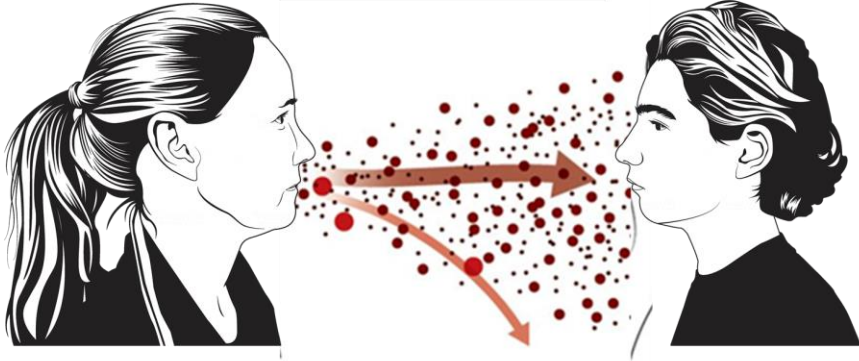


**AEROSOLS** are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.



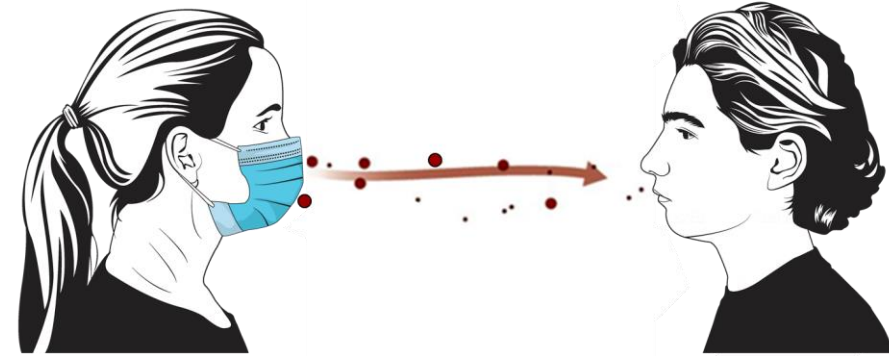
**DROPLETS** will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.

## No Mask – Extreme Risk



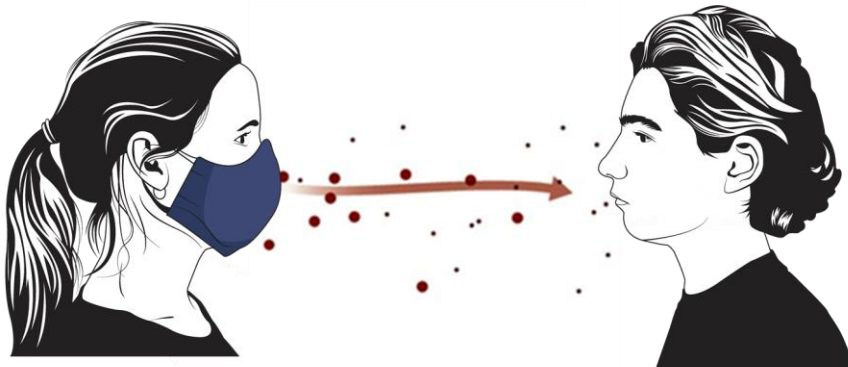
15 minutes within 6 feet = “High Risk”

## Surgical Mask – Reduced Risk



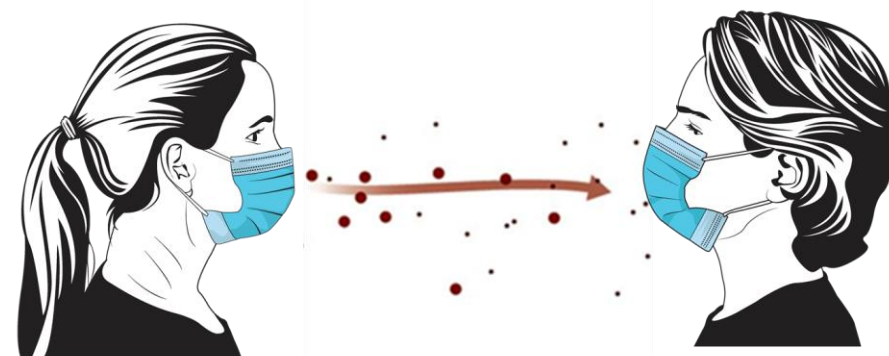
Surgical Mask Reduces  
Exhaled Droplets Reduced by 99%  
and Inhaled Droplets by 75%

## Cloth Mask – Reduced Risk



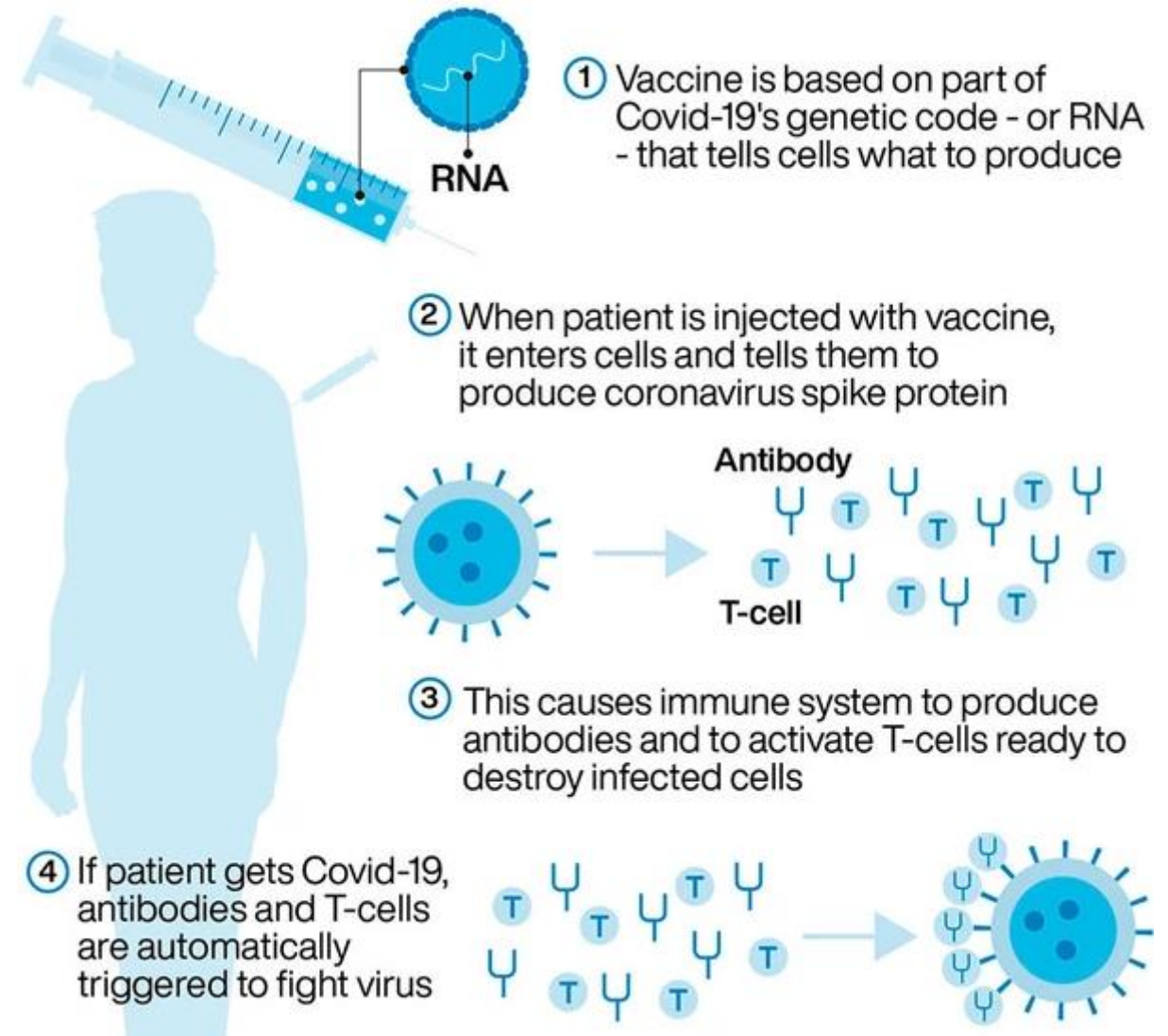
2 Layer Cloth Mask Reduces  
Exhaled and Inhaled Droplets by 60%

## Dramatically Reduced Risk



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

# MRNA Vaccine



# How do vaccines work?

ORIGINAL ARTICLE

## Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine

L.R. Baden, H.M. El Sahly, B. Essink, K. Kotloff, S. Frey, R. Novak, D. Diemert, S.A. Spector, N. Rouphael, C.B. Creech, J. McGettigan, S. Khetan, N. Segall, J. Solis, A. Brosz, C. Fierro, H. Schwartz, K. Neuzil, L. Corey, P. Gilbert, H. Janes, D. Follmann, M. Marovich, J. Mascola, L. Polakowski, J. Ledgerwood, B.S. Graham, H. Bennett, R. Pajon, C. Knightly, B. Leav, W. Deng, H. Zhou, S. Han, M. Ivarsson, J. Miller, and T. Zaks, for the COVE Study Group\*

The New England Journal of Medicine

## *Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine*

KEY POINTS FROM

*Efficacy and Safety of  
the mRNA-1273 SARS-CoV-2 Vaccine*

by L.R. Baden et al.

DECEMBER 31, 2020

Source: New England Journal of Medicine 12-31-20





## **The New COVID Strains**

### **SCIENCE**

# **The Mutated Virus Is a Ticking Time Bomb**

There is much we don't know about the new COVID-19 variant—but everything we know so far suggests a huge danger.

**ZEYNEP TUFEKCI** DECEMBER 31, 2020

**“A more transmissible variant of COVID-19 is a potential catastrophe in and of itself. If anything, given the stage in the pandemic we are at, a more transmissible variant is in some ways much more dangerous than a more severe variant.”**

Source: The Atlantic Magazine 12-31-20

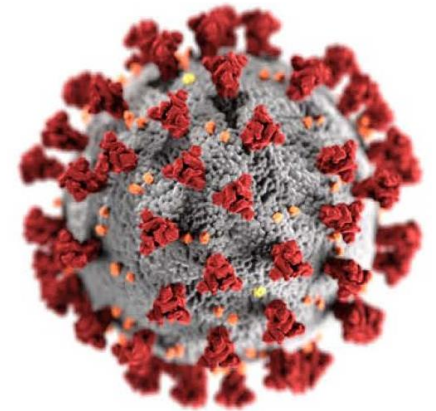


# Creating Your 2021 Family Safety Plan: *A Survive & Thrive Guide*<sup>TM</sup>



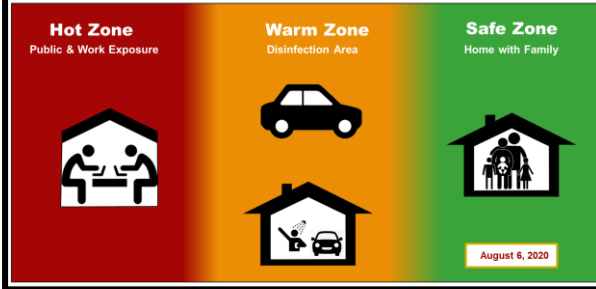
**Gregory H. Botz, MD, FCCM**

**Professor of Anesthesiology and Critical Care  
UT MD Anderson Cancer Center, Houston, TX  
Adjunct Clinical Professor, Department of  
Anesthesiology  
Stanford University School of Medicine,  
Stanford, CA**

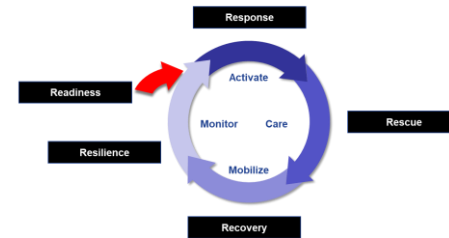


## Survive & Thrive Guide™ Program Road Map

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



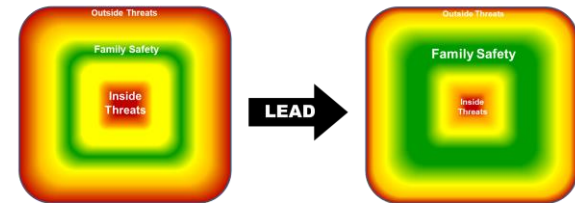
### Creating Your Family Safety Plan



### Providing Care at Home



### Keeping Our Kids Safe



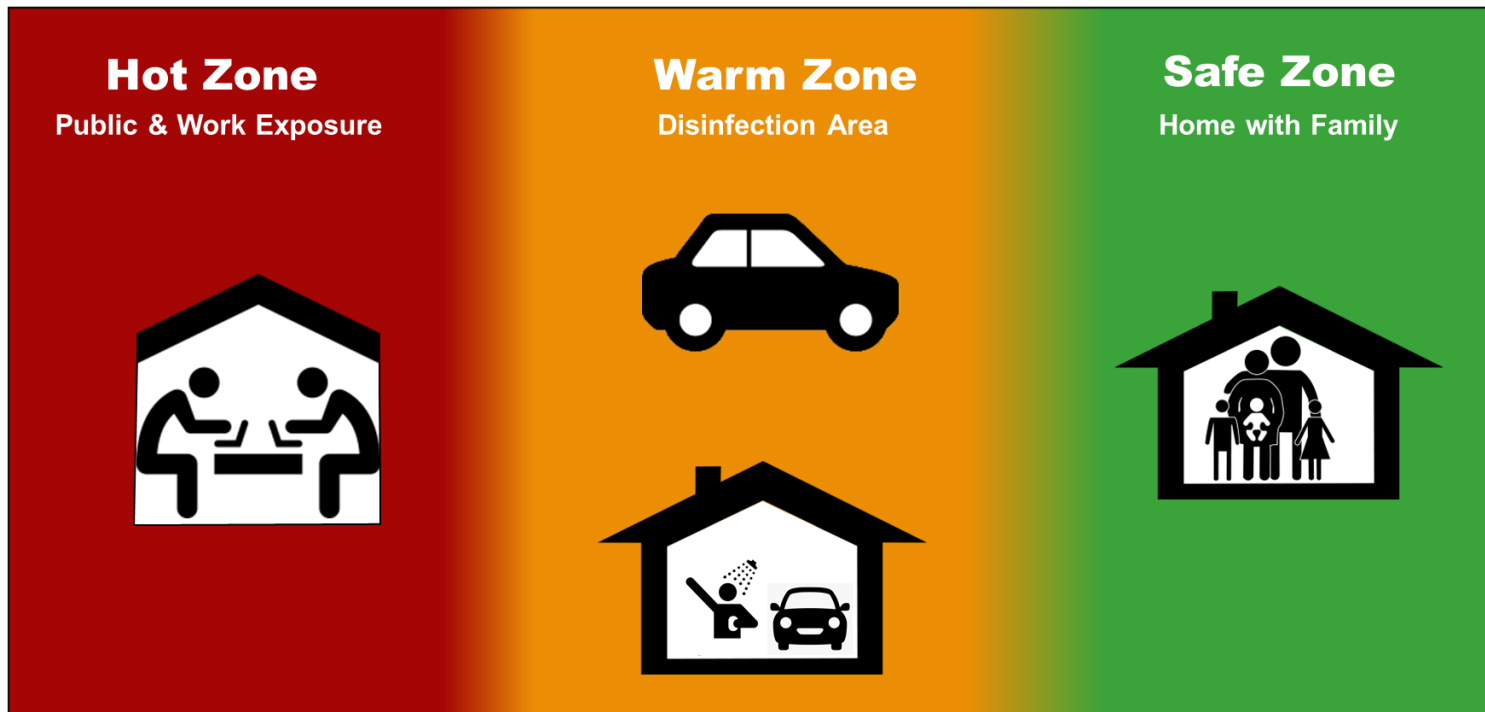
### Safety Plan Templates for Everyone A Survive & Thrive Guide™



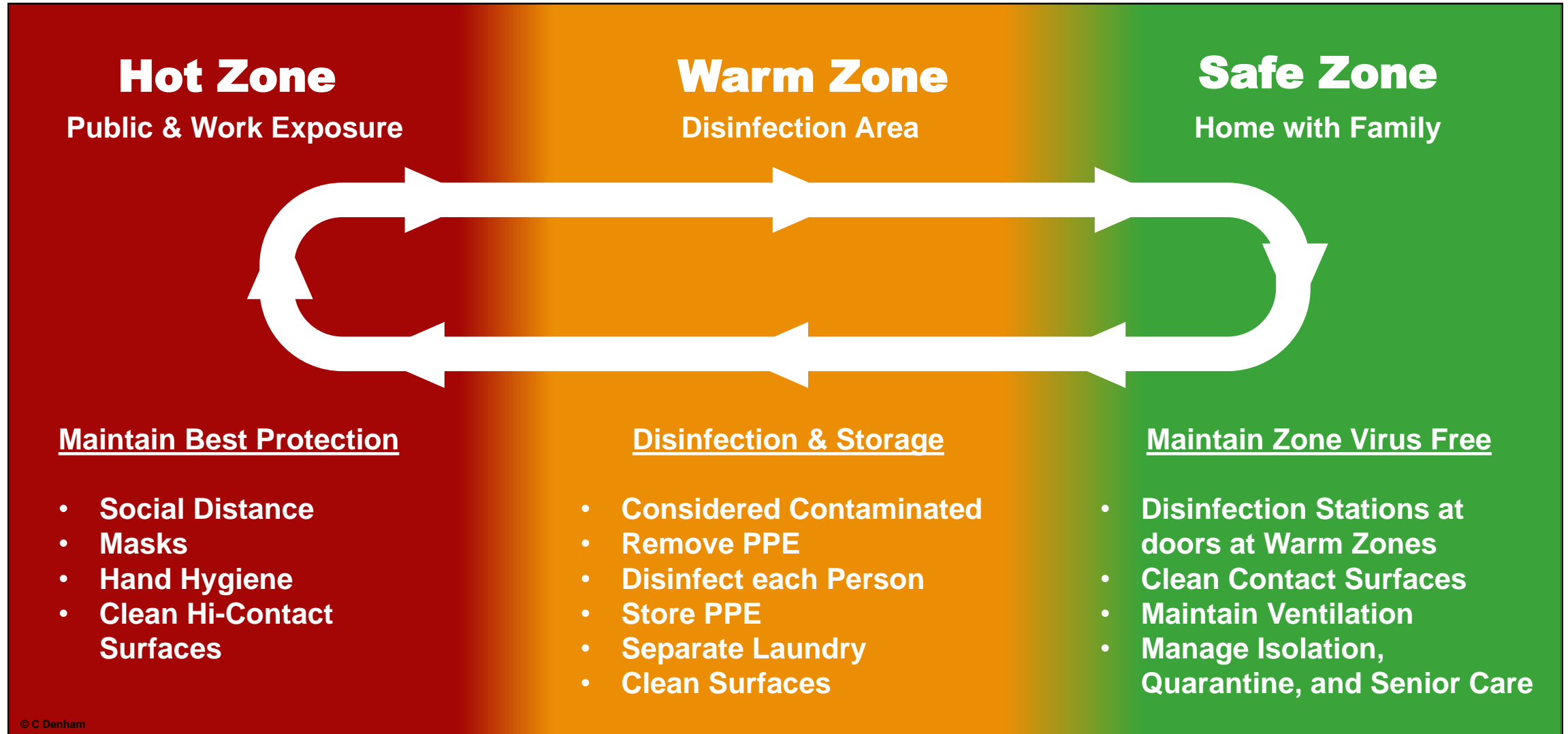
### Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



# Family Survive & Thrive Guide:<sup>TM</sup> Coming Home Safely



## **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**

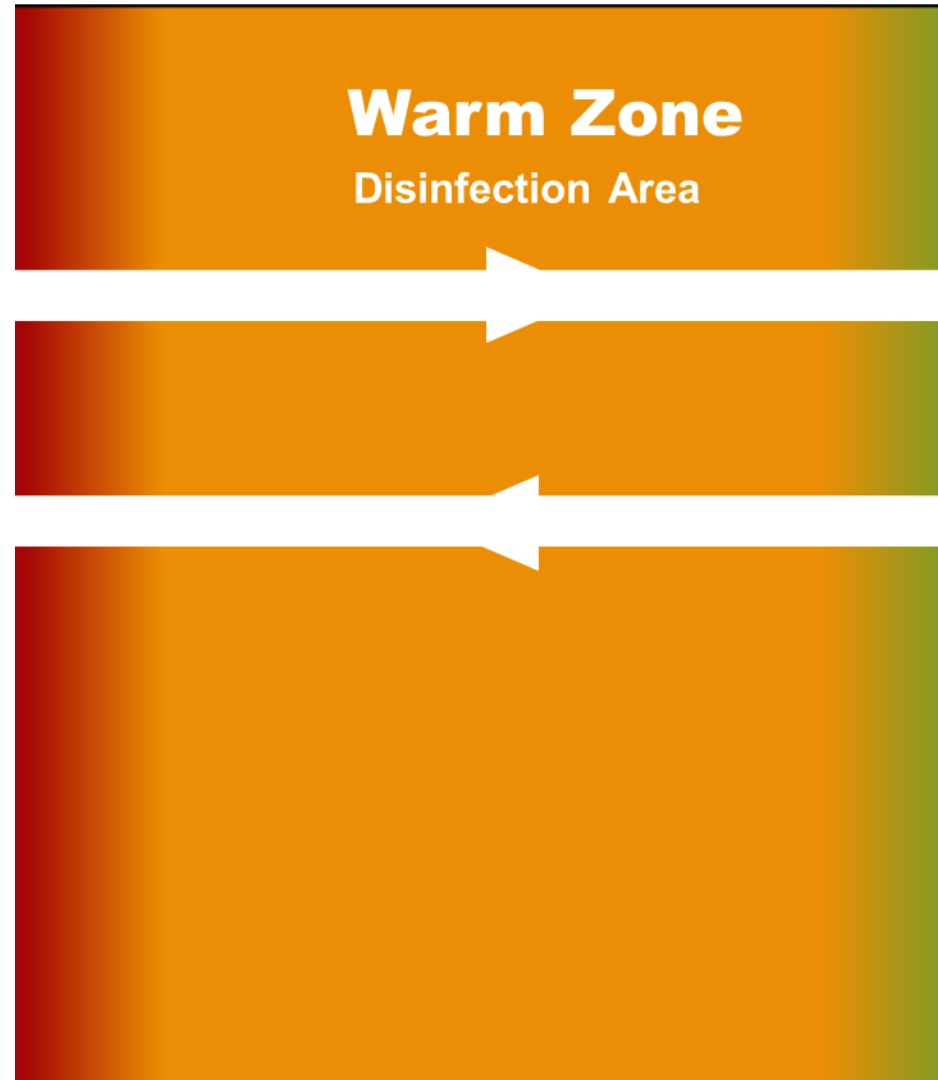
- Disinfect before getting in car.
- Contain Contaminated Materials
- Wipe Down Car Door Handles and contact surfaces if car is warm zone.
- If Car is WARM ZONE: It must be considered contaminated.
- Be ready to store contaminated gear in your car if you must.

### **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.







**Coronavirus Care  
Community of Practice**

**Bystander Rescue Care  
*CareUniversity Series***

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

Charles Denham II MD, William Adcox, Charles Denham III, Jaime Yrastorza, and Gregory Botz MD FCCM

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



**N95 Mask**

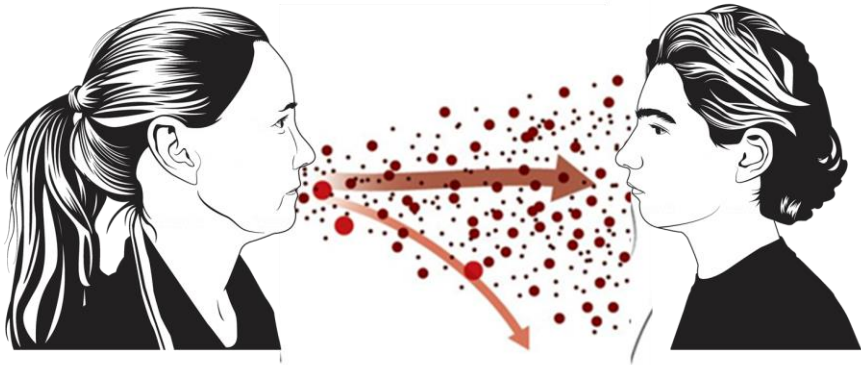


**Surgical Mask**



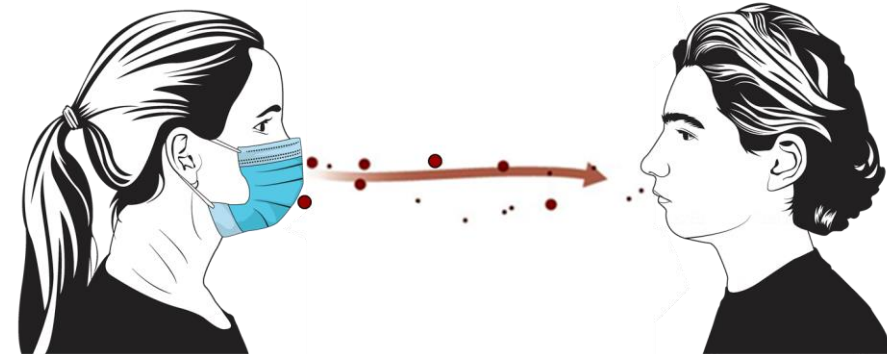
**Cloth Mask**

## No Mask – Extreme Risk



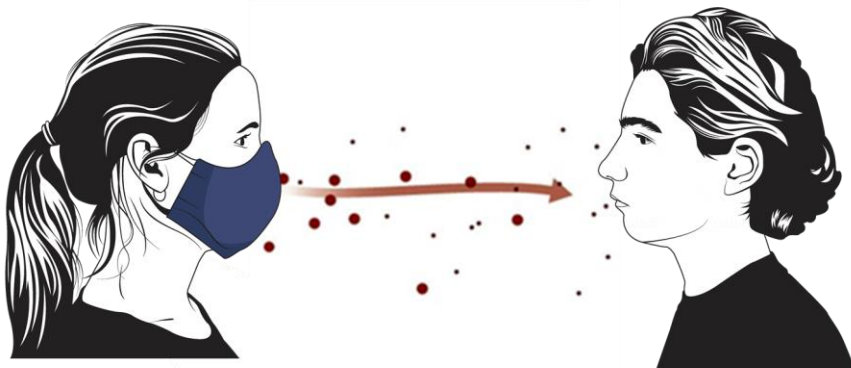
15 minutes within 6 feet = “High Risk”

## Surgical Mask – Reduced Risk



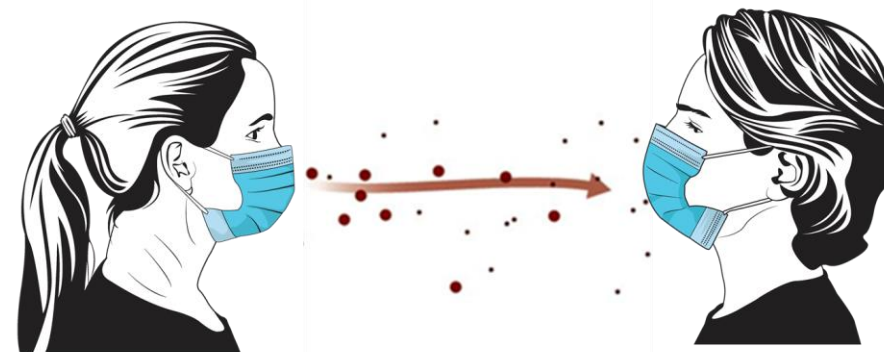
Surgical Mask Reduces  
Exhaled Droplets Reduced by 99%  
and Inhaled Droplets by 75%

## Cloth Mask – Reduced Risk



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

## Dramatically Reduced Risk



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

## BASIC MODULES

**Why Social Distancing WORKS**

**Masks: The SCIENCE of Success**

**Hand Washing & DISINFECTANTS**

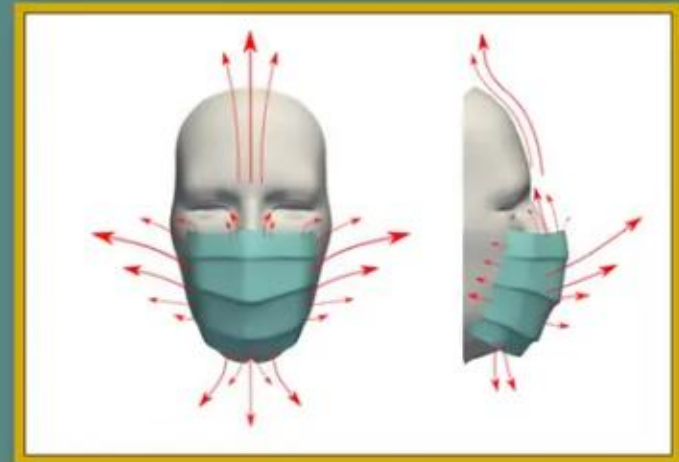
**CLEAN High Contact Surfaces**

**Building a FAMILY SAFETY PLAN**

**If we NEED Emergency Care**

**Why ICU, Respirators, and ECMO**

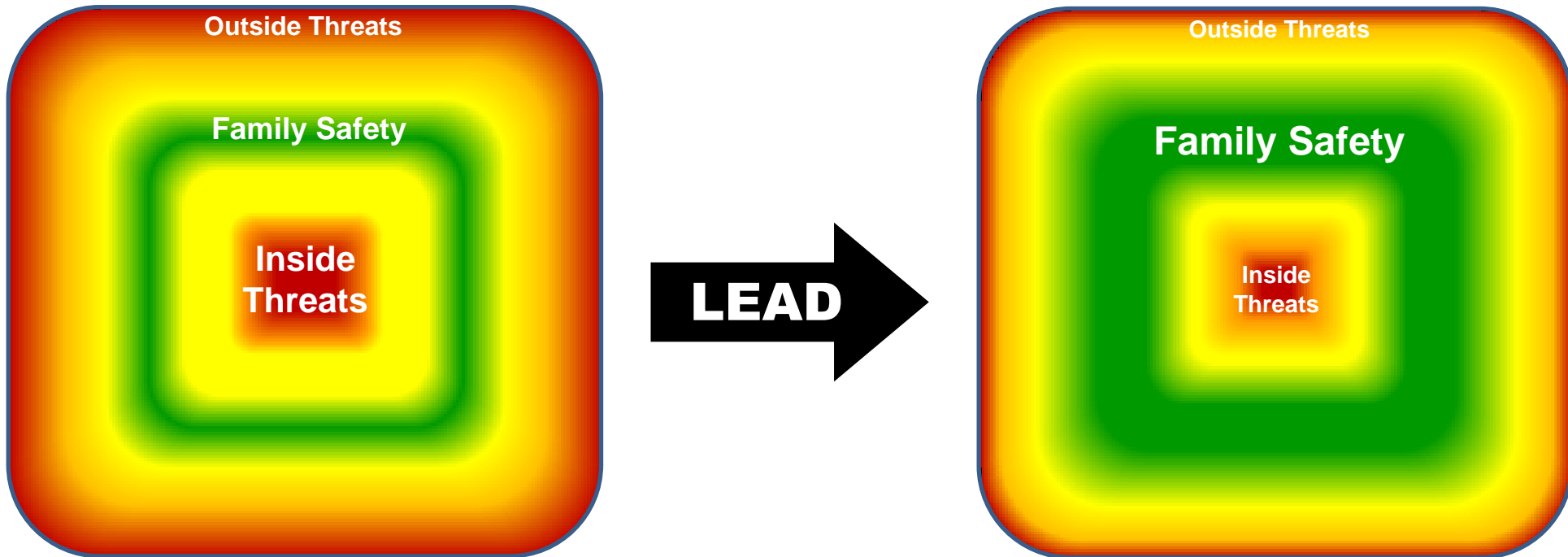
## Masks: The SCIENCE of Success



29:05



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

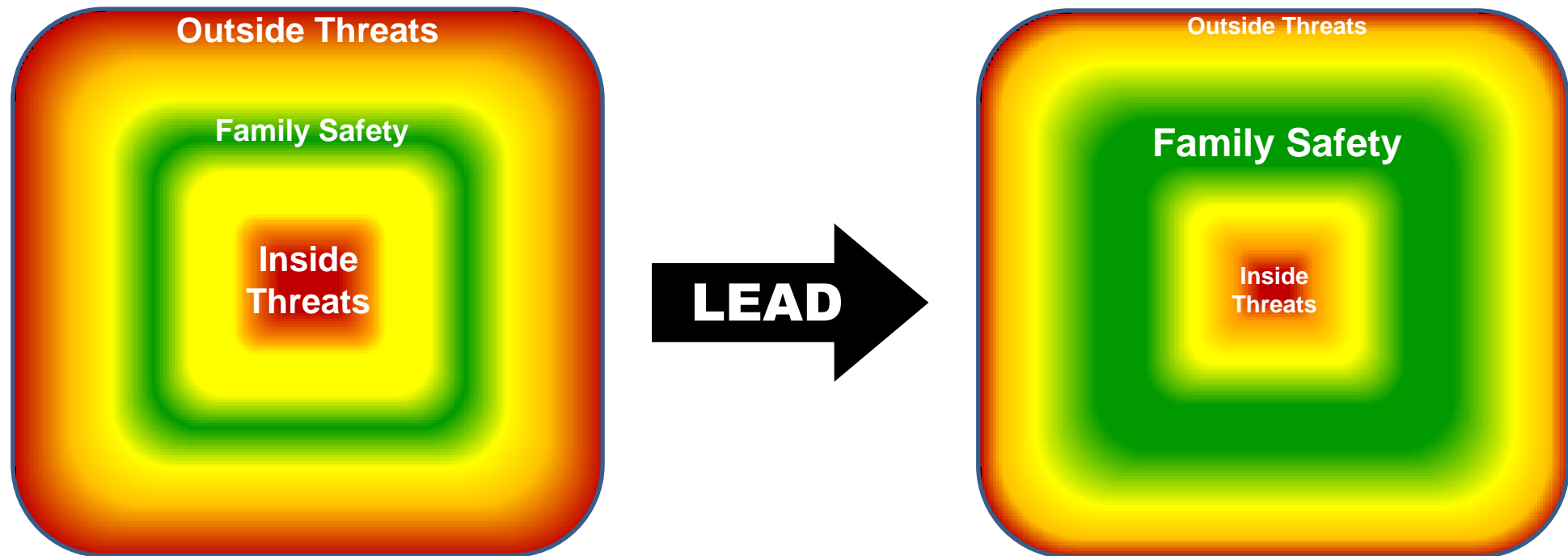


# Threats X Vulnerability = Risk to Your Family

**Threats:**  
Likely to  
cause HARM.

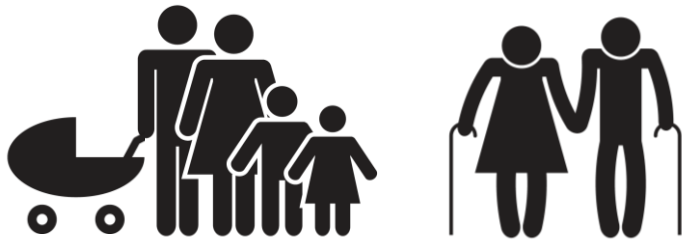
**Vulnerability:**  
Weaknesses that can be  
EXPLOITED by threats.

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

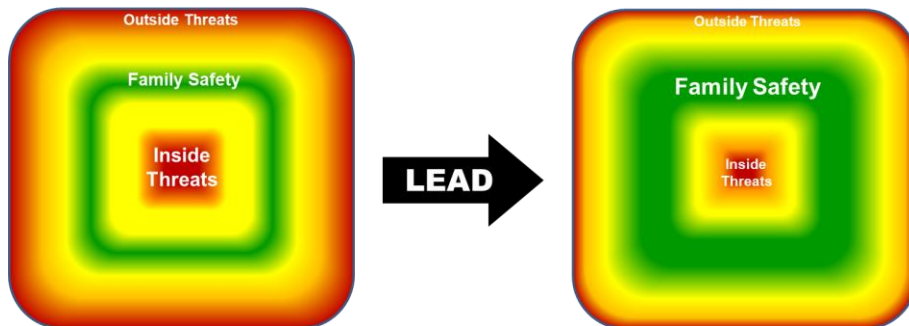




# Keeping Our Kids Safe...by Keeping the Unit Family Safe



**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.

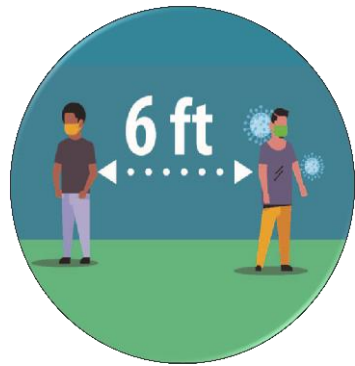
## **STEP 4: Plan the Flight and Fly the Plan**

- 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.





# CDC Guidelines



**Social  
Distancing**



**Disinfecting  
Surfaces**



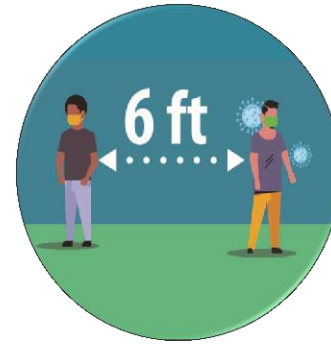
**Hand  
Washing**



**Use of  
Masks**

SOURCE: Centers for Disease Control

**Social Distancing  
Isolation & Quarantine  
Saves Lives**



**Social  
Distancing**



**Isolation**



**Quarantine**

SOURCE: Centers for Disease Control

## Coming Home Safely



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz

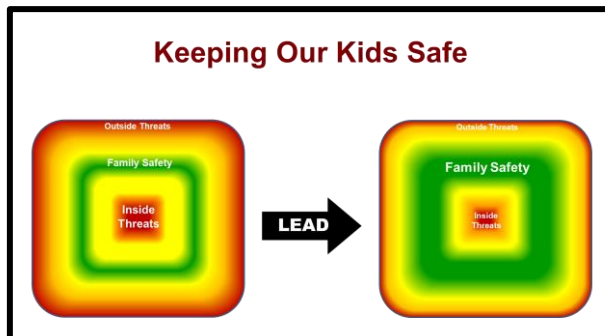


Heather Foster RN



Randy Styner

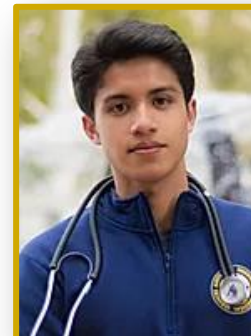
## Keeping Our Kids Safe



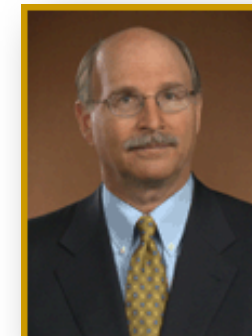
Keith Flitner



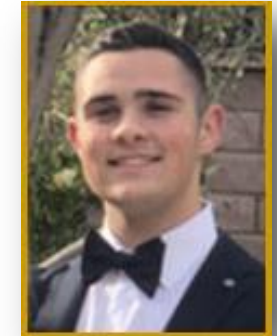
Jamie Yrastorza



Paul Bhatia EMT



Dr. Charles Denham

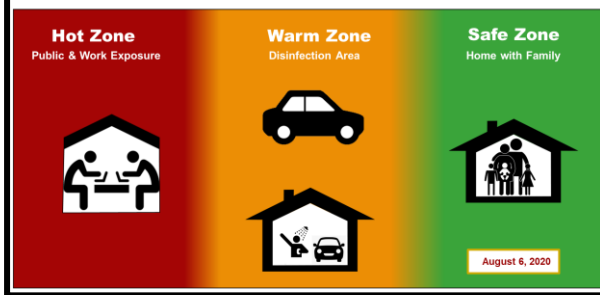


Danny Policicchio

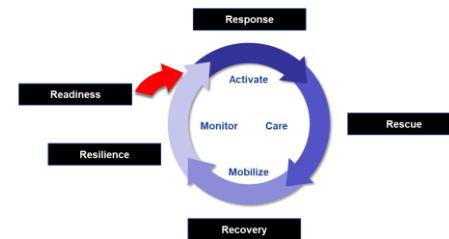
## Speakers & Reactors

## Survive & Thrive Guide™ Program Road Map

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



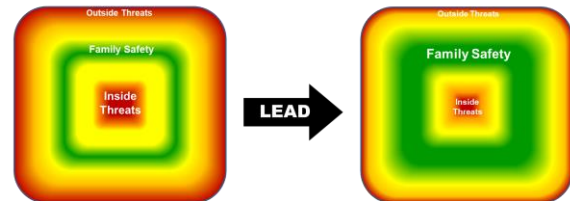
### Creating Your Family Safety Plan



### Providing Care at Home



### Keeping Our Kids Safe



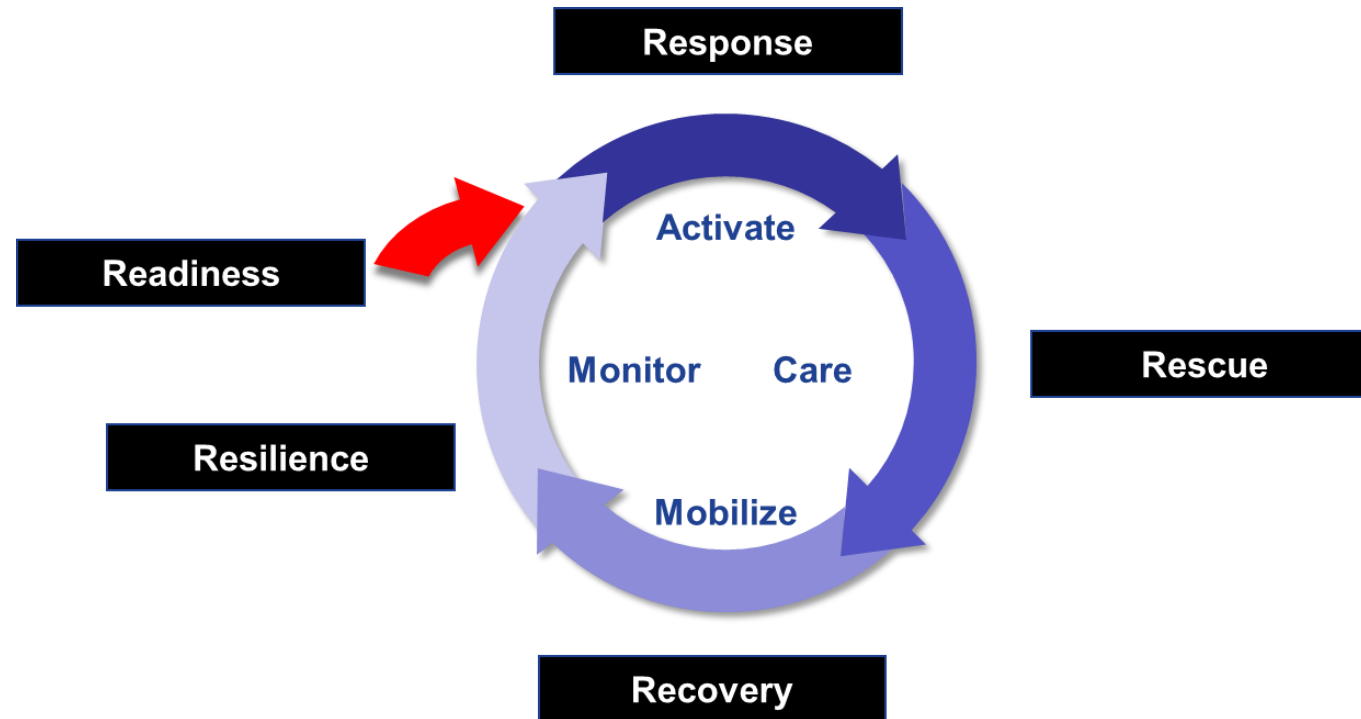
### Safety Plan Templates for Everyone A Survive & Thrive Guide™



### Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



# Family Survive & Thrive Guide:<sup>TM</sup> 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**

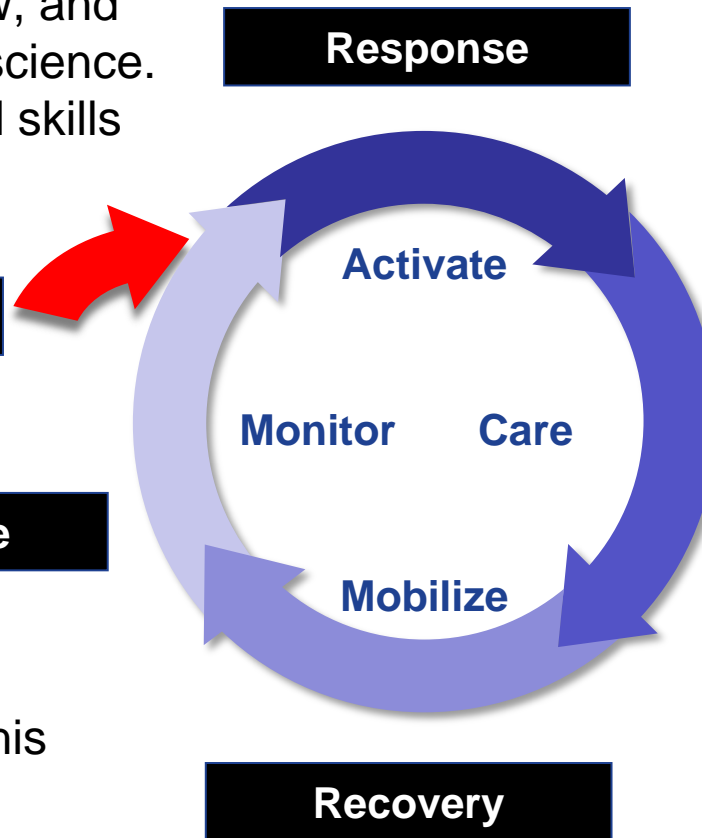
**Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

**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.

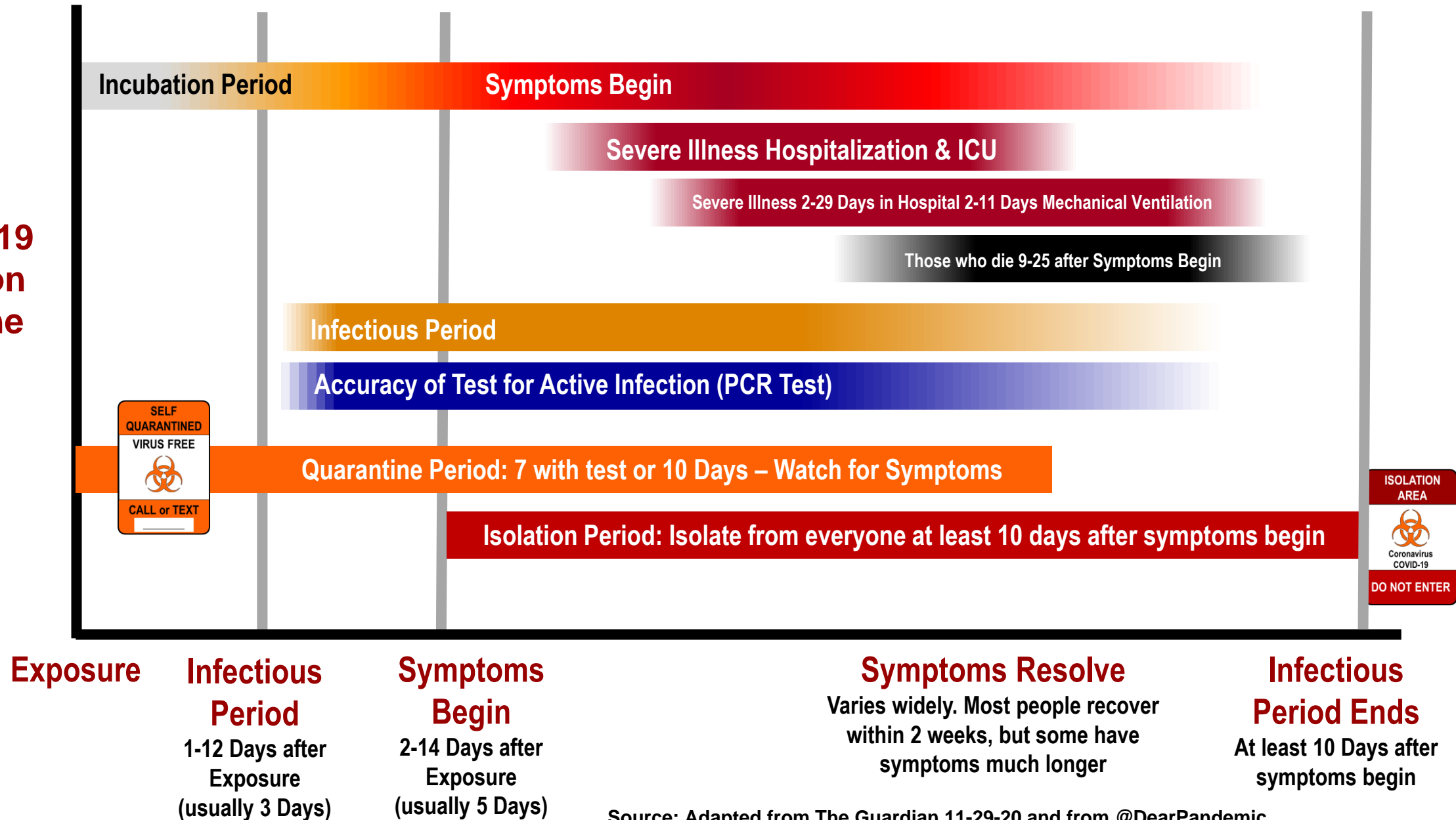
**Recovery**

**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.”





## COVID-19 Infection Timeline



Source: Adapted from The Guardian 11-29-20 and from @DearPandemic

# Family Safety Plan



## Readiness

## Response

## Rescue

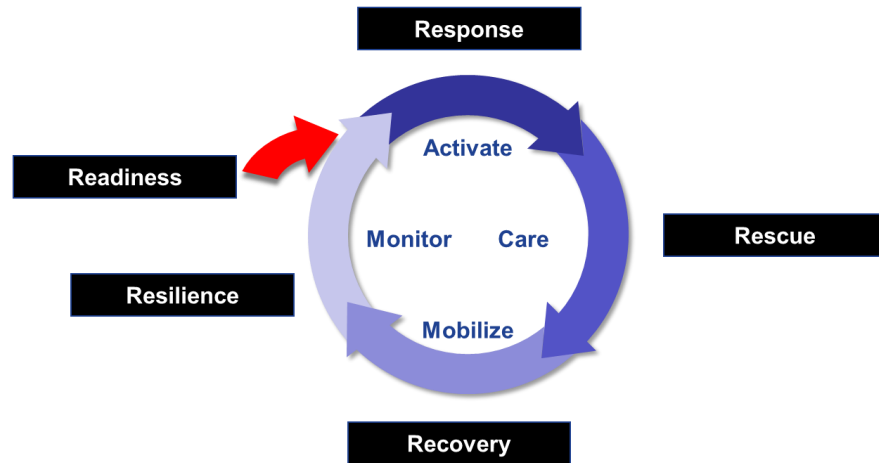
## Recovery

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

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

## Family 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



## Readiness

| Family Member Scenarios                               | Be ready for waves or new epidemics.  |
|---|---|
| No Exposure<br>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.        |



## 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.

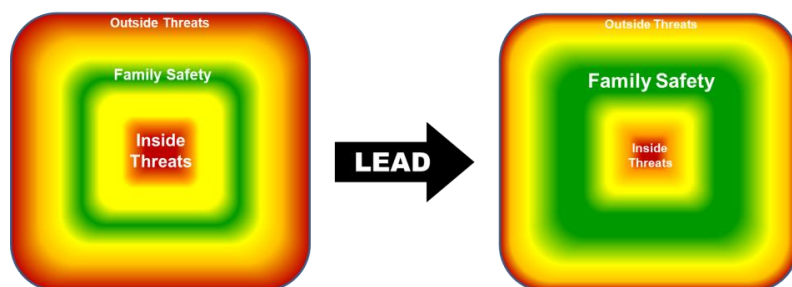
#### Action

- ☐ **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.





## Family Member Threat Profile



Infected & Symptomatic – Have Symptoms

Be ready for worsening symptoms and to maintain

Sym

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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

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- ☐ **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<br>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<br>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 inform others of exposure. 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

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  - 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<br>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 rs who may get        |
| Infected & Life Support | ptom triggers emergency care               |
| Respirator & ECMO       | visit if others in family get sick.        |



Rescue

## Family Plan Checklist

### Awareness

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  - ☐ **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<br>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



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

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### 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.
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## Resilience

| Family Member Scenarios                               | Making the family “hardened” as a target  |
|---|---|
| No Exposure<br>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.

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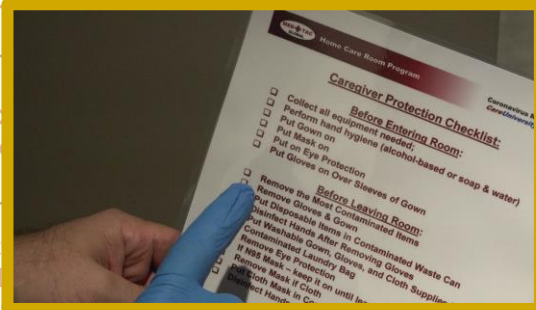
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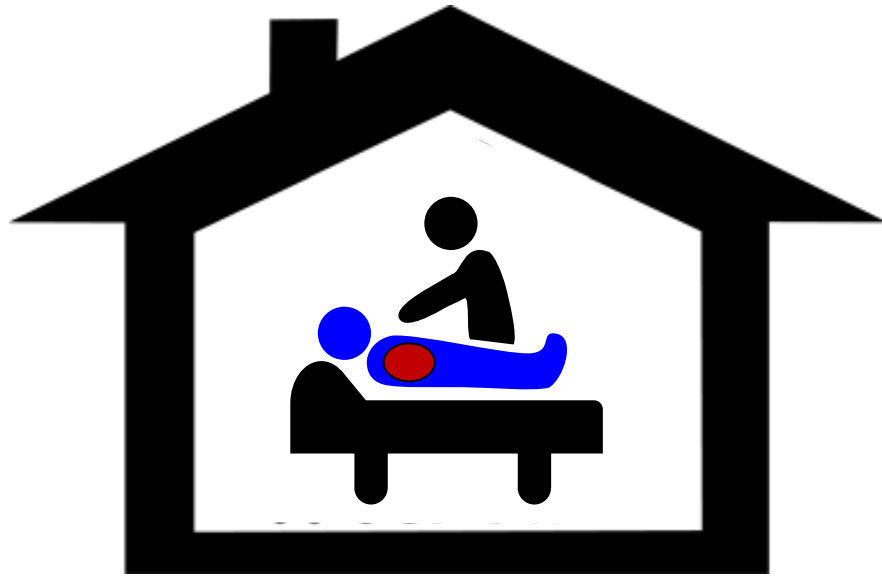
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# Family Survive & Thrive Guide:™ Providing Care at Home





## 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 Waste Can
- ☐ Set up a Contaminated Area
- ☐ Set up a Non-contaminated Area
- ☐ Put Waste Cans, Sharps Containers, and Materials in Care Room
- ☐ Place Safe Contaminated Area
- ☐ Injection Meds Under Lock and Key
- ☐ Keep Patient's Personal Items
- ☐ Place Water Pitcher
- ☐ Personal Hygiene Supplies
- ☐ Keep dedicated Thermometers in Care Room
- ☐ Keep Reusable Supplies



## Home Care Room Program

Coronavirus Response  
*CareUniversity Series*

### Supplies Checklist:

- ☐ Eye Protection
- ☐ A Face Shield
- ☐ Reusable Gloves
- ☐ Rubber Gloves
- ☐ Disposable Hair Coverings
- ☐ N95 Mask or Medical Grade 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 Grade
- ☐ 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



## Creating Your Family Safety Plan



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Randy Styner

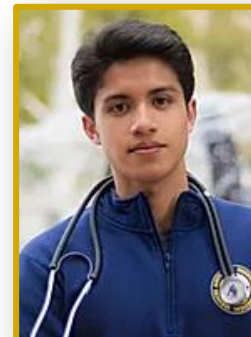
## Providing Care at Home



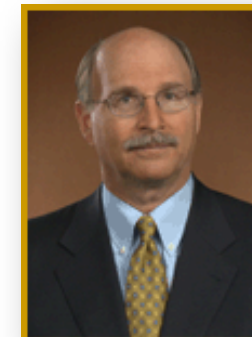
Keith Flitner



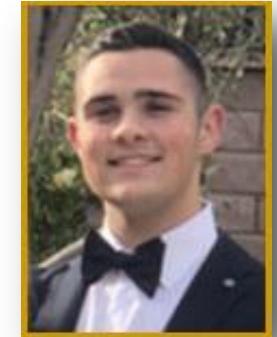
Jamie Yrastorza



Paul Bhatia EMT



Dr. Charles Denham



Danny Policicchio

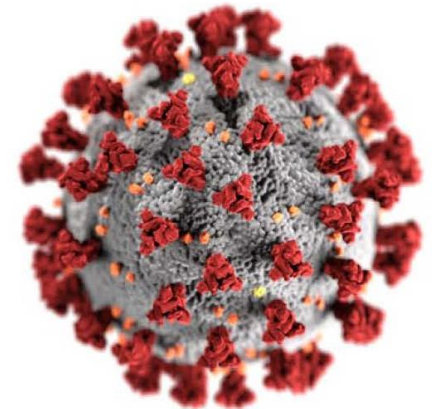
## Speakers & Reactors

# Creating Your 2021 Family Safety Plan: *A Survive & Thrive Guide*<sup>TM</sup>



**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



# ***Additional Resources and Slides from Videos***

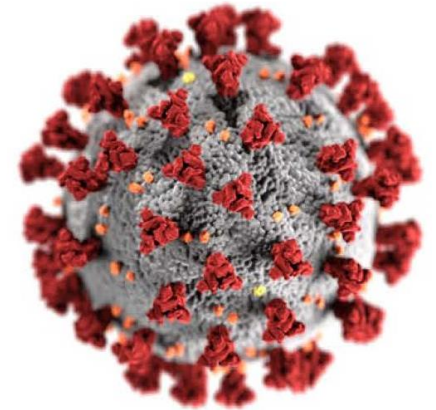


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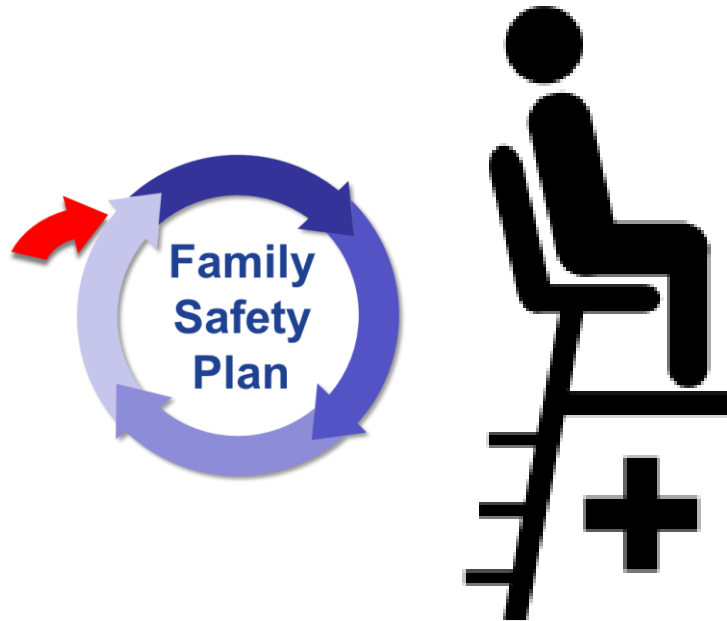
**Charles R. Denham III**

**High School Student  
Co-founder Med Tac Bystander  
Rescue Care Program  
Co-lead Lifeguard Surf Program  
Junior Med Tac Instructor**

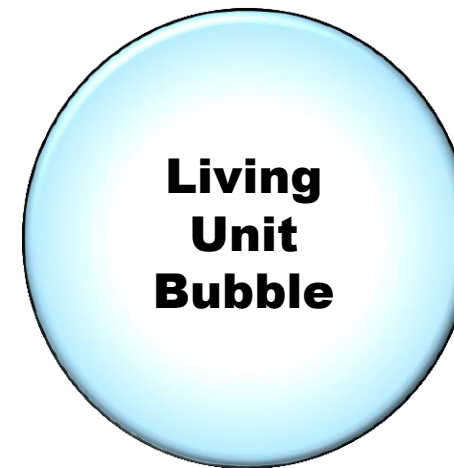


# Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue

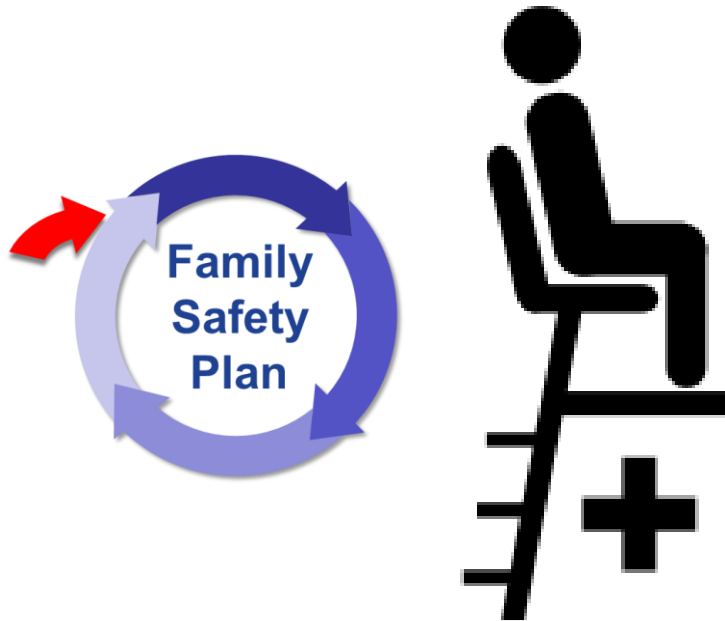


**Avoid  
“Double Bubble Trouble”**



# Be Your Family Lifeguard

90% Prevention and 10% Rescue



## Holiday Huddle Checklist

### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

#### During Event:

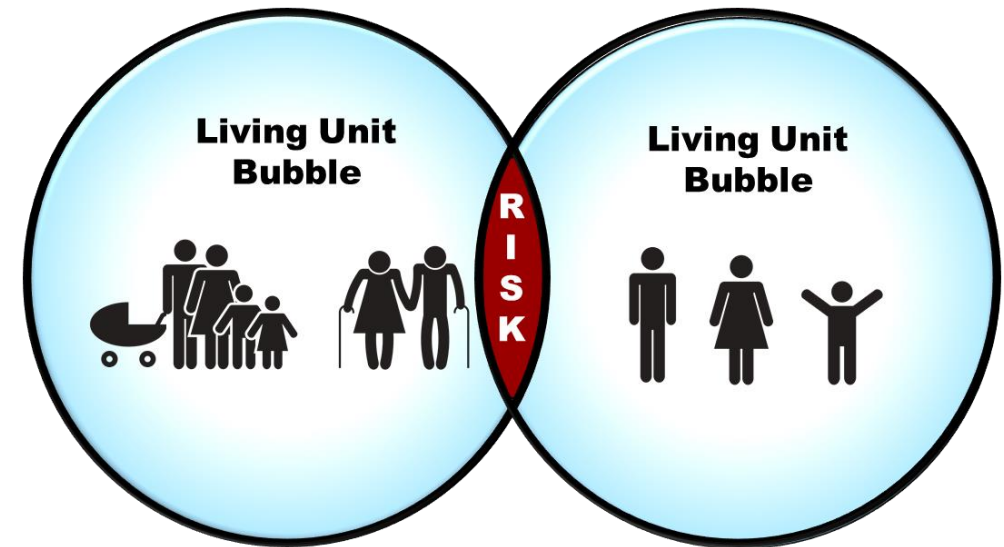
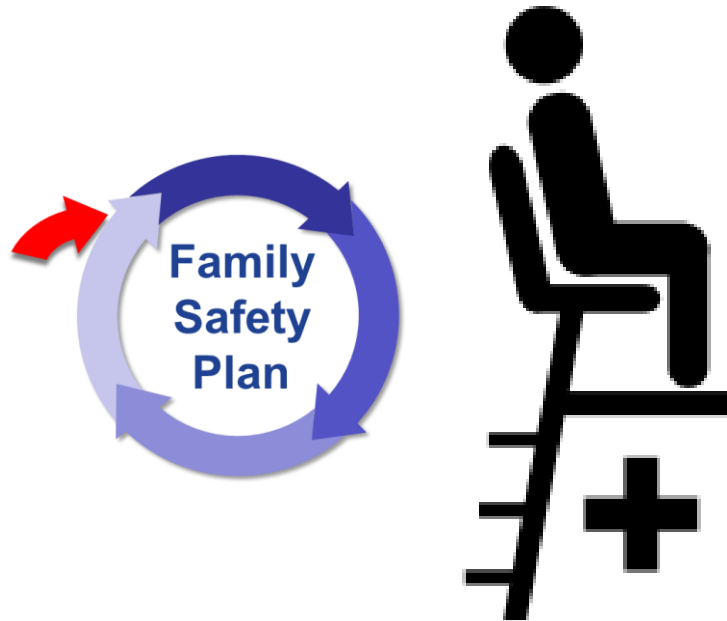
- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

#### After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

# Be Your Family Holiday Lifeguard

90% Prevention and 10% Rescue

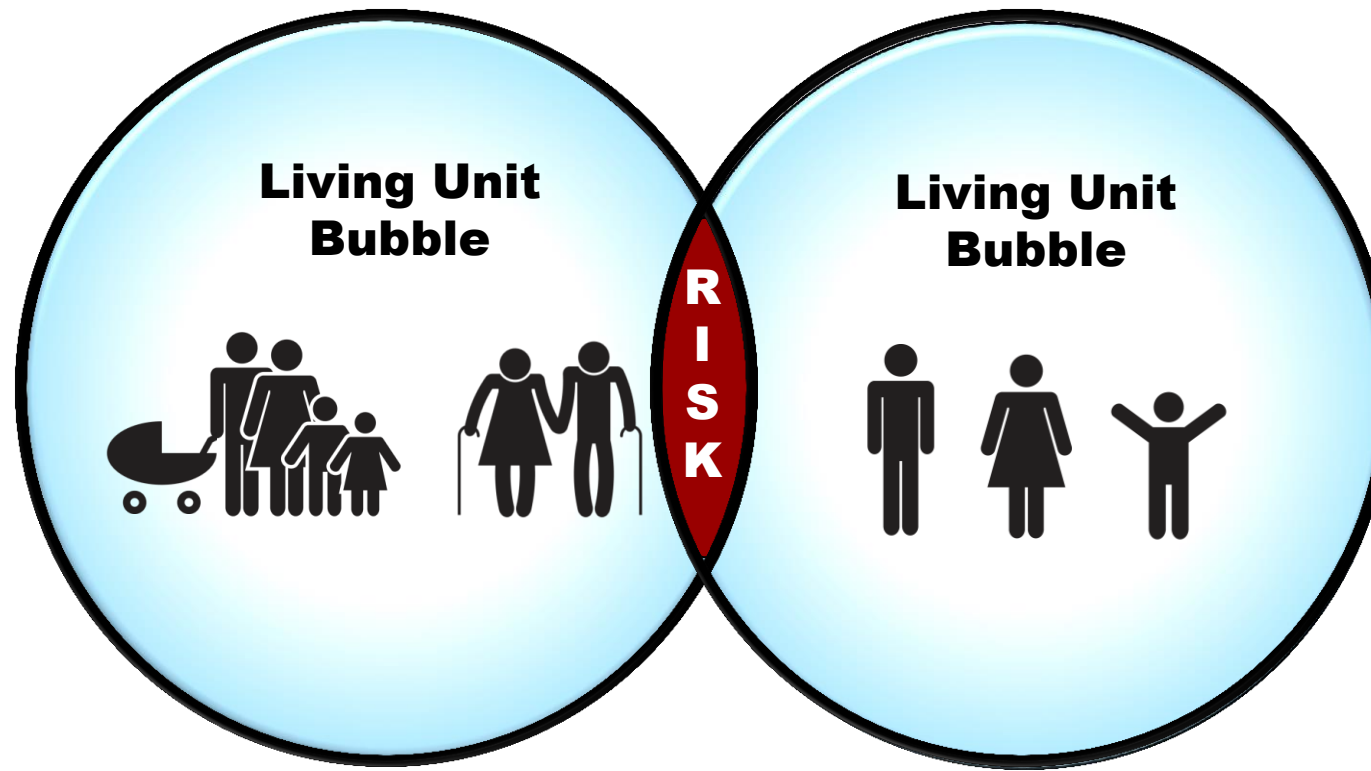


## “Double Bubble Trouble” Create Transmission Chains

### CDC Close Contact

#### Exposure Risks

- 15 Minutes within 6 feet over 24 Hours
- Provided Care to COVID-19 Infected
- Physical Contact (hugs & kisses)
- Use Same Cooking Utensil's
- Droplet Contact

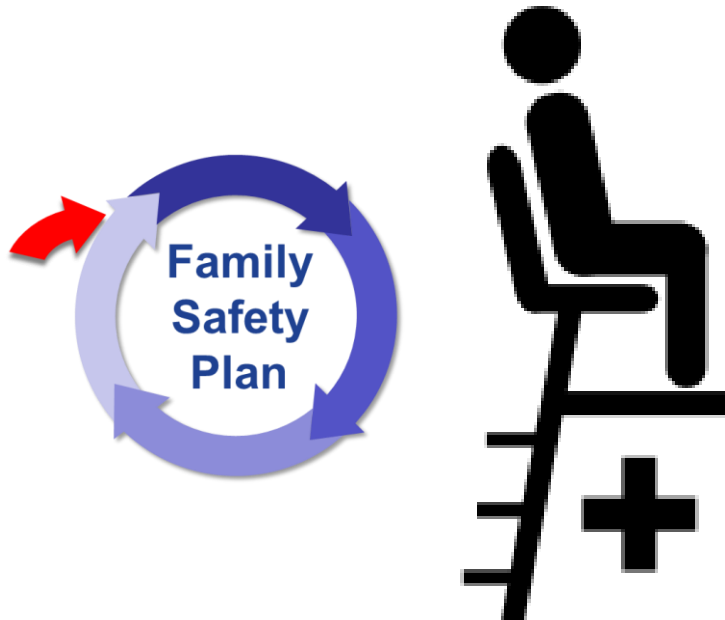


### General Risks

- Indoor Events
- Poorly Ventilated Environments
- Common use bathroom facilities
- High Contact Surfaces not disinfected
- Common Food Access

# Be Your Family Lifeguard

90% Prevention and 10% Rescue



## Holiday Huddle Checklist

### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

#### During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

#### After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time



# Med Tac Care Huddle Checklist



## Holiday Huddle Checklist

### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

#### During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

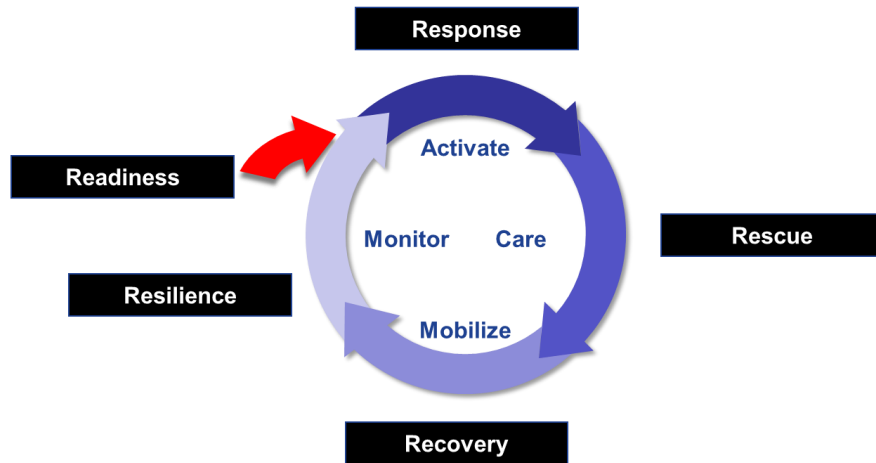
#### After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time



# The Family Plan: Learning as a Family

*Family Health Safety &  
Organization Security Plans™*



## Who is the CFO?



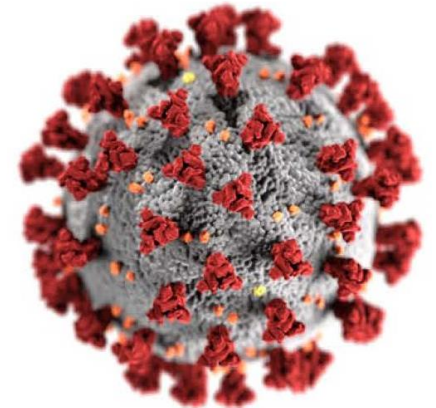
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**



**David Beshk**

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



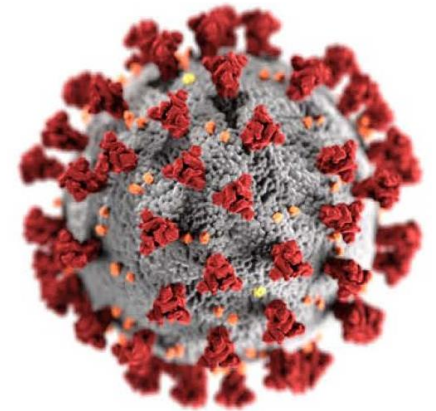
# **Safety Plan Templates for Everyone**

## **Family Survive & Thrive Guide™**

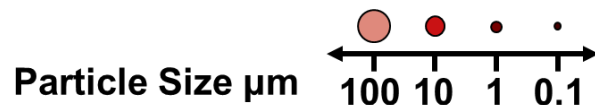
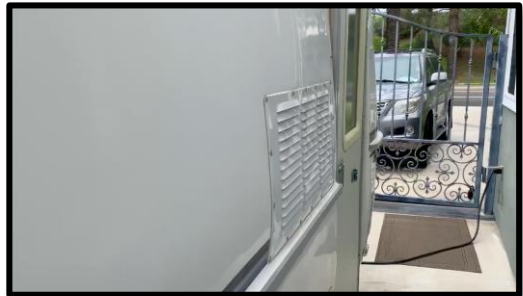


**John Tomlinson JD MBA**

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



## Tomlinson Home Isolation Chamber



## Airborne Threat and HVAC Systems



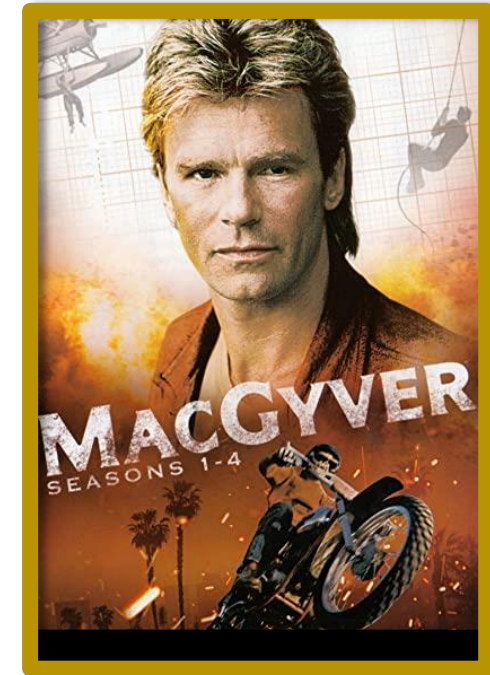
**AEROSOLS** are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.

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



# Keeping Your Family Safe on a Budget

## *A Survive & Thrive Guide™*



January 7, 2021 *CareUniversity*