



KOIN Connection

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Newsletter will keep you connected!

Welcome to the first issue of the *KOIN Connection*! We are very excited to provide you with this newsletter developed exclusively for Kentucky Outreach and Information Network (KOIN) members to help you stay informed on preparedness efforts in Kentucky.

Because the KOIN is a two-way communication network, we look forward to hearing from you and your organization so that we can share this information with other KOIN members.

Your participation in the KOIN is essential for

reaching vulnerable populations in Kentucky in the event of a disaster or public health emergency.

Comments, suggestions and feedback are most welcome.

Now sit back and enjoy reading the *KOIN Connection*!

Behind the KOIN

What is the KOIN?

The KOIN is a growing grassroots network of community leaders and resource people whose goal is to pass valuable information to some of Kentucky's vulnerable and special needs populations.

How were names gathered for the network?

In-depth research was performed regarding disasters and vulnerable populations in Kentucky by Jane Mobley Associates (JMA), a research and public relations firm located in Kansas City, Missouri, working in a concerted effort with Kentucky in its disaster preparedness efforts. JMA staff members Kelly Reinhart and Victoria Houston have been closely working together

with Gwenda Bond and Barbara Fox in the Division of Communications at the Cabinet for Health and Family Services (CHFS) in Frankfort, to network with representatives and advocates of vulnerable populations across Kentucky in order to establish open lines of communication.

How is KOIN data maintained?

KOIN member data is maintained on a simple database spreadsheet once the information is verified by JMA staff. Follow-ups

are conducted to ensure that the information is up-to-date and all contact information is correctly listed in the database.

How will the network be activated?

In the event of a public health emergency or disaster, KOIN members will be contacted by the CHFS Division of Communications via email or telephone. Members will then contact other individuals within their appropriate channels or organization.

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KOIN Fall Workshops A Success

The 2006 third annual KOIN workshops held in September during National Preparedness Month were a success. Approximately 120 individuals attended sessions held in Lexington, Louisville, Bowling Green and Hazard.

“We were very impressed by the turnout at the workshops this year,” said Barbara Fox, KOIN coordinator. “Kentuckians are definitely becoming more concerned about preparedness issues and are taking the steps necessary to ensure that measures are in place such as the KOIN in case disasters or emergencies strike.”

Many issues were addressed during the workshops to include planning for KOIN communication, message adaption to customize information to reach intended target populations, and message distribution. In addition, attendees learned about



new materials being produced for the upcoming year, to include a preparedness pocket picture card that will use pictures in place of words to address emergency issues. A coloring book for children depicting emergency preparedness situations in Kentucky will also be developed. In addition, a training video will be produced to allow current and potential KOIN members to understand their role in the network and how the KOIN will

operate in an emergency situation. Workshop participants offered valuable suggestions concerning what material should be included in the training video.

The workshops also addressed the importance of passing valuable information through the network in times of emergency. KOIN members were briefed on the importance of having a back-up person in case a current member will not be available to receive emergency information through the network.

Valuable information from the statewide workshops will help in future KOIN planning measures.

We hope to see you at the 2007 workshops!

Pan Flu and You: What You Should Know

Pandemic influenza (flu) occurs when a new influenza virus appears in the human population and causes a worldwide outbreak, resulting in serious illness as it spreads from person-to-person.

Pandemics are unpredictable because it is hard to know when one will occur, what type of flu it will be, and how severe it will be. A flu pandemic could cause many deaths and severe illnesses, disrupt daily life, and limit the amount of services available, including health care. In order to control the spread of disease, schools and businesses may close, sporting events could be cancelled, and transportation could be limited. Also, hospitals could be overloaded if doctors and nurses are sick. There also may be more people with the flu than the hospitals can take. In this case, some would need to be cared for in their homes or other places.

Pandemics are different from seasonal outbreaks of flu because seasonal outbreaks are caused by flu virus subtypes that are already in existence among humans. Pandemic outbreaks are caused by new subtypes being developed, those that have never circulated before or have not been around for a long time.

Avian or bird flu is an infection caused

“A flu pandemic could cause many deaths and severe illnesses, disrupt daily life, and limit the amount of services available, including health care.”

by bird flu viruses. The current strain of bird flu that is occurring primarily in Southeast Asia is called H5N1. These flu viruses occur naturally among birds and they carry the viruses in their intestines, but usually do not get sick from them. However, bird flu is very contagious among birds and can make some domesticated birds, including chickens, ducks, and turkeys very sick and kill them.

Birds carry flu viruses in their intestines and shed it in bodily fluids, such as saliva, nasal secretions and feces. Other birds and humans become infected when they come into contact with these fluids or poultry.

Symptoms of bird flu in humans range from typical flu-like symptoms (fever, cough, sore throat and muscle aches) to eye infections, pneumonia, acute respiratory distress, viral pneumonia and other severe and life-threatening complications.

Healthcare providers will tell patients how to treat their illness, depending on the severity of their symptoms. Treatment may include hospitalization, supportive care or the use of antiviral drugs.

It is safe to eat poultry that has been fully cooked. General precautions should always be taken when handling any raw meat, including raw eggs, to avoid possibly spreading germs. Remember to wash hands and surfaces before and after food preparation, avoid using the same utensils on raw meat as on other foods (even cooked meat), and cook raw meat thoroughly.

**** KOIN Tip****

Importance of a KOIN Back-up

If for some reason you won't be available to receive and pass on valuable information to other KOIN members due to absence or illness, contact Barbara Fox with contact information for a back-up individual to take over your role until you return.

Remember — a chain is only as strong as its weakest link.

Upcoming Drill to Put KOIN to the Test

The KOIN will be having an exercise drill in the upcoming months to test how effective and efficient the network is at passing a key message. Now is a good time to begin gathering your contact lists to ensure that contact information is current. Make sure that you have included an alternative contact number for those individuals also. If you have someone that will be away from the office or home for an extended period of time, make sure that someone has agreed to take on their role during the absence.

When you receive the initial notification from the Division of Communications at the Cabinet for Health and Family Services, you will be asked to estimate the number of individuals within your targeted network that you

are capable of reaching. Information can be adapted to meet the communication needs of a specific population (language translation, format message for pagers, etc.). Each KOIN member can simulate the use of any method of communication that is most effective in getting the message passed through the network (landline or cellular telephone, email, pager or other wireless device, sign language, door-to-door, etc.).

Stay tuned for further information!



Disaster Tip

While packing your emergency supply kit, don't forget to include a copy of your family's important documents such as:

- *Birth certificates*
- *Immunization records*
- *Social security cards*
- *Insurance policies*
- *Contact numbers for out-of-state relatives*

You may need to have these documents with you in case your family needs to evacuate the area.

Talking With KOIN Member.....THUY LOAN NGUYEN

Loan has been with a KOIN member for the last two years and works with Boat People S.O.S., which provides services in immigration, translation and interpretation for the Vietnamese. She also serves as an outreach coordinator for the Community Awareness Project (CAP) for HIV/AIDS and The Neighborhood Empowerment and Support through Teamwork (NEST) program. Loan also works closely with the local Vietnamese organizations throughout Kentucky.



Thuy "Loan" Nguyen, of Boat People S.O.S. (Photo courtesy of Dave Langdon, Louisville Metro Health Department.)

What do you like about your job?

I enjoy working with Boat People S.O.S. It is a great opportunity for me to serve the Vietnamese refugees and immigrants who currently face barriers to information and services.

What is your favorite hobby or past time?

My favorite hobbies are listening to soft music and walking in the park to admire nature.

What is your favorite food?

My favorite foods are steamed fresh water shrimp and Vietnamese crispy egg rolls dipped in sweet and sour sauce.

Why are you a KOIN member?

I am a KOIN member because the KOIN's motto "PREVENT-PREPARE-COPE" attracted me. Through the team's hard work, I believe KOIN would meet the critical needs of the vulnerable populations in Kentucky, including the Vietnamese.



Emergency Supply Kit Puzzler

Try to unscramble the following items that should be included in an emergency supply kit.

- | | | |
|---------------|------------------|------------|
| 1. TEBATISER | 2. RFIST DIA TKI | 3. DOFO |
| 4. DIRAO | 5. TWREA | 6. SCOLHTE |
| 7. SLIFALHGTH | 8. CIEMDNISE | 9. GDEDBNI |

Answers are located on page 4. Good luck!

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HELPFUL EMERGENCY CONTACT INFO:

How to Get Help/Medical Emergency - Dial 911

Poison Control Hotline - 800-222-1222

Disease Reporting Hotline - 800-973-7678

**Division of Emergency Management -
800-255-2587 or 502-564-7815**

KY Dept. for Public Health - 502-564-3970

**Cabinet for Health and Family Services Office of
Communications - 502-564-6786**

We're on the Web!
**[www.chfs.ky.gov/dph/epi/
preparedness/KOIN.htm](http://www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm)**

KOIN Materials Update

A Spanish brochure on public health preparedness in Kentucky has been produced and is currently available. Additional copies of the brochure in English, magnets (in English and Spanish), and the folding pocket information card are also available. Contact Barbara Fox (BarbaraJ.Fox@ky.gov) at (502) 564-6786 Ext. 4411 for copies.

- Answers to Disaster Supply Kit Puzzler (page 3)**
- | | | |
|----------------------|-------------------------|-------------------|
| 1. BATTERIES | 2. FIRST AID KIT | 3. FOOD |
| 4. RADIO | 5. WATER | 6. CLOTHES |
| 7. FLASHLIGHT | 8. MEDICINE | 9. BEDDING |

WANTED!

*We need your comments and suggestions!
If you have any news that you would like
other KOIN members to read about or to
volunteer to be the next KOIN member fea-
tured here, please contact us
at (502) 564-6786 or e-mail
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