

Philadelphia Biweekly PHP Outreach Newsletter

Philadelphia Department of Public Health

The Latest Events

- World Mental Health Day was October 10th, 2023, but mental health is important every day
 - Please continue to read and share these flyers with your loved ones and community members.
 - Use these flyers as a conversation starter and for more help, please refer to the mental health resource section of these flyers.
 - Mental Health and Emergencies: <https://bit.ly/MHEm>
 - Mental Health and Older Adults: <https://bit.ly/MHOlderAdults>
- November is National Family Caregivers Month
 - A care plan will help you balance both your life and that of the person to whom you are providing care!
 - For more information go to: <https://bit.ly/CompleteCarePlan>
 - Learn more about the role of caregivers during a public health emergency in the FAQ below.

The Latest News

- Access to free COVID vaccine for uninsured and underinsured Philadelphians
 - The COVID vaccine is the best way to prevent yourself from getting COVID or from getting so sick with COVID that you need to go to the hospital.
 - The Bridge Access Program covers the COVID-19 vaccine for people who don't have insurance, or if their insurance won't cover the vaccine.
 - Find Bridge Access Program providers here: <https://bit.ly/FreeCOVIDVaccine>
 - Keep an eye on this page as new providers are added.

FAQ on the Needs of People Using Medications or Durable Medical Equipment

- Why are caregivers so important in general and during an emergency?
 - Caregivers provide direct care, support, and advocate for their loved ones and clients.
 - Whether you are a caregiver or you get cared for in your home, you should plan for emergencies before they happen.
 - Making an emergency plan is especially important for people living with certain conditions that impact mobility, stress response, and if you use electricity or refrigeration for your essential medications or care.
- How do I create an emergency plan?
 - The first step in preparing for an emergency is creating a plan. Work with your friends, family, and neighbors to develop a plan that will fit your needs.
 - Choose a contact person who will check on you during a disaster and decide how you will communicate with each other (for instance, by telephone, knocking on doors). Consider speaking with your neighbors about developing a check-in system together.
 - Fill out a health information card: <https://bit.ly/PDPHCard>
 - Always carry it with you. The health information card will help you keep track of:
 - Emergency contact information
 - Any special needs you may have
 - Important health information
 - Medicines

- Plan how you will leave and where you will go during an evacuation.
 - If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies.
 - Keep a copy of exit routes and meeting places in an easy-to-reach place.
 - Plan for your transportation if you need help evacuating.
- Plan how you will communicate if you have a communications need.
- What should I include in my emergency supply kit?
 - Prepare enough supplies to last everyone in your household for at least three days
 - Make sure your kit has the following items:
 - Medications and a copy of the prescription
 - A list of 2 emergency contacts, your primary care provider and pharmacy
 - Copies of important documents
 - Food and water
 - Home care and hygiene supplies
 - Supplies for babies and children
 - Pet supplies
 - Cell phone/charger
 - Flashlight and whistle
 - Cash
 - First-aid kit
 - Battery-operated radio/extra batteries
 - Eyeglasses, hearing aids, and backup hearing aid batteries
 - For more information on building your own preparedness kit, visit: <https://bit.ly/KitSupplies>
- What should I do if I take medication?
 - Always have at least a one-week supply of medications.
 - Write down the medications that you and your family members take.
 - Include the name of the medication, who prescribes it, the dose, how often you take it, and why you take it.
- I need electricity for my refrigerated medications and some essential treatments. What should I do if the power goes out?
 - Make a plan for refrigerated medications such as insulin or treatments that require electricity like nebulizers.
 - Identify emergency lighting, safe heating alternatives, and backup power sources for your mobile devices, appliances, and medical equipment
 - Create an emergency power plan that includes model and serial numbers for your medical devices.
 - Read the user manual or contact the manufacturer to find out if your medical device is compatible with batteries or a generator.
 - Fully charge your cellphone, battery-powered medical devices, and backup power sources if you know a disaster, such as a hurricane, is coming.
 - If possible, buy manual alternatives for your electric devices that are portable, dependable, and durable. For example, a manual wheelchair, walker, or cane as a backup for an electric scooter.
- Where can I find more information on preparing essential medication and medical equipment for a possible power outage?

- The Americans with Disabilities Act (ADA) National Network’s Emergency Power Planning Checklist is for people who use electricity and battery-dependent assistive technology and medical devices.
 - Go to: <https://bit.ly/PowerPlanningList>
- The Food and Drug Administration’s “How to Prepare for and Handle Power Outages” guide can be used to organize your medical device information, identify the supplies for the operation of your device, and know where to go or what to do during a power outage.
 - Go to: <https://bit.ly/HomeMedDevices>

COVID-19 Information

- It’s fall and that means it’s vaccination season
 - The best way to protect you and your family from getting seriously ill is to make sure everyone stays up to date with vaccines.
 - To find out which vaccines you need to schedule for yourself and your loved ones, go to <https://bit.ly/FallVax>
- COVID-19 test kit distribution program
 - Community-based organizations, event organizers, and venues can apply to receive free at-home test kits and face masks to share with their communities and event attendees.
 - For more information go to <https://bit.ly/TestKitDistrib>

Public Health Preparedness: Resources and Services

- **Sign up for Ready Philadelphia**
 - To receive free text alerts to your phone on emergencies or severe weather, text “ReadyPhila” to 888-7777.
 - Be the first to know, then spread the word to family and neighbors.
- **Text-to-911 in Philadelphia:** <https://bit.ly/PATextTo911>
 - Individuals who are Deaf, Hard-of-Hearing, and those who face communication barriers may find this service a more accessible means of interface with 911.

PDPH Information

- **PDPH COVID-19 website and social media**
 - Information on the ending of the COVID-19 Public Health Emergency declarations: <https://bit.ly/PHEendPHL>
 - Latest information from PDPH : phila.gov/COVID, facebook.com/phillyhealth and [twitter](https://twitter.com)
- **PDPH Call Center**
 - Information on City public health guidance, services, resources, and more.
 - Call 215-685-5488, press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.

How to Stay Connected

- **Join the Community Response Partner Network**
 - This newsletter is sent to the [Community Response Partner Network](#), part of the PDPH Public Health Preparedness Program.
 - Sign up at <https://bit.ly/phlcommunityresponse> to get essential public health information, then pass it on to your family, friends, and community.

- **Questions or suggestions?**
 - Email us at publichealthpreparedness@phila.gov
 - Leave a message with the Public Health Preparedness Program Outreach Team at 215-429-3016.