

February 2009

March is on the way; in like
a lion or lamb?



IPHCA Emergency Management Communicator

Beware of winter's chill...

Although Spring is right around the corner, winter could still surprise us with more cold weather.

IPHCA Quality Program Director, Carla Chance, offers the following information regarding exposure to extreme cold.

Hypothermia

By Carla Chance, RN, CPHQ

Hypothermia is a condition that occurs when your body temperature drops below what is required for normal metabolism and bodily functions. The cause of hypothermia is extended exposure to cold air and/or water temperatures.

Hypothermia often occurs before the person is aware that help is needed. Common signs to look for are shivering, cold pale skin, and the "umbles" - mumbles, stumbles, fumbles and grumbles. If left untreated hypothermia can lead to frostbite, loss of limbs, coma and death.

Prevention of hypothermia can be as easy as being aware of weather conditions before you go outside, staying dry and adequately covering your head – as a disproportionate amount of heat is lost that way. Alcohol and marijuana should be avoided as they dilate the blood vessels and can impair one's judgment or alter one's awareness of the weather. Also persons with certain medical conditions such as hypothyroidism, stroke, severe arthritis, or Parkinson's disease should avoid outdoor activities in extreme temperatures.

Seek medical care immediately for anyone who exhibits the signs and symptoms of being exposed to cold air or water (shivering, appears disoriented, has a lack of coordination, has cold, pale or blue skin, appears tired and has slurred speech). If possible try to keep the person warm and dry and move them indoors until help arrives.

References

"Hypothermia -." Wikipedia, the free encyclopedia. 16 Jan. 2009 <<http://en.wikipedia.org/wiki/Hypothermia>>.

"United States Search and Rescue Task Force." U.S. SAR Task Force Main Page. 16 Jan. 2009 <http://www.ussartf.org/othermia_cold_weather_injuries.htm>.

Tornado Safety

Before

During

<p>Be alert to changing weather conditions.</p> <ul style="list-style-type: none"> Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. Look for approaching storms Look for the following danger signs: <ul style="list-style-type: none"> Dark, often greenish sky Large hail A large, dark, low-lying cloud (particularly if rotating) Loud roar, similar to a freight train. <p>If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.</p>	If you are in:	Then:
	A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)	Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.
	A vehicle, trailer, or mobile home	Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
	The outside with no shelter	<p>Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding.</p> <p>Do not get under an overpass or bridge. You are safer in a low, flat location.</p> <p>Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.</p> <p>Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.</p>

After

- Watch out for fallen power lines and stay out of the damaged area.
- Listen to the radio for information and instructions.
- Use a flashlight to inspect your home for damage.
- Do not use candles at any time

The recovery process occurs over time and varies considerably person to person. Of paramount importance are the physical safety and mental well-being of those affected by disaster.

References and Resources

FEMA: <http://www.fema.gov/rebuild/recover/after.shtm> This site contains multiple recovery resources.

FEMA: <http://www.fema.gov/hazard/tornado/index.shtm>

Red Cross: <http://www.redcross.org/>

Red Cross: <http://www.redcross.org/www-files/Documents/pdf/Preparedness/AreYouReady/AreYouReadyforaTornado.pdf>

NOAA: <http://www.nssl.noaa.gov/edu/safety/tornado.html>



Tornadoes in Indiana

Tri-State Tornado

Indiana was one of three Midwestern states in the path of the deadliest tornado in American history. On March 18, 1925, the Tri-State Tornado traveled a record 219 miles on the ground from Missouri through Illinois and into Indiana where it struck Posey, Gibson and Pike counties. The town of Griffin, Ind., lost 150 homes, and 85 farms near Griffin and Princeton were devastated. About half of Princeton was destroyed with losses totaling nearly \$2 million. The funnel finally dissipated just outside Princeton, 3 1/2 hours after it began. Nearly 700 people died, 74 of them in Indiana. Murphysboro, Ill., lost 234 people, a record for a single community.

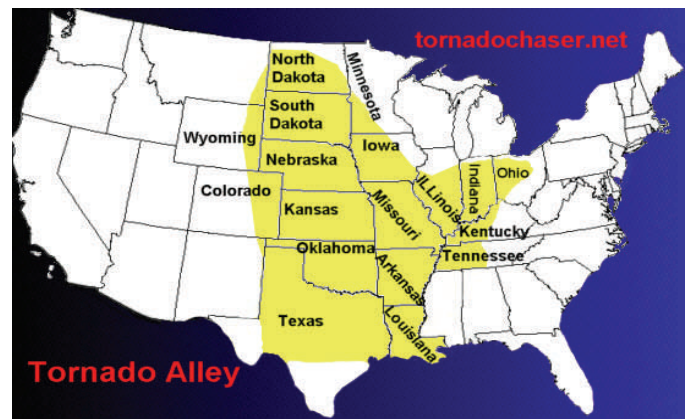
2008 Indiana Tornadoes

37 tornadoes were reported in Indiana between 01/01/2008 and 11/30/2008.

Tornadoes resulted in (4) deaths, (33) injuries, \$57.543M in property damage and \$66K in crop damage. <http://www4.ncdc.noaa.gov/cgi-win/wwcgl.dll?wwevent~storms>

Palm Sunday Tornadoes

On Palm Sunday, 1965, 11 tornadoes struck 20 counties in central and northern Indiana, killing 137 people. More than 1,700 people were injured and property damage exceeded \$30 million. It was Indiana's worst tornado disaster. Twin tornadoes tore through Goshen, destroying close to 100 trailer homes. In Russiaville, 90 percent of the buildings were damaged. The tornadoes that devastated Indiana were part of an outbreak in which nearly 50 tornadoes struck the Great Lakes region on April 11-12, causing 271 deaths and more than 3,400 injuries.



State Statistics: Indiana national rankings for tornado occurrence between 1950-2001

State rankings:

#15 tornado frequency

#7 related injuries

#6 deaths attributed to tornado activity

#2 cost of damages

Avg. cost of tornadoes in Indiana per year since 1950: \$35,874,624

Inflation adjusted to 2008: \$50,264,020.42

(<http://www2.indystar.com/library/factfiles/history/weather/tornadoes.html>, Hupp, 2005)

(<http://www.disastercenter.com/indiana/tornado.html>)

IUPUI Department of Geography (http://atlas.ulib.iupui.edu/tornado/tornado_plate.html)



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For questions or comments, or to schedule a site visit for help in implementing emergency preparedness activities, please contact Jenifer Nelson.

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Severe Weather Preparedness & National Flood Safety Week

Governor's Proclamation

Governor Mitch Daniels has proclaimed March 15 through 21, 2009 as Severe Weather Preparedness Week in Indiana. This week is also National Flood Safety Week.

To access the newsletter with practical information and tips, please follow this link: <http://www.in.gov/dhs/files/newsletter.pdf>

Communications Test: 3/18/09

The National Weather Service, in conjunction with the Indiana State Police, Department of Homeland Security, Department of Education, Broadcasters Association, the American Red Cross, and Amateur Radio Operators, will conduct a statewide test of communication systems on Wednesday, March 18 between 10:00 A.M. and 10:30 A.M. and 7:00 P.M. and 7:30 P.M. EDT.

For more information, reference the newsletter linked above.

Indiana Health Alert Network (IHAN)

Are you registered to receive information from IHAN? This is an information service through the Indiana State Department of Health that provides health-related updates from credible sources including the CDC, Indiana State Department of Health (ISDH) and Local Health Departments.

Recently, IHAN has been used to disseminate information regarding the peanut-containing products that have been responsible for the Salmonella Typhimurium outbreak.

IHAN also provided information regarding the pertussis cases in northwest Indiana.

If you do not have a designated contact receiving the notifications please contact me and I would be glad to assist you in obtaining log in information.

Indiana Learning Management System (LMS) update

The collaborative effort responsible for selecting a replacement LMS reviewed three different potential vendors the week of 2/23/09. Final selection of the vendor is in process.

Further updates will be posted as more information becomes available.

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