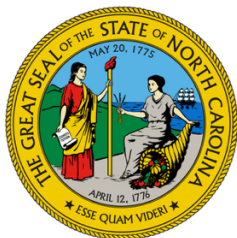


North Carolina Environmental Health Deployment Response and Resilience Guidance

North Carolina Department of Health and Human Services
Division of Public Health
Environmental Health Section



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

The objective of this guidance is to provide Environmental Health Specialists in North Carolina with information about preparing for deployment to an emergency. This guidance provides necessary information on essential needs as well as hazards to be prepared for. This document is intended to help prepare local health department staff for upcoming deployments and give information on recovery and resilience when returning from a disaster situation.

Roles & Responsibilities

In the event of an emergency or disaster, understanding roles and responsibilities is crucial for effective personal preparedness and safety. Whether you are a Regional Environmental Health Specialist, a member of a Local Health Department, or an individual preparing for unforeseen circumstances, knowing your specific duties and the expectations placed upon you can significantly enhance response efforts and ensure the well-being of all involved. This section outlines the essential roles and responsibilities that each person must embrace to foster a cohesive, efficient, and resilient approach to preparing for emergencies. By clearly defining these roles, we aim to empower individuals and teams to act decisively and effectively, ultimately safeguarding our communities during times of crisis.



				
FOLLOW ICS STRUCTURE	PROTECT HOME AND FAMILY	USE REQUIRED SAFETY EQUIPMENT	IDENTIFY AND REPORT HAZARDS	REPORT HEALTH ISSUES
Adhere to the Incident Command System (ICS) structure and perform assigned tasks, even if they differ from your everyday job duties.	Implement measures to safeguard the home and family from potential hazards.	Always use personal protective equipment (PPE) as required.	Constantly check for safety hazards and report any dangerous conditions to your supervisor.	Inform your supervisor if you are unwell or unable to report to work for any reason.

Figure 1. Roles and Responsibilities

Essential Supplies Checklist

An essential supply checklist ensures that you have the necessary items to sustain yourself and your loved ones during unexpected situations. This checklist is designed to guide you in assembling a comprehensive emergency kit covering critical needs such as water, food, lighting, first aid and personal safety. By following this checklist, you can take proactive steps to secure your well-being, maintain comfort and enhance your resilience in the face of adversity.



Essential Supplies Checklist

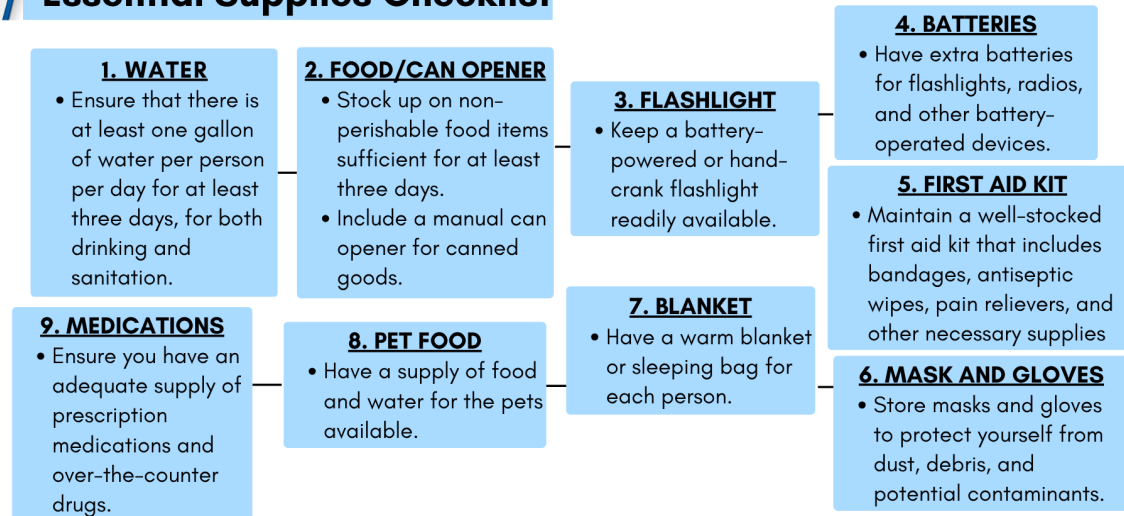


Figure 2. Essential Supplies Checklist

Potential Safety Hazard

During emergencies and disasters, being aware of potential safety hazards is essential to protect yourself and others. Stress, fatigue and illness can impair judgment and physical capabilities. Dark conditions can obscure other hazards, increasing the risk of accidents. Floodwater might be contaminated or conceal further dangers. Poor road conditions can impede safe travel, while electrical hazards from generators, frayed cords, malfunctioning systems, downed power lines or electrical cords in water can pose severe threats. Additionally, carbon monoxide poisoning from indoor generators or grills presents a hidden yet deadly risk. By understanding and preparing for these potential hazards, you can enhance your safety and resilience in the face of emergencies.

Potential Safety Hazards

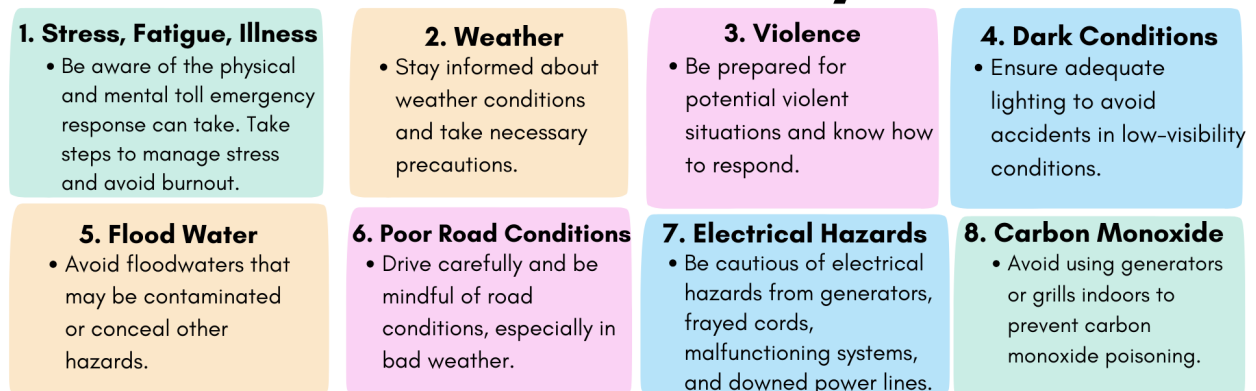


Figure 3. Potential Safety Hazards

Responder Resilience

Maintaining resilience is critical for both your well-being and your effectiveness in helping others. Planning coping and support strategies in advance can provide a solid foundation for navigating the stresses of your role. It is essential to take regular breaks and practice self-care to recharge and maintain your physical and mental health. Rotating job tasks helps to prevent burnout and keeps you engaged. Don't hesitate to seek support and ask for help when needed; relying on your team and available resources is a strength, not a weakness. Additionally, being aware of the signs of mental health concerns in yourself and your co-workers is crucial for early intervention and support. By prioritizing responder resilience, we can ensure that we remain strong and capable, ready to serve our communities effectively throughout the emergency event.

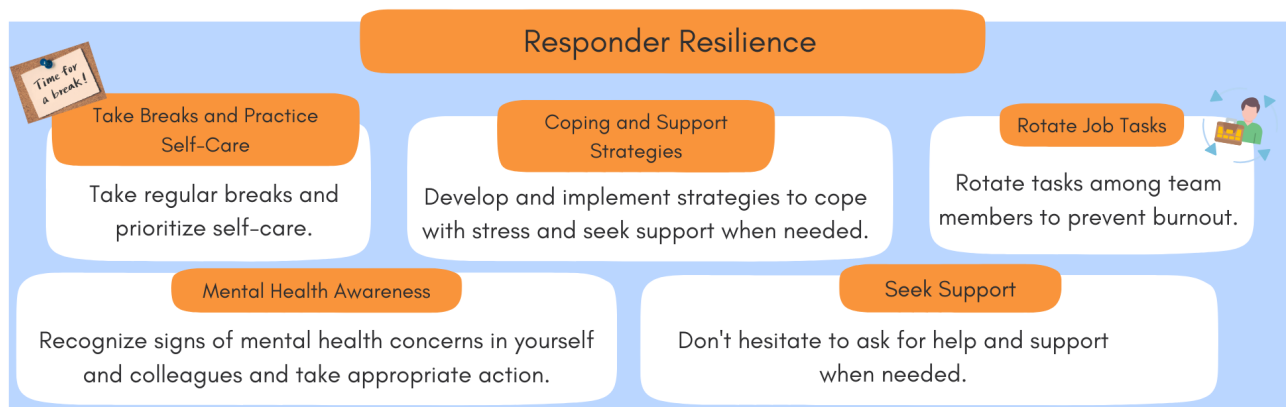


Figure 4. Responder Resilience