

Migrant and Seasonal Farm Worker Emergency Preparedness Planning Guide



ABOUT THIS GUIDE

The *Migrant and Seasonal Farm Worker Emergency Preparedness Planning Guide* was developed by the NORC Walsh Center for Rural Health Analysis in collaboration with the National Rural Health Association (NRHA) and the Western New York Public Health Alliance (WNYPHA) to address the challenges facing migrant and seasonal workers in the event of an emergency (the guide stresses all-hazard preparedness, as disasters of different kinds will present varying challenges and necessitate varying responses). The planning guide was developed based on feedback from an expert panel held in Western New York in March 2009 and a vetting session at the National Rural Health Association conference in May 2009. The guide is intended to provide a set of actionable steps that can be taken by public health professionals pre-event, during the event, and post-event, taking into account how the emergency type will impact the response. The planning steps are not generic: they take into account the unique living and working conditions as well as cultural differences of migrant and seasonal farm workers. This guide is not intended to provide a complete planning process, but rather to serve as a foundation for comprehensive planning on the farm, family, or individual level for emergency preparedness.

ABOUT US

The National Rural Health Association (NRHA) is a national nonprofit membership organization with more than 20,000 members. The association's mission is to provide leadership on rural health issues. The NRHA membership is made up of a diverse collection of individuals and organizations, all of whom share the common bond of an interest in rural health. More information on the NRHA can be found at <http://www.ruralhealthweb.org>.

The NORC Walsh Center for Rural Health Analysis was established in 1996 to study policy issues affecting public health and health care systems in rural America. Originally established as a Health Resources and Services Administration, Federal Office of Rural Health Policy-funded Rural Health Research Center, the Walsh Center has expanded to conduct rural health research for several Federal and non-Federal agencies in the areas emergency preparedness, health department financing, and public health agency accreditation, among other topics. More information on the Walsh Center can be found at <http://walshcenter.norc.org>.

The Western New York Public Health Alliance (WNYPHA) is a regional public health partnership comprised of eight county health departments in Western New York: Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans and Wyoming. Originally established in 1992 as the Western New York Public Health Coalition, the partnership has grown over the years, leading to the eventual incorporation of the WNYPHA as a 501(c)(3) organization. More information can be found at <http://www.wnypha.org>.

The WNYPHA Advanced Practice Center (APC) works to develop cutting-edge tools and resources that will help it and other local health departments (LHDs) nationwide prepare for, respond to, and recover from major emergencies. NACCHO's Advanced Practice Centers provide unique contributions to equip the nation for a preparedness emergency. The tools they create and the training they provide are geared explicitly to LHD personnel — staff that work every day on the front lines of public health emergency preparedness. More information about the NACCHO APC program can be found at <http://www.naccho.org/topics/emergency/APC.cfm>.

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PRE-EVENT PLANNING

Vulnerability Assessment	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Assess community's overall vulnerability in an emergency. Identify contingencies that must be considered for community systems and infrastructure to meet the needs of migrant and seasonal farm workers.</p> <ul style="list-style-type: none"> ▶ Consider what agencies and departments are particularly vulnerable and the nature of those vulnerabilities: health department; day care centers; schools; hospitals; community health centers; social service agencies; etc. 			
<p>Compose a preliminary profile of the health status of migrant and seasonal farm workers in the region. Be especially aware of occupational health issues that farm workers may face, such as pesticide exposure and heat stroke.</p> <ul style="list-style-type: none"> ▶ Determine if certain migrant and seasonal farm worker groups are uniquely vulnerable. ▶ For the families of migrant and seasonal farm workers, be aware of pediatric conditions, pregnancies, and chronic conditions such as diabetes and hypertension. ▶ Ensure that mental health and substance abuse issues are considered. ▶ Pesticides used in common crops in the area should be identified. 			
<p>Consider transportation available in your community.</p> <ul style="list-style-type: none"> ▶ Many migrant and seasonal farm workers lack U.S. driver's licenses or access to vehicles. ▶ Develop contingency plans for transportation during an emergency. 			
<p>Assess the current housing situation for migrant and seasonal workers, including apartment complexes, trailers, camps and farm housing.</p> <ul style="list-style-type: none"> ▶ Identify any potential environmental health issues such as overcrowding and pesticide or lead exposure. ▶ Identify housing that may not be weatherproof and/or have adequate heating or cooling. ▶ Reinforce adherence to OSHA migrant housing rules. ▶ For a sample housing inspection checklist, see Appendix A. 			
<p>General recommendations for vulnerability assessment:</p> <ul style="list-style-type: none"> ▶ Day care centers (e.g., Agribusiness Child Development Programs) are at high risk. Ensure there is sufficient trained staff with necessary capabilities on duty at all times. ▶ During an emergency, community health centers, migrant health centers, and hospitals may reach full capacity and may not be able to assist migrant and seasonal farm workers. ▶ Migrant and seasonal farm workers have different cultural backgrounds and problems may arise when members of certain communities interact. 			

PRE-EVENT PLANNING

Response Partners	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Identify response partners, keeping in mind that partners may vary depending on type of scenario.</p> <ul style="list-style-type: none"> ▶ Consider including members of the following sectors: local public health and emergency preparedness; churches; daycare; Migrant Head Start; pharmacies; grower’s associations; local transportation; state departments of agriculture and labor; social services; farm workers’ education and legal agencies; migrant health centers, outreach workers, grower associations, other community leaders, etc. ▶ Include the local Sheriff’s Office and other law enforcement agencies. ▶ Help partners understand the specific role they play in emergencies and the importance of building trust with farm worker communities throughout the year. ▶ Consider including farmers and crew leaders, because they are more likely to have already established relationships with the farm workers and are responsible for providing them with information and resources. ▶ Volunteer ambulances and fire companies may be pre-occupied in a time of emergency. 			
<p>Identify and establish an agreement or memorandum for local farms with migrant camps to serve as shelters in the event of an emergency.</p> <ul style="list-style-type: none"> ▶ Perform an assessment on the capacity of all farms. Ensure that the facilities adhere to the OSHA Standards of the Migrant and Seasonal Agricultural Worker Protection Act if the space may be used to establish a medical clinic or shelter; facilities should include laundry amenities, access to phones, bathrooms, a kitchen, and common areas. ▶ Ensure that farms have arrangements to transport workers out of the area or to and from a shelter. ▶ Memorandum should include a main contact (most likely a farmer or a crew leader) that will be able to alert farm workers of the emergency and who will be able to get them to safety. ▶ Identify incentives to encourage farmers to provide emergency shelter for migrant and seasonal farm workers in the area. 			
<p>Incorporate farmers into the local business continuity plan to help them keep their migrant and seasonal farm workforce safe and healthy during an emergency. The plan will aim to ensure that farms stay operational during emergencies and to provide food and other necessities.</p> <ul style="list-style-type: none"> ▶ Write migrant and seasonal farm workers into the business continuity plan as special populations or temporary residents. ▶ Farmers should consider establishing a “chain of command” so that, in their absence, someone will be responsible for communication, transportation, electricity, water and other logistics necessary to keep workers safe. 			

PRE-EVENT PLANNING

Consider agreements you may need with law enforcement and immigration authorities during an emergency to clearly outline their roles and actions in an emergency.			
Establish a plan to work with U.S. Immigrations and Customs Enforcement (ICE), the U.S. Department of Agriculture, and the Department of Labor to keep migrant and seasonal farm workers safe and in compliance with public health orders without fear of deportation or other risks they may face related to immigration authorities.			
Traditionally, churches have been a resource and provide support to migrant and seasonal farm workers (for example, the Episcopalian Farm Worker Registry). Determine if they have resources to meet the needs of the migrant and seasonal farm worker population and their families.			

General recommendations for partnership planning:

- ▶ Public health departments are often understaffed; recruiting a bilingual interpreter may be difficult in some locations. Use ESL teachers where applicable. Consider liability issues.
- ▶ Partners must have appropriate language resources available; additionally, language resources should be available at varying competency levels because farm workers may read and write at different levels.
- ▶ Have resources on hand for those who can't read, as well as for those with special language needs; see Pictogram Brochure attached at the back of this guide.
- ▶ Partner with local community resources such as health centers, emergency response teams, churches, grocery stores that carry ethnic foods, and local pharmacies, as they may serve as meeting points or assist in communicating with families.
- ▶ Consider working with the local emergency management teams and farm bureaus to create an emergency response plan specific to migrant and seasonal farm workers.
- ▶ The health arm of the local consulate can be a valuable resource for translation or health care services.
- ▶ Migrant health centers, hospitals, emergency departments, and urgent care centers need to be able to provide interpreters for farm workers, so it is important to consult with them as part of the planning process.
- ▶ English as a Second Language (ESL) teachers and migrant worker education programs are other groups that are beneficial to partner with when planning for an event where communication may be difficult.
- ▶ Non-profit agencies are important organizations for educating migrant and seasonal farm workers on where to go during an emergency; migrant and seasonal farm worker populations tend to have greater trust for non-profit community-based agencies.
- ▶ Collaborate with social services organizations that provide services to migrant and seasonal farm workers to distribute goods and monitor resources.
- ▶ In cases of pesticide poisoning, hazardous materials teams (HAZMAT) may need to be alerted, especially if others, such as families of migrant and seasonal farm workers, were also exposed.

Political issues:

During Hurricane Katrina, the Immigration and Naturalization Service (INS) and U.S. Border Patrol set up stations along the interstate. This caused a lack of trust and a lack of cooperation between the government and migrant and seasonal farm worker communities.

To avoid this type of situation, seek cooperation from immigration officials, at least on a temporary basis, so that emergency response takes precedence. Consider these examples:

- ▶ In New Orleans undocumented migrants were accommodated because there was a need for them to work.
- ▶ In Western New York, where many home invasions were occurring, the local Sheriff's office and ICE agreed to stop immigration searches if a house had been robbed.

PRE-EVENT PLANNING

Volunteers	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Establish a process to recruit volunteers to address migrant and seasonal farm worker issues.</p> <ul style="list-style-type: none"> ▶ Consider recruiting volunteers from hospitals, farms, fire companies, schools, emergency management, Meals on Wheels, Farm Bureaus, Ambulance Corps, Emergency Medical Services (EMS), Migrant Health Clinics, Medical Reserve Corps, service clubs (e.g., Lion’s Club, Kiwanis, Rotary Club), state universities and colleges, etc. ▶ Recruit volunteers with these skill sets: bilingual; cultural competency; medical skills; community engagement and outreach; loss and bereavement; sign language; and experience working with the migrant and seasonal farm worker community. ▶ Have an established list of people who can be called on to interpret. 			
<p>Have on hand a one-page information sheet prepared by legal staff, so that volunteers have easy access to information on their legal rights and protections.</p>			
<p>General recommendations for recruitment and use of volunteers:</p> <ul style="list-style-type: none"> ▶ Identify a volunteer who represents the ethnic or racial background and speaks the language of the migrant and seasonal farm workers in the area who can interpret for other volunteers. ▶ Recruit volunteers not already affiliated with emergency response teams as those individuals may have prior commitments during an emergency. ▶ Develop and implement a training program for volunteers. ▶ Develop a poster or brochure for volunteers that clearly states what is expected of them. 			

PRE-EVENT PLANNING

Regional Coordination	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Determine what coordination issues need to be worked out in your particular setting: union rules; liability protection; differences in standard practices; political differences; etc.</p>			
<p>Consider agencies in your neighboring communities that could be called upon: hospital training centers; long-term care facilities; clinics; Office of Temporary Disability Services; fire and ambulance companies; county transportation systems, etc. Establish a Memorandum of Understanding (MOU) or Mutual Aid Agreement as necessary.</p> <ul style="list-style-type: none"> ▶ If nearby areas are experiencing a disaster simultaneously, expect no assistance from that jurisdiction. 			
<p>Consider crafting a multi-farm agreement that includes stipulations on water, supplies, food vouchers, clothing, transportation and housing.</p> <ul style="list-style-type: none"> ▶ The agreement should be scalable by season. ▶ Most farmers are reluctant to disclose the location of labor camps. ▶ Ideally, the whole community needs to become a resource for the camps. 			
<p>Identify one or more contact persons trusted by local migrant and seasonal farm workers. These could be the farmer, outreach workers, a pastor, or a church group.</p> <ul style="list-style-type: none"> ▶ If your area has many undocumented workers who fear deportation, avoid bringing in people in uniform who represent immigration or law enforcement as deputized agents. This may frighten the farm workers or create mistrust of emergency response workers. 			
<p>Consider establishing a voucher program that will be honored in surrounding regions for migrant and seasonal farm workers to use for finding housing and obtaining and facilitating transportation (e.g., a gas card).</p>			
<p>General recommendations for regional coordination:</p> <ul style="list-style-type: none"> ▶ Each community may have different mutual aid needs; agreements also may differ across agencies. ▶ Some counties are highly involved with migrant and seasonal farm workers while others are not; general education initiatives can promote regional coordination. ▶ Schools and universities can be a great resource for regional coordination. Many have the resources to help develop mutual aid agreements. ▶ Consider local nursing home and hospital mutual aid agreements as examples (these agencies are generally required to have a formal or informal mutual aid agreement concerning transportation and other related issues). 			

PRE-EVENT PLANNING

Training/Exercising Needs	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Test your ability to quickly determine the number of migrant and seasonal farm workers in your community. Test if your community can determine the population within 24 hours.</p> <ul style="list-style-type: none"> ▶ It is difficult to know at any one time how many migrant and seasonal farm workers are in a community. ▶ Farm bureaus and agricultural agencies may be willing to help with this effort. ▶ Farmers and crew leaders at each farm are also good partners to engage in this exercise as they may be able to more accurately estimate the current population of migrant and seasonal farm workers. ▶ Consider establishing a migrant registry to better track how many migrant and seasonal farm workers are in your community during certain seasons. ▶ Along with the migrant registry, consider having a list of facilities that are available for migrant and seasonal farm workers and the maximum number of people each facility can hold. ▶ GIS mapping may be useful to simulate specific events because some areas will be impacted differently during different seasons. For example, a disaster in New York in September will have a greater impact on a migrant and seasonal population than a disaster in December. 			
<p>Consider training farmers in basic public health preparedness.</p> <ul style="list-style-type: none"> ▶ Migrant and seasonal farm workers may expect the farmer to tell them what to do next in an emergency. ▶ Make information available to the farmers on the necessity of vaccinating migrant and seasonal farm workers to prevent outbreaks of communicable diseases. 			
<p>Volunteers and workers need to be trained in the following areas: cultural differences; hierarchy in the migrant and seasonal farm worker community; language; the correct ways to enter, approach, and greet members of the community; actions to avoid; safety procedures; etc.</p>			
<p>General recommendation for training/exercise needs:</p> <ul style="list-style-type: none"> ▶ Include hospitals when developing training and exercise programs and integrate them into existing plans. ▶ Involve migrant and seasonal farm workers in trainings and exercises. ▶ State health grants require considerations for special needs populations for drills and exercises; involve partners in the response (e.g., flu and immunization clinics). ▶ Involve farmers in trainings and exercises. They may not be aware of the legal status of their workers and what responsibilities they would have in an emergency. 			

PRE-EVENT PLANNING

Communications	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Information must be communicated to the migrant and seasonal farm worker community from someone they trust. Designate one or a few key persons, such as crew leaders, in each farming community to understand and translate important information to migrant and seasonal farm workers.</p>			
<p>Consider communications channels available in your community that can be used to reach out to the migrant and seasonal farm worker community: television; radio; etc.</p> <ul style="list-style-type: none"> ▶ Consider how the transition to digital TV will affect the migrant and seasonal farm worker community. ▶ Consider how to broadcast emergency notifications: foreign language radio; foreign language TV; cellular phones; radios; farm alerts; etc. ▶ Craft messages articulating the importance of the migrant and seasonal farm worker community to your jurisdiction. Include factors such as economic impact on farmers and small businesses. 			
<p>Consider handing out cards with information on certain situations: emergency procedures; contacts; vaccines; etc.</p> <ul style="list-style-type: none"> ▶ Provide workers and their families with instructions on properly storing food and water for themselves and preparing meals during an emergency. See Appendix C for a sample brochure outlining this information. 			
<p>General recommendation for communication needs:</p> <ul style="list-style-type: none"> ▶ Keep communications clear and concise. ▶ Understand your audience. Are there certain migrant and seasonal farm worker groups that you are targeting? ▶ Keep in mind the strong work ethic of migrant and seasonal farm workers, who may take offense if asked to leave while working. ▶ Working with US Immigration and Customs Enforcement (ICE) officials may prove to be a challenge when communicating with undocumented workers. ▶ Identify a trusted liaison to be in contact with each migrant and seasonal farm worker community. ▶ Independent ham radio operators, as well as weather radio operators at the National Oceanic and Atmospheric Administration (NOAA), may be able to assist in communicating with farmers and farm workers. ▶ Be ready to tell farmers whom to call in an emergency. Create a specific phone number for farmers to call. 			

EVENT PLANNING

Incident Command System (ICS)	Responsible Entity/ Person	Date Assigned	Date Completed
Develop a process to identify public health Incident Commanders to address scenarios involving migrant and seasonal farm worker populations.			
<p>General ICS recommendations:</p> <ul style="list-style-type: none"> ▶ ICS can be divided by geographical area depending on logistical and public health requirements. ▶ Focus on expertise of Incident Commanders in handling issues related to migrant and seasonal farm workers. 			

Communications	Responsible Entity/ Person	Date Assigned	Date Completed
Strategize how two-way communication can be established between officials and migrant and seasonal farm worker camps to relay important information during a crisis.			
Have on hand risk communications information on a variety of topics. Ensure that materials are available in the different languages spoken by the migrant and seasonal workers.			
Consider roles that community partners such as churches, faith-based organizations and day care centers can play in facilitating communication and contacting migrant and seasonal farm workers and their families to spread important information.			
<p>General recommendations for communication:</p> <ul style="list-style-type: none"> ▶ Use various modes of communication, such as television, radio, door-to-door alerts and cellular phones, to contact migrant and seasonal farm workers with emergency information and updates or instructions. ▶ Use a trusted source, such as an ESL teacher, an outreach health worker, or someone from a migrant worker education program, to communicate with migrant and seasonal farm workers. ▶ Use a chain of command to efficiently disseminate information throughout the migrant and seasonal farm worker community and several key points of contact. ▶ Prepare contingency plans to account for the possibility that cellular communications networks will be jammed and electricity will be unavailable during an emergency. ▶ Be aware of the sensitive nature of communicating with migrant and seasonal workers who may be undocumented or who may not fully trust public health officials. 			

EVENT PLANNING

Addressing Direct Health and Social Service Needs	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Develop a plan for rapid deployment of medical supplies needed to care for migrant and seasonal farm workers and their families, including baby formula, over-the-counter medications, basic necessities and water.</p> <ul style="list-style-type: none"> ▶ Migrant and community health programs can assist with this. 			
<p>Create strategic plan to coordinate actions of health clinics, local health departments, outreach staff, child care agencies and emergency care centers in case of infectious disease among migrant and seasonal farm worker population.</p>			
<p>Strategically locate water and supplies so they are readily accessible by farmers, who can deliver them to migrant and seasonal farm workers.</p>			
<p>Identify what types of location-specific items the community might need (i.e., communities in the southern U.S. will need ice to preserve food and certain medications; communities in the northern U.S. will need supplemental heaters).</p>			
<p>Know and document resources available in community pharmaceutical and food warehouses.</p>			
<p>Set up a triage site to address health concerns.</p> <ul style="list-style-type: none"> ▶ Triage site staff can facilitate movement, communicate with other reception points, provide acute medical care, distribute maps and provide directions, disseminate risk communication messages, provide information on the disaster and weather, and store basic supplies and water. 			
<p>Ensure that reception site staff and volunteers are prepared to cope with challenging mental health aspects of disasters.</p> <ul style="list-style-type: none"> ▶ Police and fire departments have chaplains. ▶ Train staff to assess needs of migrant and seasonal farm workers who do not speak English. ▶ Have critical incident stress management and psychological first aid ready and waiting, taking into consideration differing cultural perceptions regarding mental health support services. 			

EVENT PLANNING

General recommendations for addressing direct health and social service needs:

- ▶ Food and water are always the most essential “medical” supplies.
- ▶ Consider stockpiling basic supplies and water in advance at farms with large groups of migrant and seasonal farm workers.
- ▶ Plan for monitors to keep track of how many workers are at each farm to ensure that the necessary supplies reach migrant and seasonal farm workers in an emergency. Also, have a plan for delivery and distribution in place, if needed.
- ▶ Be aware that undocumented workers are less likely to go to health centers and access healthcare services, so it may be more useful to send medics to migrant and seasonal farm worker camps to treat outbreaks of infectious or communicable diseases.
- ▶ Alternate care sites should be in facilities with medical clinic space, working bathrooms, showers and kitchens.
- ▶ Consider developing a traveling electronic medical record (EMR) for migrant workers that includes medical history and vaccinations. A good example is the electronic medical record service provided by MiVIA.

MiVIA: Connecting Patients and Clinicians Worldwide

MiVIA™ was launched in 2003 as a personal health record for migrant and seasonal workers in Sonoma Valley, California. Today MiVIA™ provides an electronic record free of cost for several thousand people and their families across the country. The program has expanded opportunities for populations with special or unique needs. It is especially useful for people who have no insurance, who have chronic medical conditions and/or who access care from many different providers or locations.

MiVIA™ is increasingly being adopted by clinics, mobile medical units, rural hospitals and practices as a simple easy-to-use and cost effective electronic medical record (EMR) connecting providers serving MiVIA™ members and each other. The MiVIA™ personal health record (PHR) was created for mobile people for the purpose of storing and downloading health information and for the purpose of being able to share that information with multiple doctors and clinics. This is especially important for people who go to many health clinics, move frequently or have serious medical conditions and see many health care providers. This electronic health record can prove especially useful in emergency situations, when health identification cards carried by migrant and seasonal workers facilitate easy access to medical records and thus quicker, more accurate treatment.

MiVIA™ is very simple to use. Once patients are enrolled, they receive a login and password. They can enter information about their health at any time. MiVIA™ also has family accounts so that one can register either as an individual or as a family and manage up to 8 family member’s records. MiVIA™ members also receive an Emergency Identification Card that lists emergency contacts, medical conditions and any medications or allergies. These cards can be printed at any time when such information is updated or changed and can be given to schools, teachers, carried in wallets, stored in the car glove box, or given to other family members. Patients can share information with doctors or clinics in three ways. (1) They can print out a summary report of their MiVIA™ records and present it to their doctors, (2) they can give them their login and a special password and doctors can view the information and add to it, (3) doctors or clinics can also sign up as MiVIA™ Network Providers and view and enter information into patients’ records, with permission of those patients, securely. This advance in organization and centralization of health care information is a great asset for migrant and seasonal farm workers, and can provide greater stability and accuracy in emergency situations of all kinds.

Contributor: Heidi Stovall, MiVIA (Sonoma, California)
<https://mivia.org/>

EVENT PLANNING

Addressing Indirect Health and Social Service Needs	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Prepare a plan for providing social services that accounts for specific language and cultural barriers that can hamper communications with migrant and seasonal farm workers.</p> <ul style="list-style-type: none"> ▶ Ensure that staff and volunteers can deliver services in a culturally competent manner. 			
<p>Routine illnesses and injuries still occur during emergencies. Ensure that facilities can continue to provide services, and develop plans to triage and prioritize needs as appropriate.</p>			
<p>Have sufficient supplies available on hand at clinics to meet the needs of those with chronic conditions for as long as possible.</p>			
<p>Assess what social and mental health services and providers are available for emergency support.</p>			
<p>General recommendations for addressing indirect health and social service needs:</p> <ul style="list-style-type: none"> ▶ People may seek unnecessary care during emergencies. Be prepared to triage and deny services, where appropriate, to the so-called “worried well.” ▶ Actively hire or train staff to communicate with migrant or seasonal farm workers in their native languages to address indirect health needs. ▶ Be aware that Medicaid benefits are not transferrable over state lines. Many migrant and seasonal farm workers move between states to find work or during an emergency. <u>They may not be immediately eligible for Medicaid benefits in their new place of residence</u> even if they qualified before. ▶ Consider the needs of special populations (elderly, disabled, substance abusers, etc.). 			

EVENT PLANNING

Addressing Shelter Needs	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Trusted individuals should educate migrant and seasonal farm workers on what public shelter they would need to go to in the event of an emergency and how they would be transported there.</p> <ul style="list-style-type: none"> ▶ Address workers' concerns about legal and immigration ramifications if they seek refuge in a public shelter. ▶ Churches can be especially helpful. 			
<p>Prevent families from being separated during emergency transport.</p> <ul style="list-style-type: none"> ▶ Keep family members together! ▶ Effective risk communications strategies are critical. 			

General recommendations for planning for addressing shelter needs:

- ▶ Extra housing or camps are often not available in harvest seasons; plan for where migrant and seasonal farm workers will be transported if they must leave.
- ▶ Determine if your community has housing available for males only and families only.
- ▶ County Animal Response Teams should be aware of their responsibilities in taking in pets and animals in an emergency.
- ▶ Coordinate with the local Red Cross chapters to ensure that there is public shelter for all who need it during an emergency.
- ▶ Coordinate with a local equipment company if possible for supplies such as cots, tents, etc.

Ensuring that Safe Housing is Available for Migrant Workers: The North Carolina Gold Star Growers Program

In 1989, the General Assembly enacted the Migrant Housing Act of North Carolina, establishing a single set of standards for inspecting all agricultural migrant housing. Since then, the N.C. Department of Labor has conducted an annual housing registration, inspection and compliance program to ensure the safety and healthful condition of migrant housing. A grower who owns or operates a housing unit for any number of migrant workers must register the housing with the Department of Labor. After registration, the Department of Labor must inspect the housing before the migrant workers can occupy the unit.

The Gold Star Grower program recognizes growers who provide migrant housing that not only meets all of the requirements of the Migrant Housing Act, but goes over and above what is actually required. For example, among other things, a Gold Star Grower may provide a telephone, or additional showers, toilets, refrigerators, or bedroom space. Certified Gold Star Growers are recognized at annual meetings that also serve as a forum for discussions on agricultural work issues.

Another program available to Gold Star Growers that requires a higher level of commitment is the Gold Star Flag program. This program requires participants to be in compliance with all agricultural standards in addition to housing that exceeds the regulations. Gold Star Flag recipients must be knowledgeable in the use of appropriate field sanitation, certify all of its personnel who handle pesticides, and have an injury and accident record below the average rate for the industry in addition to providing Gold Star housing.

Programs such as these allow community officials to accurately track and monitor the location of migrant housing before emergencies occur. These programs are also useful for ensuring that high-quality housing is available to the migrant and seasonal farm worker population during emergencies.

Contributor: Regina Luginbuhl, Bureau Chief, North Carolina Department of Labor Agriculture Safety and Health Bureau, <http://www.nclabor.com/ash/goldstar.htm>

EVENT PLANNING

Addressing Resident Needs	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Create a plan for allocating resources and ensure an adequate supply so migrant and seasonal farm workers will be afforded equal access to limited supplies.</p> <ul style="list-style-type: none"> ▶ Consider strategies for rationing supplies as necessary 			
<p>Identify and address potential safety concerns among migrant and seasonal farm workers and area residents.</p>			
<p>General recommendations for planning for addressing resident needs:</p> <ul style="list-style-type: none"> ▶ Develop a regional resource database so real-time determinations can be made available regarding the sufficiency of resources to meet current and anticipated needs; include both staffing and supplies. 			

State and Federal Assistance	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Know the procedure for making a request for state and federal assistance and be sure to follow the chain of command.</p> <ul style="list-style-type: none"> ▶ Relevant contact agencies might include the state public health agency and the U.S. Department of Labor 			
<p>Prepare contingency plans in the event that assistance or aid is unavailable or delayed.</p>			
<p>Be aware of political realities.</p> <ul style="list-style-type: none"> ▶ Political controversy surrounds migrant and seasonal farm workers. Recognize that obtaining aid for undocumented workers may be difficult. 			
<p>Know the Federal and State government agencies related to migrant and seasonal farm workers and their roles and responsibilities.</p> <ul style="list-style-type: none"> ▶ Develop a trusted relationship with a U.S. Immigrations and Customs Enforcement (ICE) employee, as well as other immigration agencies and foreign consulates that can provide you with accurate information. 			

EVENT PLANNING

General recommendations with regard to state and federal assistance:

- ▶ If unsuccessful in obtaining state/federal aid, consider seeking assistance from partners and those who signed mutual aid agreements. “Beg and borrow!”
- ▶ Federal assistance needs may be underestimated as the population of migrant and seasonal farm workers is not accounted for in Census Bureau estimates; this is something to consider as it will change the nature of assistance needed.
- ▶ Be sure that volunteers ask whether the migrant or seasonal farm worker has family members who are residents as this may affect their qualifying for state and federal assistance.

For displaced migrant and seasonal farm workers, finding housing will be of highest priority and this may be where the most assistance is needed.

Be aware of information available from the following sources:

- ▶ An outdated (1997) but extensive directory of services for migrant and seasonal farm workers is available: http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/14/fc/29.pdf
- ▶ State Workforce Agencies (SWAs) are required by the Workforce Investment Act (WIA) of 1998 to ensure that migrant and seasonal farm workers receive services equivalent to services provided to non-migrant and seasonal farm workers.

Legal Considerations	Responsible Entity/ Person	Date Assigned	Date Completed
Develop a legal process or legally authorized position to commandeer and distribute resources.			
Be sure that the public health officer or Incident Commander knows what power he or she has to ration, isolate and quarantine, and triage services for residents and migrant and seasonal farm workers. <ul style="list-style-type: none"> ▶ If possible, include an advocacy agency in your planning sessions to communicate the needs of migrant and seasonal farm workers and make sure they will have equal access to necessary services. 			
Establish a plan to communicate and enforce public health orders with migrant and seasonal farm workers through simple written communications or pictograms, in order to enforce public health orders. <ul style="list-style-type: none"> ▶ Include your county judge in your planning process. ▶ Consider issues with civil liberties implications, such as enforcement of quarantine orders. 			

General recommendations for planning to address legal considerations:

- ▶ Ensure that volunteers and emergency workers are aware of the needs of migrant and seasonal farm workers to ensure that they will have equal access to resources in an emergency.
- ▶ In many counties, the public health officer or county executive has the power to ensure adequate food, water and fuel supply and other items related to basic survival. Does your's?
- ▶ Keep in mind that statutes might not cover voluntary emergency personnel.

POST-EVENT PLANNING

Post-Event Assessment	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Assess impact on migrant and seasonal farm worker community.</p> <ul style="list-style-type: none"> ▶ Communicate with migrant and seasonal farm workers about their experiences to understand what parts of your planning process worked as planned, and where unexpected difficulties may have been evident. ▶ Communicate with entities that have interacted with the migrant and seasonal farm worker community (i.e., farmers, health clinics, social services). Monitor health status and health care services for several months after the event, or longer based on the circumstances. 			
<p>Document the successes and shortcomings of the local emergency response as it pertains to migrant and seasonal farm workers.</p> <ul style="list-style-type: none"> ▶ Document lessons learned from agencies involved in the emergency response. Be sure to include both public agencies and community service groups. ▶ Follow-up with farmers and crew leaders to assess how helpful their preparedness plans were and where they experienced problems. ▶ Share and solicit best practice models with other states and localities to improve response and outcomes. ▶ Incorporate shortcomings into planning for possible reoccurrence of events of this type. 			
<p>General recommendations for post-event assessment:</p> <ul style="list-style-type: none"> ▶ Emergency management will assess the impact of the disaster on the entire community. Migrant and seasonal farm workers are a subset of a larger community; be an advocate for this group and ensure that the final assessment incorporates feedback that will yield improvements in the handling of issues important to the migrant and seasonal farm worker community. ▶ Farming regions and communities must also assess the extent to which farmers are back to the employment and production levels they were prior to the disaster. 			

POST-EVENT PLANNING

Assist Migrant and Seasonal Farm Population in Recouping Losses	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Assist those who have suffered hardship.</p> <ul style="list-style-type: none"> ▶ Migrant and seasonal farm workers need clothing, transportation and money to move on to their next job. ▶ This population typically travels in private vehicles with other migrant and seasonal farm workers. Gas is a necessary resource. Consider gas tokens or gas cards as a means of assisting the migrant and seasonal farm worker community. 			
<p>Explore the role of the employer in recovering materials lost during an emergency.</p> <ul style="list-style-type: none"> ▶ Employers should explore options for federal reimbursement or insurance collection as a means of rebuilding camp housing. ▶ Documentation is necessary to obtain aid from federal or state sources. At least one person in the household needs to be documented for the family to receive assistance. ▶ Be sure that farmers and employers have business continuity plans. ▶ Determine whether it is feasible to pay migrant and seasonal farm workers for the work that they already did, perhaps by including that as part of farmers' losses. 			
<p>General recommendations to assist migrant and seasonal farm workers in recouping losses:</p> <ul style="list-style-type: none"> ▶ Migrant and seasonal farm workers are a resilient community. Do not underestimate their resourcefulness and capacity for moving forward. ▶ Organizations that provide services to migrant and seasonal farm workers and other vulnerable communities will likely be overwhelmed in an emergency and will have fewer funds and resources to circulate. ▶ Migrant and seasonal farm workers are unlikely to ask for help. The farmer or an agency serving this community may need to conduct outreach. ▶ Documented migrant or seasonal farm workers may face challenges in receiving assistance, or may be reluctant to seek assistance if someone else in their family is undocumented. ▶ Communities with large migrant and seasonal farm worker populations that request recovery assistance will need funds for populations larger than documented by official sources, such as the U.S. Census, which does not account for migrant and seasonal farm workers. 			

POST-EVENT PLANNING

Reporting and Communication	Responsible Entity/ Person	Date Assigned	Date Completed
<p>Create an After-Action Report (AAR) and incorporate after-action improvements.</p> <ul style="list-style-type: none"> ▶ An AAR is a tool to deliver information on the event that occurred, gaps in preparedness, and ways in which future responses can be improved. ▶ Ensure that the AAR's improvement plan component lists assignments and specific responsibilities. Follow-up to verify that these problems have been remedied. ▶ Incorporate after-action improvements back into the community's emergency response plans. ▶ Set a specific time (e.g., 30 days) to complete the report, before information is lost and memories fade. 			
<p>Communicate back to the community at large.</p> <ul style="list-style-type: none"> ▶ Identify the type of messaging appropriate to deliver to prepare for future events. ▶ Acknowledge that the community has a plan to correct problems that occurred during the emergency response. ▶ Be aware of transparency issues and the fact that issues are often communicated differently to internal versus external audiences. ▶ Communicate the positive outcomes of the AAR to the community. Emphasize the positive aspects of the response and changes that will take place in the future. This will alleviate, to some extent, negative feedback likely to be circulating among the public during and immediately following the emergency. 			
<p>General recommendations for reporting and communication:</p> <ul style="list-style-type: none"> ▶ Measuring the impact of the emergency event will not be simple. Consider not only material impacts, but social and psychological impacts as well. ▶ If needed, reassess the organizational structure of your response, as well as the communication successes and shortcomings that may now be apparent. ▶ Network with other nearby communities to understand the outcomes experienced elsewhere, how those differ from your own, and why. Incorporate a broader view of nearby communities' experiences in your own records of your community's response to the emergency to provide perspective and identify possibilities for collaboration in the future. 			

**APPENDIX A:
MIGRANT HOUSING INSPECTION CHECKLIST**

Migrant Housing Inspection Checklist

1. Inspector's name:	6. Inspection date:
2a: Grower's name:	7. Housing site:
2b: Grower's address:	8. County:
3. Crew leader:	9. Water supply/sewage disposal approved: <input type="checkbox"/> Yes <input type="checkbox"/> No
4. Crops grown:	10. Number of occupants approved for:
5. Type of inspection: <input type="checkbox"/> Preoccupancy <input type="checkbox"/> Occupied housing	11. Expected occupancy dates: Arrival: _____ Departure: _____

A. Site	Standard	In Compliance		Findings
		Yes	No	
1. adequately drained	.142(a) (1)			
2. site free from depressions and water nuisance	.142(a) (1)			
3. 200' from collections of inactive water	.142(a) (1)			
4. 500' from livestock feeding or quartering area	.142(a) (2)			
5. grounds and open areas maintained in sanitary condition	.142(a) (3)			
Heat—General Structure (May 15 – September 1)				
1. adequate heating equipment if used during cold weather. Note: Any time the outside temperature falls below 50° F., heaters must be provided	.142(b) (11)			
2. heating equipment must be capable of heating the area to 65° F. and the shower room to 70° F.	.142(b) (11)			
Lighting—General Structure				
1. one ceiling fixture and one wall outlet in rooms and service rooms	.142(g)			
2. 30 foot-candles provided 30 inches from floor in living quarters and kitchen	.142(g)			
3. 20 foot-candles provided for toilet and service rooms	.142(g)			
Water Supply—General Structure				
1. within 100 feet from shelter	.142(c) (3)			
2. water supply equal to 35 gallons per person per day	.142(c) (2)			
3. no common drinking cups	.142(c) (4)			
4. drinking fountains provided (ratio of 1 fountain to 100 occupants)	.142(c) (4)			
B. Shelter				
1. protects against elements	.142(b) (1)			
2. 7' ceiling minimum	.142(b) (2)			
3. floors made of wood, concrete, or asphalt	.142(b) (4)			
4. floors smooth, tight, and in good repair	.142(b) (4)			
5. wooden floors at least 1' above ground level	.142(b) (5)			
6. window area equal to 1/10 of floor space	.142(b) (7)			
7. one-half of windows will open for ventilation	.142(b) (7)			
8. windows unbroken	.142(b) (1)			
9. windows and door screened	.142(b) (8)			
10. screen door has self-closing device	.142(b) (8)			
11. 100 square feet per person for cooking, living, and sleeping	.142(b) (9)			

Grower:

Site:

C. Sleeping Quarters	Standard	In Compliance		Findings
		Yes	No	
1. 50 square feet per person for sleeping only	.142(b) (2)			
2. beds, cots, and storage facilities provided for each occupant	.142(b) (3)			
3. beds, cots, or bunks 3' apart	.142(b) (3)			
4. beds, cots, or bunks 12' from floor	.142(b) (3)			
5. 36" space laterally and end-to-end between beds/cots	.142(b) (3)			
6. no triple bunks used	.142(b) (3)			
D. Toilet Facilities				
1. adequate for capacity of camp (see .142(d) (5))	.142(d) (1)			
2. one unit per 15 people	.142(d) (5)			
3. urinal trough provided at rate of 2 linear feet per 12 men	.142(d) (6)			
4. accessible without passing through sleeping quarters	.142(d) (2)			
5. properly ventilated or six foot square window	.142(d) (2)			
6. outside openings screened	.142(d) (2)			
7. located within 200 feet from shelter	.142(d) (3)			
8. privies at least 100 feet from shelter	.142(d) (3)			
9. facilities provided for each sex with clear identification	.142(d) (4)			
10. facilities for each sex separated by solid walls or partitions extending from floor to ceiling	.142(d) (4)			
11. toilet rooms lighted	.142(d) (8)			
12. adequate supply of toilet paper	.142(d) (9)			
13. privies and toilet rooms kept in sanitary condition	.142(d) (10)			
14. toilet rooms and privies must be cleaned daily	.142(d) (10)			
F. Washing and Bathing Facilities				
1. hand washbasin per family or per 6 persons	.142(f) (1) (i)			
2. shower head per every 10 persons	.142(f) (1) (ii)			
3. laundry tub per every 30 persons	.142(f) (1) (iii)			
4. slop sink in each laundry building must be provided	.142(f) (1) (iv)			
5. floor drain in showers	.142(f) (2)			
6. shower floor impervious to moisture	.142(f) (2)			
7. walls and partitions of waterproof material up to splash line	.142(f) (2)			
8. adequate supply of hot and cold running water	.142(f) (3)			
9. facilities for heating water for bath and laundry	.142(f) (3)			
10. service building equipped with heating facilities to maintain a temperature of 70° F. during cold weather	.142(f) (4)			
11. facilities for drying clothes	.142(f) (5)			
12. service buildings clean	.142(f) (6)			
I. Kitchens				
1. food free from vermin, rodents, and flies	95-225(g) (1)			
2. food preparation areas maintained in a clean and sanitary manner	95-225(g) (2)			
3. food free from spoilage	appendix c			
4. sanitary facilities for storing and preparing food	.142(b) (9)			
5. kitchen facility provided with operable stove with at least 1 burner per 5 persons, in no event less than 2 burners	95-225(g) (2)			
6. kitchen provided with an operable refrigerator with .75 cubic feet per person minimum	95-225(g) (2)			
7. kitchen provided with a table	95-225(g) (2)			
8. kitchen provided with a sink with hot and cold running water	95-225(g) (2)			
9. kitchen surfaces accessible for cleaning, free from open crevices, nontoxic, and resistant to corrosion	95-225(g) (3)			

I. Kitchens (continued)	Standard	In Compliance		Findings
		Yes	No	
10. no poisonous or toxic materials stored with food or in food preparation area	appendix c			
11. If single-service eating and drinking utensils are used, they are maintained, stored, and handled in order to prevent contamination	appendix c			
12. pots and pans maintained in a clean and sanitary condition	appendix c			
13. clothes used in kitchen must be clean	appendix c			
14. proper storage area provided for kitchen utensils	appendix c			
15. food supplies safe for human consumption	appendix c			
16. potentially hazardous food maintained at safe temperatures—45° F. or below	appendix c			
17. frozen food treated properly in order to avoid contamination	appendix c			
18. canned food treated properly in order to avoid contamination	appendix c			
19. no live pets present in room or area in which food is prepared or served	appendix c			
20. food preparation person meets all sanitary requirements of position (clean garments and hands and no smoking)	appendix c			
21. no person with communicable diseases serving or preparing food	appendix c			
22. water and sewage approved by local sanitarian	.142(c) (1)			
23. equipment and utensils clean	95-225(g) (1)			
24. kitchen area clean	95-225(g) (2)			
H. Refuse Disposal				
1. fly- and rodent-tight containers available	.142(h) (1)			
2. located within 100 feet of shelter	.142(h) (1)			
3. placed on wooden, metal, or concrete stands	.142(h) (1)			
4. garbage containers kept clean	.142(h) (2)			
5. garbage containers emptied when full and no less than twice per week	.142(h) (3)			
J. Rodent Control				
1. effective rodent control measures in place	.142(j)			
K. First Aid Supplies				
1. first aid supplies available	.142(k) (1)			
2. person trained to administer first aid	.142(k) (2)			
L. Communicable Diseases				
1. communicable diseases reported to local health authorities	.142(l) (1)			
2. suspected food poisoning, fever, diarrhea, sore throat, vomiting, or jaundice reported to health authorities	.142(l) (2)			
General Duty Violations				
1. electrical wiring, fixtures, appliances, equipment	.95-129(1)			
Fire Protection—General Structure				
1. rooms used for sleeping which open to outside and are 900 square feet or larger must have one smoke detector and one alarm device per 900 square feet or fraction thereof	appendix d(a.1)			
2. rooms used for sleeping that open to a common corridor or hall must have smoke detectors and alarm devices located approximately 15 feet from the ends of the hall	appendix d(a.2)			
3. smoke detectors and alarm devices properly maintained	appendix d(a.6)			
4. one fire extinguisher present in each building used for sleeping, minimum rating 2a	appendix d(b)			
5. one fire extinguisher present in each building used for cooking, minimum rating 5bc	appendix d(b)			
6. all multistory buildings have a stairway	appendix d(b.1)			
7. all multistory buildings have a permanently affixed exterior ladder or second stairway	appendix d(b.1)			

**APPENDIX B:
FEMA / AMERICAN RED CROSS GUIDE TO
FOOD AND WATER IN AN EMERGENCY**

Agua y alimentos en una emergencia



EMERGENCY PREPAREDNESS

Cómo guardar agua

Guarde el agua en envases completamente limpios de plástico, vidrio, fibra de vidrio o de metal esmaltado por dentro. Nunca utilice un envase que halla contenido sustancias tóxicas. Los mejores envases son los de plástico, tales como los de bebidas gaseosas (sodas). También se pueden comprar cubetas o bidones de plástico especial para productos alimenticios.

Cierre ajustadamente los envases de agua, etiquételos y guárdelos en un lugar oscuro. Cada seis meses debe renovarlos.

Fuentes de agua de emergencia en el exterior

Si necesita encontrar agua fuera de su casa, puede utilizar las siguientes fuentes, pero asegúrese de tratar el agua de acuerdo a las instrucciones de la página 3, antes de beberla.

- Agua de lluvia
- Agua de arroyos, ríos, y otros cuerpos de agua en movimiento
- Lagunas y lagos
- Vertientes naturales

Evite agua con materiales flotantes y olor o color oscuro. Use agua salada solamente si antes, la destila. No se debe beber agua de inundación.

EN el caso de que un terremoto, huracán, tormenta de invierno u otra catástrofe azote su comunidad, es posible que no se disponga de alimentos, agua o electricidad por varios días, o hasta semanas.

Almacenando a tiempo alimentos y agua para emergencias se puede alimentar a toda la familia. Este folleto fue realizado en forma cooperativa entre la Federal Emergency Management Agency (Agencia federal de administración de emergencias), y la American Red Cross (Cruz Roja Americana) y el U.S. Department of Agriculture (la Secretaría de Agricultura de los Estados Unidos).



En caso de emergencias es prioritario disponer de un gran suministro de agua limpia. Normalmente una persona activa requiere diariamente de dos cuartos de agua para beber. En situaciones de altas temperaturas esa cantidad puede duplicarse. Niños, mujeres lactantes y personas enfermas necesitan aún más. También se necesita agua para cocinar y para la higiene personal. Almacene un total de por lo menos un galón por persona por día. Debiera tener una reserva de por lo menos dos semanas de suministro de agua para cada miembro de su familia.

Aún si su suministro de agua es pequeño, nunca racione el agua. Beba la cantidad que necesita hoy y mañana trate de conseguir más. Se puede disminuir la cantidad de agua que el cuerpo necesita si se reduce el nivel de actividad y se trata de mantener fresco.



Federal Emergency Management Agency



American Red Cross

PROVISIÓN DE ALIMENTOS

Provisión de alimentos a corto plazo

A pesar de que no es muy probable que a raíz de una emergencia su provisión de alimentos se vea interrumpida por dos semanas, debiera preparar un suministro que pueda abastecer por esa cantidad de tiempo.

La manera más fácil de llevar a cabo ese almacenamiento es aumentando la cantidad de alimentos básicos que normalmente conserva en su alacena.

Consejos para el almacenamiento

- Si es posible, mantenga los alimentos en un lugar seco y oscuro.
- Siempre mantenga los alimentos cubiertos.
- Abra las cajas o latas de alimentos apropiadamente así podrá cerrarlas bien después de usarlas.
- Guarde las galletas dulces y las saladas en bolsas de plástico y manténgalas en envases cerrados.
- Traspase cualquier paquete abierto de azúcar, frutas secas y nueces a envases cerrados al vacío o con tapa rosca, para prevenir pestes.
- Inspeccione todos los alimentos antes de usarlos y verifique que no se hallan echado a perder.
- Use los alimentos antes de que se echen a perder, reemplácelos por provisiones frescas. Apúnteles la fecha con un marcador o con tinta. Acomode los nuevos artículos en la alacena, por detrás de los más viejos.

Consejos sobre nutrición

Es de vital importancia mantenerse fuerte tanto durante como después de una catástrofe, así que recuerde:

- Ingiera al menos una comida bien balanceada cada día.
- Beba suficiente líquido para que su cuerpo funcione correctamente (dos cuartos al día).
- Ingiera suficientes calorías como para poder realizar cualquier trabajo que sea necesario.
- Al almacenar sus alimentos, incluya vitaminas, minerales y proteínas para asegurar una nutrición adecuada.

Fuentes de agua escondidas en su propia casa

Si una catástrofe lo sorprende desprevenido y sin reservas de agua limpia, es bueno saber que se puede usar el agua de su tanque de agua caliente, cañerías y cubos de hielo. Como último recurso se puede usar el agua del tanque de su excusado (no directamente del mismo excusado).

¿Sabe dónde está ubicada la válvula de entrada de agua? Si escucha información referente a tuberías de agua o de aguas residuales rotas, deberá cerrar la válvula para evitar que aguas contaminadas ingresen a su casa.

Para poder usar el agua de sus cañerías abra la llave de agua de su casa al máximo para que penetre aire en la plomería. Goteará una pequeña cantidad de agua. Luego obtenga agua de la llave más baja de la casa.

Para usar el agua de su tanque de agua caliente, asegúrese que la electricidad y el gas están apagados, y abra el tubo del desagüe de la base del tanque. Inicie la descarga de agua apagando la válvula de ingreso de agua y abriendo una llave de agua caliente. No encienda el gas o la electricidad mientras el tanque está vacío.

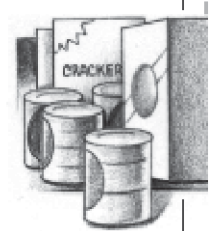
Pocas reservas alimenticias

Si se reduce la actividad física, las personas saludables pueden sobrevivir por un extenso período de tiempo ingiriendo la mitad de los alimentos que generalmente consumen, y por varios días sin consumir ningún alimento.

A diferencia del agua, los alimentos pueden racionarse sin riesgos, a excepción de los niños y las mujeres embarazadas.

Si su reserva de agua es limitada, trate de evitar los alimentos con alto contenido graso y proteínas. No almacene alimentos salados ya que generan sed. Trate de comer galletas sin sal, cereales de grano entero y alimentos enlatados con alto contenido de líquidos.

Al preparar su reserva alimenticia para emergencias, no compre alimentos desconocidos para usted. Puede utilizar alimentos enlatados, mezclas secas y otros artículos básicos de su alacena. En realidad, el hecho de que los alimentos sean conocidos es importante ya que pueden afectar el estado de ánimo proporcionando un sentimiento de seguridad en momentos de tensión. Además, los alimentos enlatados tienen la ventaja de que no requieren cocción, agua o preparación especial. A continuación se recomiendan planes de almacenamiento de alimentos a corto plazo.



Consideraciones especiales

Al emprender la tarea de almacenamiento de alimentos, recuerde los gustos y necesidades especiales de su familia. Trate de elegir alimentos que puedan disfrutarse y que a la vez tengan un alto contenido calórico y nutritivo. Los mejores alimentos son aquellos que no requieren refrigeración, preparación o cocción.

Se debe prestar particular atención a las personas con alergias o dietas especiales, los bebés, los niños pequeños y a las personas mayores. Las mujeres lactantes pueden llegar a necesitar fórmula para bebés, en caso de no poder continuar amamantando. Los alimentos dietéticos enlatados, jugos y sopas son recomendables para personas enfermas o de edad mayor.

Asegúrese de incluir un abridor de latas manual y utensilios descartables. No se olvide de guardar alimentos no perecederos para sus animales.

Cómo cocinar sin electricidad

Para cocinar durante una emergencia se puede usar la chimenea o, afuera, se puede usar una parrilla de carbón o una estufa de acampar. También se puede calentar comida con calentadores de vela, fuentes para mantener caliente la comida, o una olla para fondue. Los alimentos enlatados pueden ingerirse directamente de la lata. Para recalentar una lata asegúrese primero de abrirla y quitarle las etiquetas.

Tres maneras de tratar el agua

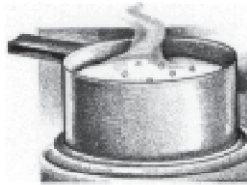
El agua contaminada, además de tener mal olor y mal sabor, contiene microorganismos que pueden causar enfermedades como disentería, fiebre tifoidea y hepatitis. Cualquier agua de pureza incierta debe ser procesada antes de ser usada para beber, para la preparación de alimentos o para higiene.

Existen muchas maneras para tratar agua. Ninguna es perfecta. Generalmente la mejor solución es una combinación de métodos.

A continuación se describen dos fáciles métodos de tratamiento. Estos pueden matar a la mayoría de los microbios pero no podrán extraer otros contaminantes como metales pesados, sales y casi cualquier otro químico. Antes de comenzar a tratar el agua, deje que se sedimenten en el fondo todas las partículas suspendidas en ella, o fíltrelas a través de capas de toallas de papel o tela limpia.

HERVIR: Hervir es el método más seguro de tratar o procesar agua. Deje hervir el agua de 3 a 5 minutos. Recuerde que parte del agua se evaporará. Permita que el agua se enfríe antes de usarla para beber.

El agua hervida sabe mejor si se la traspa de un contenedor limpio a otros varias veces ya que este procedimiento reoxigena el agua. Este procedimiento también mejora el sabor del agua almacenada.



DESINFECTAR: Se puede usar blanqueador líquido de uso doméstico para matar microorganismos. Utilice solamente blanqueador líquido de uso doméstico que contenga 5.25 por ciento de hipoclorito de sodio. No use blanqueadores especiales como los que se venden con perfumes, o los que protegen los colores de la ropa al lavar o con agregados limpiadores.

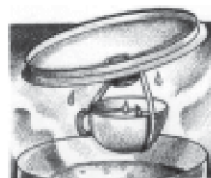


Agregue 16 gotas de blanqueador por cada galón de agua, revuelva y déjelo asentarse por 30 minutos. Si el agua no huele levemente a blanqueador, repita la dosis y déjelo asentarse por otros 15 minutos.

El único agente para tratar agua debe ser el blanqueador líquido de uso doméstico. En algunas tiendas de remanentes o de artículos para acampar venden químicos como yodo o productos para el tratamiento de aguas que no contienen 5.25 por ciento de hipoclorito de sodio como el único ingrediente activo y por lo tanto no son recomendables y no deben usarse.

Mientras que los dos métodos descriptos anteriormente matan la mayoría de los microbios en el agua, la destilación de la misma remueve aquellos microbios que resisten estos métodos y los metales pesados, sales y casi cualquier otro químico.

DESTILACIÓN. En el proceso de destilación se recoge el vapor que se condensa de vuelta al agua. El vapor condensado no contiene sal u otras impurezas. Para destilar, llene una olla hasta la mitad con agua. Ate una taza de la manija de la tapa de la olla de manera que ésta cuelgue dentro de la olla (boca arriba), al colocar la tapa al revés (asegúrese que la taza no esté colgando dentro del agua), y deje hervir por 20 minutos. El agua que gotea de la tapa dentro de la taza, es agua destilada.



ALMACENAMIENTO DE ALIMENTOS

Vida útil de los alimentos almacenados

A continuación encontrará algunas reglas generales para utilizar los alimentos de emergencia:

■ Puede almacenarse por seis meses

- Leche en polvo (*en cajas*)
- Frutas secas (*en envases de metal*)
- Galletas crocantes, secas (*en envases de metal*)
- Papas

■ Puede almacenarse por un año

- Carne condensada enlatada y sopas de vegetales
- Fruta enlatada, jugos de frutas y de vegetales
- Cereales listos para comer y cereales instantáneos crudos (*en envases de metal*)
- Mantequilla de cacahuete
- Jaleas
- Caramelos duros y nueces enlatadas
- Vitamina

■ Puede almacenarse indefinidamente (*en envases y condiciones adecuadas.*)

- Trigo
- Aceites vegetales
- Maíz disecado
- Polvo para hornear
- Soja
- Café instantáneo, té y cocoa
- Sal
- Bebidas sin carbonizar
- Arroz blanco
- Productos preparados para caldo
- Pasta seca
- Leche en polvo (*en latas envasadas con nitrógeno*)

PROVISIONES PARA CATÁSTROFES

Provisiones

Son las 2:00 de la madrugada y una inundación súbita lo fuerza a evacuar su casa rápidamente. No hay tiempo para recoger alimentos de la cocina, llenar botellas con agua, agarrar un equipo de primeros auxilios y sacar una linterna y una radio portátil de la recámara. Usted debe tener estos artículos empacados y listos en un lugar, antes de que ocurra una catástrofe.

Prepare una provisión de alimentos y agua para por lo menos tres días, y manténgala a mano. Elija alimentos que sean fáciles de transportar, nutritivos y listos para comer. Además, empaque los siguientes artículos para emergencias:

- Suministros médicos y manual de primeros auxilios
- Suministros de higiene
- Radio portátil, linterna y baterías adicionales
- Pala y otras herramientas útiles
- Blanqueador líquido de uso doméstico para tratar agua para beber
- Dinero y fósforos en un contenedor a prueba de agua
- Extinguidor de fuego
- Manta y ropa adicional
- Lo que se requiera para cubrir las necesidades de bebés y niños pequeños (*si es apropiado*)
- Abridor de latas manual

Si se desconecta la electricidad . . .

PRIMERO, utilice alimentos perecederos y comida del refrigerador.

DESPUÉS, utilice los alimentos del *freezer*. Para reducir al mínimo el número de veces que abre la puerta del *freezer*, haga una lista de los contenidos del mismo y péguela sobre la puerta. En un *freezer* bien organizado y bien insulated, los alimentos generalmente tendrán cristales de hielo en el centro (lo que significa que se pueden comer a salvo) por lo menos por tres días.

FINALMENTE, comience a usar alimentos no perecederos y artículos básicos.

Sepa más...

Si le interesa saber más acerca de cómo prepararse para enfrentar emergencias, contacte su oficina local de Emergency Management o de American Red Cross, o escriba a

FEMA
P.O. BOX 2012
JESSUP, MD 20794-2012

Y pregunte por cualquiera de las siguientes publicaciones:

Lista útil para prepararse para una emergencia ("Emergency Preparedness Checklist")
(L-154) Item #8-0872
ARC 4471

Su equipo familiar de provisiones para catástrofes.
(L-189) Item #8-0941
ARC 4463

Su plan familiar para enfrentar catástrofes
(L-191) Item #8-0954
ARC 4466

¿Está preparado? Su guía de preparación para enfrentar catástrofes.
(H-34) Item #8-0908

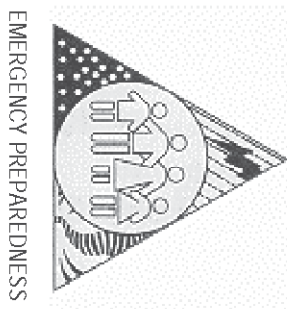
Publicaciones acerca de la preparación para catástrofes.
(L-164) Item #8-0822

Su contacto local es:

ARC 5055 – Online Version
Spanish
November 1994

TORNADOS • INUNDACIONES • TERREMOTOS • TORMENTAS

Agua Y alimentos en una emergencia



En una catástrofe puede que el suministro de alimentos, agua y electricidad se vea interrumpido por días. Preparando provisiones de emergencia usted puede convertir una situación de peligro de muerte en un problema manejable



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