



## Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for June 14, 2018

### **Frustrated AMA adopts sweeping policies to cut gun violence**

(AP) With frustration mounting over lawmakers' inaction on gun control, the American Medical Association on Tuesday pressed for a ban on assault weapons and came out against arming teachers as a way to fight what it calls a public health crisis.

At its annual policymaking meeting, the nation's largest physicians group bowed to unprecedented demands from doctor-members to take a stronger stand on gun violence — a problem the organizations says is as menacing as a lethal infectious disease.

The action comes against a backdrop of recurrent school shootings, everyday street violence in the nation's inner cities, and rising U.S. suicide rates.

AMA delegates voted to adopt several of nearly a dozen gun-related proposals presented by doctor groups that are part of the AMA's membership. They agreed to:

- Support any bans on the purchase or possession of guns and ammunition by people under 21.
- Back laws that would require licensing and safety courses for gun owners and registration of all firearms.
- Press for legislation that would allow relatives of suicidal people or those who have threatened imminent violence to seek court-ordered removal of guns from the home.
- Encourage better training for physicians in how to recognize patients at risk for suicide.
- Push to eliminate loopholes in laws preventing the purchase or possession of guns by people found guilty of domestic violence, including expanding such measures to cover convicted stalkers.

Full AP report: <https://apnews.com/6d318cd4bdd54ef1a958a22d905b5815>

Related CNN story: <https://www.cnn.com/2018/06/13/health/ama-doctors-gun-control-reform/index.html>

*Additional AMA news story below.*

### **Calls to suicide prevention hotline spiked after celebrity deaths, but what's the next step?**

(CNN) Calls to a national suicide hotline went up 65% and texts to a crisis service jumped 116% last week. What happens after the spotlight on suicide goes away?

After the deaths by suicide of Kate Spade and Anthony Bourdain, calls and texts to crisis hotlines spiked dramatically. Trained counselors at more than 150 crisis centers in the United States fielded 65% more phone calls over the previous week for the [National Suicide Prevention Lifeline](#), the organization's director of communications, Frances Gonzalez, said. And the [Crisis Text Line](#) saw a 116% increase in volume, according to Liz Eddy, the text line's spokeswoman.

Full story: <https://www.cnn.com/2018/06/12/health/suicide-hotline-increase/index.html>

### **U.S. Suicide Rates Are Rising Faster Among Women Than Men**

(NPR) The number of people dying by suicide in the United States has risen by about 30 percent in the past two decades. And while the majority of suicide-related deaths today are among boys and men, a study published Thursday by the [National Center for Health Statistics](#) finds that the number of girls and women taking their own lives is rising.

"Typically there's between three and three times as many suicides among males as among females," says [Dr. Holly Hedegaard](#), a medical epidemiologist at the NCHS and the main author of the new [study](#). In 2016, about 21 boys or men out of 100,000 took their own lives. On the other hand, just six girls or women out of 100,000 died by suicide that year.

But when Hedegaard and her colleagues compared the rise in the rates of death by suicide from 2000 to 2016, the increase was significantly larger for females — increasing by 21 percent for boys and men, as compared to 50 percent for girls and women.

Listen to, or read, more: <https://www.npr.org/sections/health-shots/2018/06/14/619338703/u-s-suicides-rates-are-rising-faster-among-women-than-men>

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### **Many U.S. adults take medicines that can cause depression**

(Reuters Health) More than one-third of American adults take medications that have the potential to cause depression, a U.S. study suggests. These include drugs for birth control, heartburn, allergies, pain and high blood pressure.

Read more: <https://www.reuters.com/article/us-health-depression/many-u-s-adults-take-medicines-that-can-cause-depression-idUSKBN1J82RD>

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### **AMA declares drug shortages a public health crisis**

(Healio) Physicians at the AMA Annual Meeting adopted a policy to further combat national [drug shortages](#) that jeopardize patient care and safety.

Many common drugs needed for patient care across all medical settings, such as sterile IV products, are in shortage. The AMA policy calls the drug shortages an “urgent public health crisis.”

AMA encouraged the HHS and the Department of Homeland Security to investigate the drug shortages. The industry and government must work together to improve the security and resilience of drug manufacturing sites, according to the AMA.

AMA called for manufacturers to be more transparent about production locations for drugs and other medical products, as well as issues that may cause drug shortages and the quality of outsourcing compounding facilities.

Source: <https://www.healio.com/internal-medicine/practice-management/news/online/%7B973e1cb9-ae49-4b95-8dc2-5614bfd9026c%7D/ama-declares-drug-shortages-a-public-health-crisis>

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### **U.S. disaster-response force stretched thin as hurricane season starts**

(Reuters) As Hurricane Irma bore down on Florida last September, the top U.S. disaster-response official ordered all hands on deck.

With 4,500 Federal Emergency Management Agency staffers already helping survivors of Hurricane Harvey in Texas, FEMA chief Brock Long told managers in an internal memo to ready every member of the agency’s on-call reservist workforce for deployment.

But not all would respond. About 500 reservists, or one of every twelve workers, ignored FEMA’s deployment request, current and former officials told Reuters.

Full story: <https://www.reuters.com/article/us-usa-disaster-fema-insight/u-s-disaster-response-force-stretched-thin-as-hurricane-season-starts-idUSKBN1J91C8>

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### **FEMA Looking to Expand Disaster Reinsurance Program**

(Insurance Journal) The federal government, seeking to protect itself from the growing cost of natural disasters, is borrowing a technique from the private sector and buying reinsurance. The Federal Emergency Management Agency, which started purchasing reinsurance last year for the National Flood Insurance Program, is now exploring the expansion of the program.

Read more: <https://www.insurancejournal.com/news/national/2018/06/13/491961.htm>

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### **Kentucky's Medicaid work requirement faces reckoning in court**

(Modern Healthcare) The outcome of a lawsuit challenging Kentucky’s plan to establish a work requirement and other conditions on its Medicaid population could affect the fate of similar waivers approved by the CMS in Arkansas, Indiana and New Hampshire. [READ MORE](#)

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## **Americans Are Unprepared for a Nuclear Attack**

(Politico) Let's say it's 2 p.m. on a Sunday afternoon, and you receive an emergency alert on your cellphone indicating that there has been a nuclear explosion in the next town or that an intercontinental ballistic missile is headed your way. *Would you know what to do?* - **Most likely not.**

"I would say that the United States is probably less prepared for any kind of nuclear detonation than it has been at any time since the Cold War," says Alex Wellerstein, a historian of science and technology at Stevens Institute of Technology in Hoboken, New Jersey. "And that is a dangerous place to be."

Wellerstein, along with Kristyn Karl, a political psychology professor at Stevens, is pushing for the United States to bring back civil defense, the-all-but-forgotten federal Cold War-era program for preparing and responding to a nuclear event. Exactly what a revamped, 21st-century version of civil defense might look and sound like is the objective of a new project they are directing, called Reinventing Civil Defense. Started in 2016 and funded by the Carnegie Foundation, RCD boasts a diverse, high-powered advisory group that includes everyone from former Secretary of Defense William Perry to nuclear health physicists to screenwriters. The mission: Tell you what to do in the event of a nuclear crisis.

Although they might be aware of Kim Jong Un's threats to incinerate American cities or the latest line of Russia's hypersonic nuclear weapons most Americans—particularly younger ones who did not live through the most dangerous days of the Cold War—have no practical or conceptual idea of how to respond to the warning of an actual nuclear emergency. Witness the scenes of mass panic that took place in Hawaii last January after what, fortunately, turned out to be a false alert of an imminent North Korean attack.

Karl and Wellerstein, along with many other experts, lay much of the blame for this alarming nuclear unpreparedness among the general public on the federal government and its failure to communicate how to prepare for such an eventuality. "The government has given Americans no good sense of what, specifically, to do when the next nuclear crisis occurs," says Michael O'Hanlon, a senior fellow at the Brookings Institution.

Full story: <https://www.politico.com/magazine/story/2018/06/11/would-you-know-what-to-do-during-a-nuclear-attack-218675>

## **America also isn't ready for the 'weaponization of everything'**

(Business Insider) During a January talk in Israel, retired Gen. David Petraeus, the former CIA director, warned that the world had entered an age of the "[weaponization of everything](#)."

What he meant was that weapons are no longer simply the traditional tools of war — guns, missiles, warplanes, naval ships and so forth — but everyday objects that can be adapted to damage, destroy or kill.

This idea of the "weaponization of everything" has gained a foothold among security experts, but so far it has not drawn the attention of the American public and its elected leaders. This is worrisome and may leave the United States unprepared for an intricately dangerous future.

Full story: <http://www.businessinsider.com/america-isnt-ready-for-the-weaponization-of-everything-2018-6>

## **More suspected DRC Ebola cases amid enhanced surveillance**

(CIDRAP) The outbreak total stands at 59 cases: 38 confirmed, 14 probable, and 7 suspected.

Read more: <http://www.cidrap.umn.edu/news-perspective/2018/06/more-suspected-drc-ebola-cases-amid-enhanced-surveillance>

## **Florida lifeguards treat more than 800 for jellyfish stings.**

Warm weather drew huge crowds to central Florida's beaches this weekend, but the tides also brought trouble: jellyfish. More than 600 people were treated for jellyfish stings this weekend, according to beach safety officials.

Lifeguards treated 107 people for stings on Saturday and almost quintuple that number on Sunday with 523 injuries, according to the Associated Press.

An estimated 150 million people [are stung by jellyfish globally each year](#). Depending on the type of jelly, a sting can be anywhere from mildly painful to deadly. Box jellyfish alone are responsible for more deaths than sharks worldwide.

When a jellyfish stings, it's kind of like getting stuck with thousands of tiny little needles that inject you with venom when triggered. The study found that vinegar chemically prevents the stinging cells, called cnidae, from injecting you with more venom.

Read more: <https://www.whas11.com/mobile/article/news/nation-now/florida-lifeguards-treat-more-than-800-for-jellyfish-stings-heres-what-to-do-if-you-get-stung/465-894749eb-0406-4984-8ebb-b6c34b437339>

**More:** [Tick season: What you need to know about ticks, diseases they cause and how to remove them safely](#)

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**Aiding the Response to Fentanyl with Portable Equipment**

([Domestic Preparedness Journal](#)) Illegal manufacturing of fentanyl continues to rise and, with it, the dangers of clandestine drug laboratories to responders. Dangerous crime scenes like these are not limited to any one location. Responders everywhere need to prepare to encounter them at any point. Portable gas chromatography mass spectrometry (GC/MS) equipment can help hazardous materials (hazmat) response teams quickly identify white powders, like fentanyl, and associated cutting agents on-scene.

Read more: <https://www.domesticpreparedness.com/commentary/aiding-the-response-to-fentanyl-with-portable-equipment/>

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**Doctors Told Not To Order Electrocardiograms For Low-Risk Patients**

(NPR) The U.S. Preventive Services Task Force says the benefits from routine electrocardiograms in people at low risk of heart disease don't outweigh the harms from unnecessary follow-up tests.

Full story: <https://www.npr.org/sections/health-shots/2018/06/12/618868728/doctors-told-not-to-order-electrocardiograms-for-low-risk-patients>

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**More U.S. kids unvaccinated in states that allow non-medical exemptions**

(Reuters Health) - A growing number of children are missing out on recommended vaccinations in states that permit parents to skip inoculations due to their personal beliefs even when there's no medical reason kids can't be vaccinated, a U.S. study suggests.

Eighteen U.S. states currently allow parents to opt out of vaccinations recommended for kindergarten if they have a philosophical or religious objection. Since 2009, the proportion of children missing recommended vaccinations has climbed in 12 of those states: Arkansas, Arizona, Idaho, Maine, Minnesota, Missouri, North Dakota, Ohio, Oklahoma, Oregon, Texas, and Utah, researchers report in PLOS Medicine.

In several of these states, there are "hot spots" with vaccine exemption rates too high to protect people in the community against highly contagious vaccine-preventable diseases like measles. Hot spots include several rural communities as well as cities like Detroit, Houston, Kansas City, Phoenix, Pittsburgh, Portland, Salt Lake City, and Seattle.

Read more: <https://www.reuters.com/article/us-health-vaccines-exemptions/more-u-s-kids-unvaccinated-in-states-that-allow-non-medical-exemptions-idUSKBN1J82XC>

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**5 steps to mitigating wiper malware**

(Tech Republic) [Cisco's Talos Intelligence Group](#) (TIG) has issued a warning. In the white paper, [Wiper Malware: Attacking from the Inside](#), author Vitor Ventura, technical lead and security researcher at TIG, with contributions by Martin Lee, technical lead and manager of Talos Outreach EMEA, advise adversaries are changing their attack methodology. Here's an excerpt from the paper:

"A wiper is a malware with the sole intention of destroying systems and/or data, usually causing great financial and/or reputation damage. The motivation behind these [wiper] attacks may be political,

aimed at generating publicity, or it can also be pure and simple artifact destruction with the intention of preventing a forensics investigation. In the latter, this is usually preceded by data-gathering and exfiltration operations, which recently became a CISOs' biggest concerns regarding cyber attacks."

As to a wiper's effectiveness, the two researchers believe it correlates directly to the speed at which the malware can destroy digital information, in particular:

**Backups:** Most wipers delete the volume shadow copies and the actual backups.

**Boot section data:** The first 10 sectors (master boot record) are either erased or overwritten with a new boot loader.

**Data files:** An organization's data is an obvious target. Ventura and Lee have found that wipers either overwrite the file's header or overwrite a certain amount of bytes at random throughout the file. In either case, the affected files are rendered useless. Additionally, the authors caution both data-wiping methods destroy the master file table (NTFS for recent versions of Windows), further reducing the likelihood of data recovery.

How to mitigate a wiper malware attack

- 1: Cybersecurity incident response plan (CSIRP)
- 2: Cybersecurity-aware business continuity plan
- 3: Risk-based patch management program
- 4: Network and user segregation
- 5: Cybersecurity technology stack

Get the details: <https://www.techrepublic.com/article/5-steps-to-mitigating-wiper-malware/>

### Proposal to split California into three states makes November ballot



(ABC) California residents will get a chance to vote on a measure to divide the Golden State into three separate states, election officials said Tuesday. Proponents of the CAL 3 initiative submitted more than 402,468 valid signatures as of Tuesday, making it eligible for the Nov. 6 general election ballot, according to the California Secretary of State's office. Adding the initiative to the ballot would be the first step in a long process that would ultimately require approval from Congress.

Northern California would include cities between the Bay Area and the Oregon border. Southern California would begin in Fresno and cover most of the southern state. The "new" California would cover Los Angeles County and much of the coast below San Francisco Bay, the proposal said.

Full report: <https://abcnews.go.com/US/proposal-split-california-states-makes-november-ballot/story?id=55855441>

### Journalists covering the Trump-Kim summit were given free USB fans but security experts warn they may be Trojan horses full of malware

(Business Insider) Journalists covering this week's summit between President Donald Trump and North Korean leader Kim Jong Un in Singapore were given a fun gift bag containing a water bottle, a trial to the Straits Times newspaper, and a tourism guide to the island where the leaders' meeting took place.



It also included a tiny fan that plugs into a mini-USB port or iPhone Lightning port for power, according to tweets from the historic summit.

But security experts around the web warned that the fan may not just be a way to stay cool. It could be a Trojan horse designed to steal data from any journalist who plugged the fan into his or her device.

Anything that plugs into a USB port could allow an attacker to get malicious software onto your computer. It's how the notorious Stuxnet worm [infected its targets](#), and many big

companies worried about information security forbid their employees from plugging anything into a USB port.

See more: <http://www.businessinsider.com/usb-fans-journalists-malware-trump-kim-jong-un-summit-2018-6>

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### **Here are the 4 best ways to train employees for better cybersecurity**

(Tech Republic) Email security threats remain a pervasive issue for organizations large and small, according to a [Tuesday report](#) from Barracuda. Some 87% of IT security professionals said their company experienced an attempted email-based threat in the past year, while 35% said they have been hit by a ransomware attack, the report found.

Of the 634 executives and team members serving in IT security roles surveyed worldwide, 88% said the threat of ransomware remains a concern. Of those who were victims of ransomware in the past, 75% said that the attack originated via email. Another 32% said the attack originated via web traffic, while 23% said network traffic, according to the report.

Here are the four best ways to train employees on cybersecurity, according to the IT security pros surveyed:

1. Customized examples that are relevant to an employee's department and role (54%)
2. Unscheduled simulations of typical attacks (51%)
3. Training modules that employees can complete at their convenience (47%)
4. Rewards for those who take the right actions (28%)

Read full article: <https://www.techrepublic.com/article/here-are-the-4-best-ways-to-train-employees-for-better-cybersecurity/>

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### **What Would Happen If America's Internet Went Down**

David Kennedy, former NSA hacker and TrustedSec CEO, explains how an attack on America's Internet could affect the country, ranging from the financial sector to our military.

*"In a lot of cases, when we talk about disruptions when it comes to cyber, there are core things that we use in the United States to keep our days operational in every single way. One of those is communication. Can we disrupt cell phone communications, how we communicate on a daily basis? Most folks are remote. We have the ability to work in remote locations. You can disrupt corporations and companies in a lot of different ways that way.*

*Water treatment facilities. We look at how we produce our water, and clean water from, different sources of areas where we have to filter that water out. All those are interconnected systems that have internet capabilities that can all be disrupted.*

*Most importantly, our utility grid. There's been a number of attacks on our infrastructure, originating from both North Korea, Russia, and a number of other countries. Focusing on getting footholds into our grid, so that in the event that there's a conflict, they can shut our infrastructure down. We saw that we had a blackout, that was a partial one, a number of years ago. In a lot of cases, it could shut down a large percentage of our infrastructure. We would be completely blackout. Wouldn't be able to leverage any technology, and it would be a complete cataclysmic downfall of a lot of our infrastructure.*

*Financial sector is another one. How we conduct business, how we move money. Our economy is grossly based on that. And if you look at what Russia has been doing over the past several years, is they've been completely removing themselves from the global economy, and focusing on countries like Iran and China, as strong allies, in order to have a lot of that financial backing, in the event that the U.S. dollar, or the global economy were to crumble. So, it's an alarming problem, because if Russia's able to disrupt the world economy, now Russia has the largest secondary type of market, and so does China, could have major impact on the global economy and world super powers."*

Video and more: <https://eblnews.com/video/what-would-happen-if-americas-internet-went-down-429107>

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### **Microsoft Office is getting a new, simpler look**

(CNN Tech) Microsoft is rolling out subtle changes to Office 365 to make work a little easier for its millions of customers. The cluttered control bar (Microsoft calls it a ribbon) on the top of web-version of Word has been slimmed down to just one line. The same new bar will appear in Outlook next month.

Microsoft is holding off on slimming down PowerPoint, Excel and other Office 365 apps until it can do more research. It's walking a fine line between offering simplicity to casual customers and angering power users.

Read more: <http://money.cnn.com/2018/06/13/technology/microsoft-office-365-changes/index.html>

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**Apple to undercut popular law-enforcement tool for cracking iPhones**

SAN FRANCISCO (Reuters) - Apple Inc ([AAPL.O](#)) said on Wednesday it will change its iPhone settings to undercut the most popular means for law enforcement to break into the devices.

The company told Reuters it was aiming to protect all customers, especially in countries where phones are readily obtained by police or by criminals with extensive resources, and to head off further spread of the attack technique.

The privacy standard-bearer of the tech industry said it will change default settings in the iPhone operating system to cut off communication through the USB port when the phone has not been unlocked in the past hour.

That port is how machines made by forensic companies GrayShift, Cellebrite and others connect and get around the security provisions that limit how many password guesses can be made before the device freezes them out or erases data. Now they will be unable to run code on the devices after the hour is up.

Full story: <https://www.reuters.com/article/us-apple-iphone-cracking/apple-to-undercut-popular-law-enforcement-tool-for-cracking-iphones-idUSKBN1J92ZY>

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**Raccoon adventurer is safe**



(NPR) For hours, her life was like a highlight reel of daring stunts and escapes — but now, a raccoon that mesmerized people by climbing a tall building in St. Paul, Minn., has been trapped and is safe. Dubbed the [#mpraccoon](#) on Twitter, the raccoon drew [thousands of breathless observers](#) as she scampered, scaled and explored her unlikely high-rise habitat. Her [occasional naps](#) were followed closely, analyzed for clues about her mental state, hopes and dreams. Folks with the UBS Plaza [announced Wednesday morning](#) that the raccoon had reached the roof overnight, grabbed a snack of soft cat food

and found herself trapped in one of the cages laid out for her there. The raccoon was released Wednesday afternoon.

Full report: <https://www.cnn.com/2018/06/13/opinions/raccoon-migrant-trump-america-ben-ghiat/index.html>

The KHREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to add or delete, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact [rbartlett@kyha.com](mailto:rbartlett@kyha.com) (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.