



Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for February 19, 2019

Prolonged Flooding Risk through Weekend

(NWS Louisville) Moisture will flow into the region from the south this afternoon and tonight. Initially cooler temperatures will force at least a mix of rain and snow later this afternoon along and north of the Western Kentucky and Blue Grass Parkways in Kentucky. The best chance for accumulating snows will come this evening along and north of the I-64 corridor...where a Winter Weather Advisory is in effect. Warmer air pushing into the region after midnight should allow any snow on the ground to melt by daybreak Wednesday.

Once rain rates pick up later this evening expect some localized flooding, with rises on area rivers and creeks. A Flood Watch is in effect for most of central Kentucky. Repeated waves of rainfall Friday night through Sunday morning could bring copious amounts of rain. Those with interests in river flooding need to be aware of the forecasts over the next week.

(NWS Jackson) Precipitation may begin as a mix of rain and snow possibly mixed with sleet this evening. Any mixed wintry precipitation will change to all rain overnight. A slushy dusting to one inch could accumulate with slushy light accumulations possible along some roadways, generally from near the Interstate 64 and locations to the north.

Rounds of moderate to heavy rain should arrive late this evening and tonight. This could lead to rises along creeks, streams, and rivers starting tonight with localized flooding possible.

Rounds of moderate to heavy rain will continue into early on Thursday, bringing a threat of flooding to creeks, streams, and rivers across the area. A few thunderstorms will also be possible Wednesday into Wednesday evening.

Additional rounds of moderate to heavy rainfall may bring a renewed threat of flooding this weekend. Thunderstorms are possible Saturday afternoon through Saturday night.

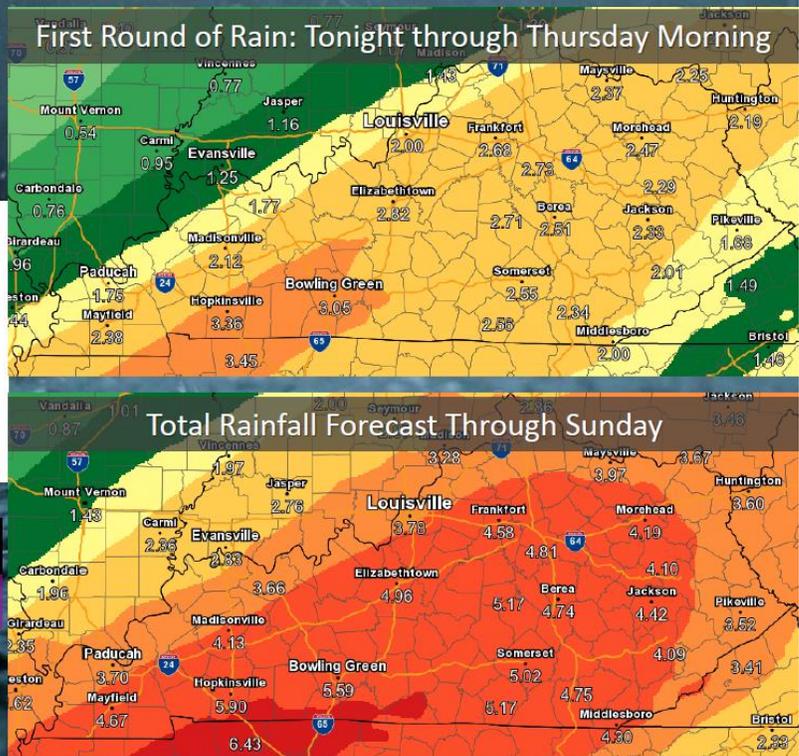


Rainfall Forecasts

- **Widespread, occasionally heavy rain on already wet grounds will lead to flooding**
- **Copious rainfall will agitate ongoing flooding and create new flooding**
- **Additional River Flood Warnings are expected**



Overall Confidence



NATIONAL WEATHER SERVICE
OCEANIC AND ATMOSPHERIC ADMINISTRATION

weather.gov/louisville

(NWS Paducah) There is a chance for a wintry mix of precipitation, mainly this evening. This chance is for the northern and northwestern reaches of the Quad State region, from the Ozarks across southeast Missouri and southern Illinois, to southwest Indiana. There could be wet snow and minor accumulations on mainly grassy and elevated surfaces during the evening hours, before the precipitation changes to all rain overnight. Travel impacts should be minimal, but a slick spot or two cannot be ruled out.

Once the rains get going tonight, they'll produce localized heavy totals, with one and a half to two inches across far southeast Missouri and western Kentucky by daybreak Wednesday. Thunderstorms are possible late tonight, and could locally enhance rain totals. A Flash Flood Watch remains in effect for this area. Minor to moderate flooding continues on most area rivers.

A Flash Flood Watch remains in effect over far southeast Missouri and western Kentucky through the day Wednesday, with storm total rainfall from one and a half to two and half inches projected.

There is another chance for heavy rainfall late in the work week and over the weekend. *Additionally, the Storm Prediction Center indicates a risk for strong to possibly severe storms Saturday.* Minor to moderate flooding remains forecast on most area rivers, and the combined additional effects of these two rounds of rainfall will only serve to aggravate existing flood issues.

(NWS Wilmington, OH) WINTER WEATHER ADVISORY IN EFFECT FROM 7 PM THIS EVENING TO 7 AM EST WEDNESDAY. FLOOD WATCH IN EFFECT FROM THIS EVENING THROUGH THURSDAY MORNING.

NWS Louisville: <https://www.weather.gov/lmk/>

NWS Jackson: <https://www.weather.gov/jkl/>

NWS Paducah: <https://www.weather.gov/pah/>

Find and click on weather alerts for your area: <https://www.weather.gov/>

Mass shooting survivor Whitney Austin fights for state 'Red Flag' law

(WAVE) - Three people were killed in 2018 when a gunman went on a rampage at Cincinnati's Fifth-Third Bank. Whitney Austin could have easily been the fourth. She was shot 12 times, but none of the bullets struck a vital organ or artery and Austin emerged from that horrible moment, not just as a survivor, but as an activist as well.

Just five months after she was wounded, Austin has formed a non-profit called Whitney/Strong. The website describes the organization as "dedicated to reducing gun violence by promoting, advocating and supporting responsible gun ownership.

Austin is working to legalize Extreme Risk Protection Orders, or what is commonly called a **Red Flag** Law. Extreme Risk Protection Orders allow guns to be taken away from someone deemed potentially violent. 13 states have them, including eight enacted in the wake of the Parkland, Florida school shooting.

A **Red Flag** bill was introduced Friday (SB 244) in the Kentucky Senate by Minority Leader Morgan McGarvey (D-Louisville).

Story link: <http://www.wave3.com/2019/02/16/mass-shooting-survivor-whitney-austin-fights-state-red-flag-law/>

KY LRC Link to SB 244: <https://apps.legislature.ky.gov/record/19rs/sb244.html>

Related: Aurora attacker took gun to work he shouldn't have owned

(AP) — An initial background check failed to detect a felony conviction that should have barred the man who killed five co-workers and wounded six other people at a suburban Chicago manufacturing plant from buying the gun.

Months later, a second background check of Gary Martin found his 1995 aggravated assault conviction in Mississippi involving the stabbing of an ex-girlfriend. But it prompted only a letter stating his gun permit had been revoked and ordering him to turn over his firearm to police — raising questions about the state's enforcement to ensure those who lose their permits also turn over their weapons.

Learn more: <https://apnews.com/41cfc4666d2a4563a5188a064a7d94d4>

FBI: Homemade bombs in plot to attack NY Muslims real

Read more: <https://news360.com/article/487967993>

Health Experts Say Poor Practice By Company Likely Source of Vaccination Infections

(WFPL) Infectious disease experts say poor practices in vaccine delivery are the likely cause of infections reported by some people who received vaccine shots at their places of employment in the Ohio Valley.

Kentucky health officials are investigating a link between the infections and a private Kentucky company hired to deliver vaccinations in the workplace. Location Vaccination, based in Mount Sterling, Kentucky, administered vaccines to staff at other companies in 22 cities and towns in Kentucky, Ohio, and Indiana.

Here is a list of cities where Location Vaccination provided services.

- **Kentucky: Alexandria, Butler, Georgetown, Lexington, Louisville, Paris, Maysville, Mount Sterling, Winchester.**
- **Ohio: Greenville, Dayton, Georgetown, Norwood, Cincinnati, Columbus, Circleville, St. Bernard, Pike County, Beech Hollow, Mansfield.**
- **Indiana: Columbus, Medora.**

Read more: <https://wfpl.org/health-experts-say-poor-practice-by-company-likely-source-of-vaccination-infections/>

Opioid maker used rap video to push powerful painkiller

(AP) — Employees at a drug company accused of bribing doctors rapped and danced around a person dressed as a bottle of the highly addictive fentanyl spray in a video meant to motivate sales reps to push the drug. The video was shown to jurors this week in the [closely watched trial](#) in Boston. They're charged with scheming to pay doctors bribes and kickbacks in exchange for prescriptions of the opioid meant for cancer patients with severe pain.



The video, titled "Great by Choice," was shown during a national sales meeting in 2015 to encourage employees to talk doctors into prescribing higher doses, prosecutors said.

Full AP story: <https://apnews.com/2a40fb45332e48deb89ada69e71ed6a7>

Asthma classes in school may help reduce attacks

(Reuters) School-age children with asthma who receive education on managing the condition may have fewer attacks, emergency room visits and hospitalizations than those who don't get such classes, a recent study suggests.

Learn more: <https://www.reuters.com/article/us-health-asthma/asthma-classes-in-school-may-help-reduce-attacks-idUSKCN1Q42EU>

The Risks of Water Insecurity

(Scientific American) It's found all over the world and in nearly every corner of the U.S., and it's especially dangerous for children. "[Water insecurity](#)," shorthand for problems with the quantity, quality or reliability of water, can be found in almost every corner of the U.S., from [Alaska](#) to [Florida](#). There is reason to believe that water insecurity may be posing the same kinds of threats [[as food security](#)].

Certainly, there is no shortage of reports of problems. In cities, there are increasing numbers of [reports of lead and copper contamination](#) in drinking water. Entire schools have had to [shut off drinking water](#). In rural areas, [wells are contaminated](#) with runoff from fertilizer and bacteria. Everywhere, water infrastructure is crumbling and the [millions of households](#) have had their water shut off for [non-payment](#).

The consequences of water insecurity for children show up in a variety of ways, starting even before birth.

Learn more: <https://blogs.scientificamerican.com/observations/the-risks-of-water-insecurity/>

Drinking Two or More Diet Beverages a Day Link to High Risk of Stroke, Heart Attacks

<https://news360.com/article/487936783>

What we know about diet soda's connection to heart disease, stroke, and early death

<https://news360.com/article/488070482>

Everyday 'Triggers' May Bring on A-Fib Episodes, Study Finds

(HealthDay News) -- Many older Americans are diagnosed with the irregular heartbeat known as [atrial fibrillation](#), or "[a-fib](#)." Now, research suggests that everyday foods, [drinks](#) or activities might trigger episodes of the [stroke](#)-linked condition.

The bad news: Triggers include coffee, alcohol and sleepless nights. The good news: These factors can all be avoided or reduced.

Full story: <https://www.medicinenet.com/script/main/art.asp?articlekey=218751>

2019's Healthiest & Unhealthiest Cities in America

(Wallethub) Location matters when it comes to health. Some places promote wellness by expanding access to nutritious food and recreational facilities. Others strive to keep healthcare costs affordable for everyone or keep parks clean and well-maintained.

When a city doesn't take care of these issues, it can be hard to keep up good health. After all, [the cost of care in the U.S. is rising](#) and [life expectancy is declining](#). And there are so many sources of health advice online that it can be difficult for a person to figure out what is legitimate and what is just a fad.

To determine which areas prioritize residents' well-being, WalletHub compared more than 170 of the most populated U.S. cities across 42 key indicators of good health.

Healthiest: San Francisco, CA (#1)

Least healthy: Brownsville, TX (#174)

Kentucky & border states:

- Charleston, WV (#124)
- Chattanooga, TN (#157)
- Cincinnati, OH (#68)
- Huntington, WV (#170)
- Indianapolis, IN (#127)
- Knoxville, TN (#115)
- **Louisville, KY (#111)**
- **Lexington-Fayette Co, KY (#126)**
- Memphis, TN (#167)
- Nashville, TN (#89)



Explore more: <https://wallethub.com/edu/healthiest-cities/31072/>

College food pantries

(Courier-Journal & WKYT) Across the country, students from low-income households are enrolling in college at increasing rates - with 39 percent of undergraduates falling at or below 130 percent of the federal poverty line in 2016, according to data from the National Postsecondary Student Aid Study.

The students often have access to thousands of dollars in financial aid from federal and state programs. But if they experience food insecurity - the condition of having limited or uncertain access to adequate food - the students can risk falling behind in classes or dropping out of college completely.

In Kentucky and Southern Indiana, universities are attempting to meet students' basic needs by opening on-campus food pantries and launching food rescue programs that provide meals to students who can't always make ends meet.

Read more: <https://www.wkyt.com/content/news/How-college-kids-use-food-pantries-to-help-food-insecurity-505940171.html>

Johns Hopkins Health Security Headlines Extracts from [February 18](#) & [February 19, 2019](#)

[US Flu Activity Continues to Rise](#) (CIDRAP) US flu activity rose again last week, with the H3N2 strain expanding out of the southeast region, where it has been the dominant strain, and pushing into the south and central parts of the country, the CDC said today in its latest update. [Go to article](#)

[National Disaster Medical System: Bringing More Than Teams of Professional Medical Providers](#) (ASPR Blog) We are constantly training and identifying gaps within the preparedness and response framework to better mobilize when the inevitable ultimately occurs. NDMS has identified three pillars to expand the service's capabilities and provide a robust response anytime, anywhere. [Go to article](#)

[Homeland Security Replacing Troubled Biodefense System with Another Flawed Approach](#) (Los Angeles Times) The Trump administration is quietly moving to replace BioWatch, the nation's problem-plagued system for detecting an airborne attack of anthrax spores or other infectious agents, with technology that also has severe shortcomings, a Times investigation has found. The first new device was installed without public notice in December and others are being emplaced at 11 other US locations with a goal of supplanting BioWatch "within the next couple of years," James F. McDonnell, an assistant secretary of Homeland Security, said in an interview. [Go to article](#)

[New Ebola Treatments Are Being Tested in Congo Outbreak Area](#) (Washington Post) Amid the second-largest Ebola outbreak ever, the hunt for a lifesaving treatment is on. A clinical trial of patients taking place in

Congo is gathering evidence on experimental therapies, to provide a proven option when the deadly virus inevitably emerges again. [Go to article](#)

[Nowhere to Hide: The Logic of Chemical Weapons Use in Syria](#) (*Global Public Policy Institute*) Our research found that there have been at least 336 chemical weapons attacks over the course of the Syrian civil war - significantly more than has commonly been known. Around 98 percent of these attacks can be attributed to the Assad regime, with the Islamic State group responsible for the rest. Approximately 90 percent of all confirmed attacks occurred after the infamous "red line" incident of August 2013. [Go to article](#)

**He 'Rotted to Death.' Ohio's AG Blames Nurses
7 accused of mistreating patients in Columbus**

(Newser) – Seven nurses in Ohio face a combined 34 charges related to the alleged mistreatment of two patients in their care, including one who the state attorney general says "literally rotted to death." Involuntary manslaughter, gross patient neglect, and forgery are among the charges levied against six current and former employees of Whetstone Gardens and Care Center in Columbus and a contracted certified nurse. Source story link: <http://newser.com/s271376>

Leaving the hospital early can double the odds of going back

(Reuters Health) - Patients who discharge themselves from the hospital against medical advice are twice as likely to be back within 30 days as those who leave when doctors say they're ready, a large U.S. study finds. Patients discharged against medical advice tend to be young males with a low socioeconomic status, substance abuse, mental health disorders and no health insurance coverage, he added.

The most common cause of hospital admission for patients who were later discharged against medical advice was alcohol-related disorders, accounting for 9 percent, followed by substance use, skin infections, sepsis and diabetes complications.

Full report: <https://www.reuters.com/article/us-health-readmissions/leaving-the-hospital-early-can-double-the-odds-of-going-back-idUSKCN1Q42E9>

The push to recognize PTSD as a job-related injury

(WHAS) Every day, our first responders witness traumas that can leave both physical and mental scars, but the mental injury is often ignored, meaning not everyone can get the help they need.

There is currently a divide between laws in Kentucky and Indiana, that protect these men and women when the job becomes too much to handle on their own. While there are some protections and benefits for our heroes, many still fall through the cracks and suffer in silence.

The benefits are different for first responders across the state. Some departments allow extended time off for employees struggling with mental injury. Others are forced to use up their vacation and sick time before they're faced with the decision to quit or be fired. It shouldn't have to come to that

Learn more: <https://www.whas11.com/mobile/article/news/investigations/stressed-into-silence/the-push-to-recognize-ptsd-as-a-job-related-injury/417-d1b48028-3198-47ef-ad76-34bf50f9be98>

Related: GE employee crushed/died in workplace accident

(WDRB) -- A 24-year veteran GE Appliance Park employee has died after a workplace accident that happened on Friday afternoon.

According to Dino Driskell, the local GE Appliances Union President, the long-time employee was pinned by a metal fixture that holds foam installation on an assembly line that builds refrigerators. He was taken to University Hospital, where he was being treated over the weekend and succumbed to his injuries Sunday morning.

Read more: https://www.wdrb.com/news/fatal-accident-at-ge-still-unreal-for-daughter-of-man/article_e08d675c-3328-11e9-862b-df17223b8039.html

Turns Out Census Data Isn't That Safe

(Newser) – An internal team at the Census Bureau found that basic personal information collected from more than 100 million Americans during the 2010 head count could be reconstructed from obscured data, but with lots of mistakes, a top agency official disclosed Saturday. The age, gender, location, race, and ethnicity for 138 million people were potentially vulnerable, [the AP](#) reports.

So far, however, only internal hacking teams have discovered such details at possible risk, and no outside groups are known to have grabbed data intended to remain private for 72 years, chief scientist John Abowd told

a scientific conference. The Census Bureau is now scrapping its old data shielding technique for a state-of-the-art method that Abowd claimed is far better than Google's or Apple's.

Read more: <http://www.newser.com/story/271421/turns-out-census-data-isnt-that-safe.html>

**Preparing for "*Shaken Fury*" in May?
Enormous Earthquake Reveals Hidden 'Mountains'
410 Miles Underground That Could Be Bigger than Any on Earth's Surface**

(Newsweek) Most of us were taught in school that Earth is divided into different layers: an inner and outer core, the mantle and the crust. But this simplifies the picture slightly because, according to scientists, there is another layer called the "transition zone," which splits the mantle in two.

For a study published in the journal [Science](#), the team from Princeton University wanted to determine the roughness of the transition zones at the top and bottom—which lie at depths of 410 kilometers (255 miles) and 660 kilometers (410 miles) respectively. (The bottom of the transition zone is often referred to as the “660-km boundary.”)

Their results show that while the top of the transition zone is mostly smooth, the bottom is very rough in some places, such as the mountainous terrain on Earth's surface.

Full story: <https://www.newsweek.com/enormous-earthquake-hidden-mountains-410-miles-underground-1332628>

[CMS updates its Emergency Preparedness Rule](#)

The Centers for Medicare & Medicaid Services (CMS) has made two changes to its Emergency Preparedness Appendix Z. The first change is adding "emerging infectious diseases" to the current definition of all-hazards approach. In the second change, CMS has added guidance under Tag E0015- Alternate Source Power and Tag E0042- Emergency Standby Power Systems to provide additional clarifications related to portable/mobile generators. The American Society for Health Care Engineering has provided guidance on how facilities should approach these changes. - HFM

FBI Launches Child ID App for iPhones: Learn more: <https://news360.com/article/488064961>

**[With The 'Internet Of Things' Comes Wealth Of Opportunity
For Innovation In Health Sector](#)**

(Kaiser Health News) From apps to help track insulin, to digital pills, to implants that help paralyzed people walk, the technological boom is opening up a world of possibilities that would have at one point been called science fiction.

**Primer for the Tech newbie: [What is Wi-Fi?](#)
Here's everything you need to know: <https://news360.com/article/488127663>**

Some 17,000 Android apps track users, even when told to stop
<https://news360.com/article/487957248>

[Several NFPA documents open for public comment](#)

Share your input on topics including the Health Care Facilities Code, life-safety system testing, fire walls and more - HFM

MGT-409 Community Healthcare Planning and Response to Disasters

March 26-27, 2019 - Offered by: Kentucky Emergency Management (KYEM)

Barren River District Health Department - 1109 State Street, Bowling Green, KY 42101

Registration for the course can be completed using the following link: www.kyem.ky.gov/training and click on register. When registering, please use proper name as you would like it to appear on the certificate.

For more information: Janine Bennett, KYEM Areas 3&4, KYEM Administrative Officer
502-607-2640 or janine.r.bennett.nfg@mail.mil

Flyer: [https://kyem.ky.gov/training/Documents/March 26-27, MGT 409 Community Healthcare Planning and Response to Disasters, Warren County.pdf](https://kyem.ky.gov/training/Documents/March%2026-27,%20MGT%20409%20Community%20Healthcare%20Planning%20and%20Response%20to%20Disasters,%20Warren%20County.pdf)

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 (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.