



## Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for May 1, 2019

### Kentucky Hospitals Join Together to Fight Opioid Epidemic

The National Institute on Drug Abuse ranks Kentucky among the top 10 states with the highest opioid-related overdose deaths, and Kentucky's hospitals are on the front line in the fight to help the state recover. To assist the state's hospitals in this battle, the Kentucky Hospital Association (KHA) is partnering with the Cabinet for Health and Family Services as part of the Kentucky Opioid Response Effort (KORE) to launch the Kentucky Statewide Opioid Stewardship (KY SOS) program.

Read more: <http://www.new-kyha.com/NewsBlog/tabid/550/EntryId/1543/Kentucky-Hospitals-Join-Together-to-Fight-Opioid-Epidemic.aspx>

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### Two Tennessee students allegedly created a 'plot' to shoot up their school

(Washington Post) On Friday, the school resource officer at South Cumberland Elementary in Crossville, Tenn., received an anonymous tip: Someone might be planning a shooting.

There was a "hit list," the tipster said, containing names of students to be targeted. The resource officer immediately contacted authorities and an investigation was launched, according to a joint statement issued Monday by the Cumberland County schools, the county sheriff's office and the Crossville Police Department.

Two sixth-grade students were charged with conspiracy to commit first-degree murder Friday after authorities discovered the plot. Their names have not been released, and they are in custody at the Cumberland County Juvenile Detention Facility, awaiting a hearing.

Read more: <https://www.washingtonpost.com/education/2019/04/30/two-tennessee-students-allegedly-created-plot-shoot-up-their-school-authorities-have-detained-them/>

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### Related: UNC Charlotte is latest in a string of North Carolina campus shootings

(USA Today) - April 30 - At least [two people were killed](#) in a shooting at the [University of North Carolina at Charlotte](#) campus on Tuesday. Since 2014, there have been at least seven other shootings on or near North Carolina colleges and universities.

Read more: <https://www.usatoday.com/story/news/nation/2019/04/30/unc-charlotte-shooting-latest-campus-shooting/3635110002/>

Shooting details: <https://www.usatoday.com/story/news/nation/2019/04/30/university-north-carolina-charlotte-shooting-dead-injured/3633635002/>

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### Atrial fibrillation patients often overestimate risk of stroke, bleeding

(Reuters Health) - Patients with the irregular heart rhythm atrial fibrillation may overestimate both their risk of having a stroke and their risk of bleeding as a side effect of medication prescribed to prevent strokes, a recent study suggests.

Researchers surveyed 227 patients with atrial fibrillation about their perceived risk of stroke or bleeding. Many of these patients had an annual estimated stroke risk of less than five percent - and most had an estimated risk of less than 20 percent.

But one-third of these patients thought they had an annual stroke risk of 21 to 50 percent, and one in five of them thought their annual stroke risk was even higher, researchers report in Mayo Clinic Proceedings.

And nearly all of the patients had an estimated annual bleeding risk of less than 10 percent - often much less. But more than half of them thought they had more than a 54 percent annual risk of bleeding.

Learn more: <https://www.reuters.com/article/us-health-afib-risks/atrial-fibrillation-patients-often-overestimate-risk-of-stroke-bleeding-idUSKCN1S52A1>

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### Ticks and Disease in Kentucky

(UKY.EDU) Significant increases in wildlife populations, expanded ranges of some tick species, development of housing in rural areas, and the popularity of hiking and ecotourism have increased the potential for people to encounter ticks. Awareness and use of preventive measures to reduce exposure while working outdoors or enjoying outdoor activities are keys to reducing tick bites. Use repellents and check yourself frequently for ticks while and after being in areas where they may be active.

Avoiding Tick Bites: The best strategy to reduce the potential of contracting tick-borne diseases is to avoid tick bites. Here are some tips:

- Avoid walking through uncut fields, brush and other areas likely to harbor ticks. Walk in the center of mowed trails to avoid brushing up against vegetation.



- Use a repellent that contains 20 to 30 percent DEET on exposed skin. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially the cuffs), socks and tents.
- Tuck long pants into your socks and boots. Wearing light-colored pants makes ticks easier to see.

- In areas where there are ticks, check yourself, children and other family members for ticks every 2 to 3 hours and upon returning home from hikes and outdoor activities. Examine behind ears, hair, neck, legs and around the waist.

- If you let your pets outdoors, check them often for ticks. Ticks can “hitch a ride” on your pets, but fall off in your home before they feed. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.

Removing an attached tick: In many cases, infected ticks must be attached and feeding for several hours before a pathogen is passed so prompt removal is very important.

Full report: <https://entomology.ca.uky.edu/ef618>

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**CDC Clinician Outreach Call**  
**Travel-associated Rickettsioses Guidance:**  
**Pre-travel Counseling, Diagnosis, Treatment, and Reporting**  
**May 7, 2019; 2-3:30 PM (ET)**

International travel has increased over the past 30 years, exposing travelers to wider ranges of diseases. Because of this, healthcare providers should be aware of diseases from regions far beyond their geographical area of practice. Vector-borne rickettsial diseases have an almost worldwide distribution, putting many travelers at risk.

During this COCA Call, subject matter experts will discuss the epidemiology, clinical presentation, diagnosis, and treatment of three of the most common travel-associated rickettsial diseases—African tick bite fever, Mediterranean spotted fever, and scrub typhus. The presenters will also address these diseases in the context of pre-travel and post-travel evaluations.

**A few minutes before the webinar begins, please click the link below to join:**

<https://zoom.us/j/776086935>

**Or iPhone one-tap:** US: +16468769923,,776086935# or +16699006833,,776086935#

Or Telephone: Dial: US: +1 646 876 9923 or +1 669 900 6833

**Webinar ID: 776 086 935**

International numbers available here: <https://zoom.us/u/anixAVgIV>

The recordings (audio, slides, and transcript) for this call will be posted on the [webpage](#), under the Call Materials tab, soon after the COCA Call.

Free [Continuing Education \(CE\)](#) is available for most COCA Calls. Please see below for instructions on how to receive CE.

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**Patients value convenience of telemedicine**

(Reuters Health) - Patients who have real-time video visits with their primary care providers instead of in-person exams are generally satisfied with the convenience and quality of their checkups, a new study suggests.

There's a lot about these telemedicine visits that can sound appealing: no need to get stuck in traffic on the way to the doctor; no long stretches in the waiting room before the exam; no missing half a day of work for an appointment that's over in the blink of an eye. But research to date hasn't offered a clear picture of how the reality of virtual visits matches up with patients' expectations

Read more: <https://www.reuters.com/article/us-health-telemedicine/patients-value-convenience-of-telemedicine-idUSKCN1S525T>

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## 79 more illnesses in multistate outbreak linked to raw turkey

([CIDRAP News Scan](#)) The US Centers for Disease Control and Prevention (CDC) today posted a final investigation update for a *Salmonella* Reading outbreak that it first announced in July 2018, which reflects 79 new cases since its last report in February, lifting total cases to 358 in 42 states.

The latest illness onset was Mar 31, and though the number of illnesses has declined, cases still continue to be reported, the CDC said. Investigations over the past months have found that the multidrug-resistant *Salmonella* strain is present in live turkeys and many types of raw turkey products. Several products, including raw ground turkey and raw turkey pet food, were recalled, but health officials have said they don't account for all of the illnesses, and a single common supplier has not been identified. Federal health officials have shared the information with turkey industry representatives.

Of the 302 people with available information, 133 (44%) were hospitalized and 1 death was reported. Of patients interviewed, 130 (65%) got sick after eating turkey products that were purchased raw, and 4 became ill after pets in their homes ate raw ground turkey pet food. Five worked in facilities that raise or process turkeys. In February, 47 people in Iowa got sick after eating turkey that wasn't prepared properly at an event, the agency said. Apr 30 CDC final [outbreak update](#)

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### Johns Hopkins: Health Security Headlines Extracts for [April 30, 2019](#)

[Vaccine Platforms: State of the Field and Looming Challenges](#) - The prospect of severe infectious diseases with pandemic potential has triggered significant interest in developing the capacity to rapidly accelerate the development and manufacturing scale-up of medical countermeasures (MCMs) against such threats. Among MCMs, arguably the highest impact interventions involve vaccines. Vaccines can be used in various ways to dampen or extinguish an outbreak—and ultimately to prevent such outbreaks from occurring in the first place. [Go to article](#)

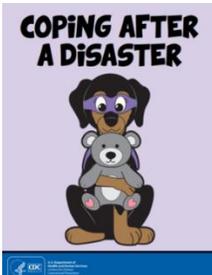
[US Officials Say Measles Cases Hit 25-Year Record High](#) (*The Washington Post*) At least 704 people in the United States have been sickened this year by measles, a highly contagious and potentially life-threatening disease, according to a report released Monday by the Centers for Disease Control and Prevention. It's the greatest number of cases in a single year in 25 years and represents a huge setback for public health after measles was declared eliminated in the United States in 2000. More than 500 of the people infected in 22 states were not vaccinated. Sixty-six people have been hospitalized, including 24 who had pneumonia. More than one-third of the cases are children younger than 5. The biggest and longest-lasting outbreaks are in New York's Rockland County and Brooklyn, centered in ultra-Orthodox Jewish communities, where misinformation about the safety and effectiveness of the measles, mumps and rubella vaccine has spread, officials said. [Go to article](#)

[Killings of Police and Polio Workers Halt Pakistan Vaccine Drive](#) (*H5N1*) A federal government campaign to vaccinate more than 40 million children under five against polio in Pakistan has been suspended following a series of attacks on workers and police over the past week. [Go to article](#)

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### Helping Children Cope After a Disaster

Mental health plays an important role in physical health, school performance, behavior, and long-term quality of life. Therefore, it is important to keep children physically and mentally safe during and after a disaster. CDC has developed a Ready Wrigley book in [English](#) and [Spanish](#) to help your child cope after a disaster.



Parents and caregivers can take steps to [help their children cope with traumatic events](#):

- Answer your child's questions truthfully and in a way that he or she can understand. You can also correct misinformation about the event.
- Set an example for your child by managing your stress and returning to your normal routine and encouraging your child to do the same. This can help reduce stress.
- Give your child opportunities to talk about what he or she went through and encourage your child to share concerns and ask questions.
- Allow your child to be with you or another trusted adult who can help your child feel safe and calm and give him or her a sense of hope.
- Limit exposure to media coverage of the disaster and its aftermath. Children who are directly exposed to a disaster can become upset again if they see or hear reminders of what happened.
- Work with teachers and other adults, who see your child in different situations, to share information about how your child is coping.

**EPIC insider:** <https://content.govdelivery.com/accounts/USCDC/bulletins/23f08c8>

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## U.S. youth suicides up after Netflix show, cause unclear: study

(Reuters) Suicides by young Americans rose by nearly a third in the month following the 2017 debut of popular Netflix television drama series "13 Reasons Why," in which a teenage girl kills herself, a U.S. study showed on Monday. The researchers said the study had limitations and they could not make a direct causal link between "13 Reasons Why" and the increase in suicide rates or rule out other factors.

Read more: <https://www.reuters.com/article/us-television-13reasonswhy/u-s-youth-suicides-up-after-netflix-show-cause-unclear-study-idUSKCN1S5257>

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## CISA's Office for Bombing Prevention Offers Free Training

To reduce risk to the nation's critical infrastructure, the [Office for Bombing Prevention \(OBP\)](#) develops and delivers a [diverse curriculum of accredited training](#) and [awareness products](#) to:

- Build nationwide counter-improvised explosive device (IED) core capabilities.
- Enhance awareness of terrorist threats.

Coordinated through state homeland security officials and training offices, OBP courses educate stakeholders on strategies to prevent, protect against, respond to, and mitigate bombing incidents.

Participants include:

- Municipal officials and emergency managers
- State and local law enforcement and other emergency services
- Critical infrastructure owners and operators
- Security staff
- Public and private sector partners
- Other federal, state, local, tribal, and territorial partners

To view OBP Counter-IED training courses and register for upcoming deliveries, please visit:

<https://www.dhs.gov/bombing-prevention-training-courses>

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## Homemade Explosives (HME) and Precursor Awareness (AWR-338)



**Participants:** 15-50

**Delivery Method:** *Virtual Instructor Lead Training (VILT)*

**Audience:** Public and private sector individuals who are interested in or required to have a basic awareness of homemade explosives and precursor chemicals

**Course Length:** 60 minutes

**Recommended Prerequisites:** None

**Description:** The HME and Precursor Awareness Course provides a basic understanding on HMEs and common precursor materials.

Participants will define HMEs, explain the considerations perpetrators have when evaluating whether or not to use HMEs as the explosive for an attack, and identify common precursor chemicals and materials used to make HMEs. Download a printer-friendly [fact sheet for the Homemade Explosives and Precursor Awareness course](#).

To register please click on the link: <https://cdp.dhs.gov/obp>

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 added or deleted, 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.