



Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for July 7, 2019

3,000+ Quakes, More Than \$100M In Damage: The Aftermath Of 7.1 Magnitude Earthquake Continues

They thought the 6.4 magnitude earthquake on the morning of July 4th was big.

Then a 7.1 magnitude quake struck Friday night, many times more powerful. The series of significant quakes, plus hundreds and hundreds of aftershocks, many of notable size themselves, has Mojave Desert towns nearest the epicenter on edge.

And they have good reason: Friday night's temblor was the biggest in Southern California in 20 years.

By Saturday evening, officials said there's been more than 3,000 earthquakes detected in the area since Thursday and damage appeared to be more than \$100 million.

At around 1 a.m. this morning, California governor Gavin Newsom issued [a state of emergency for San Bernardino County](#), which is next to Kern County, where both quakes were centered. The proclamation gives local agencies access to additional resources to help repair damage to roads, gas lines and other infrastructure.

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Full story: https://laist.com/2019/07/06/earthquake_la_los_angeles_mojave_desert_southern_california_strong.php

----- Here's how to stay safe before, during and after an earthquake strikes

(CNN) Here's what to do before, during and after an earthquake, according to the [Department of Homeland Security](#), [Earthquake Country Alliance](#) and [Red Cross](#).

Before it strikes

- **Have a plan:** Earthquakes strike without warning, so identify spots in your home ahead of time where you can safely wait them out -- think away from windows and overhead objects.
- **Prep your home:** Secure items that could slide or fall, like televisions or bookshelves, with straps, and keep them away from your designated safe space. Store heavy and fragile objects on lower shelves where they won't cause damage.
- **Set an emergency contact:** Designate an out-of-area contact who can relay information between family members.
- **Pick a spot where you'll meet afterward:** If you're separated, pick a clear location that will be safe from debris and damage where you can meet when the earthquake ends.
- **Practice:** Even if it seems silly, perform [drop, cover and hold on](#) drills: drop down on all fours, cover your head and neck, and crawl under a sturdy desk or table. In the event of a quake, you'll need to take cover and hold onto the furniture until the shaking stops.
- **Make a kit:** Gather nonperishable foods, bottled water (at least three gallons per person), first aid supplies, portable phone chargers that are charged themselves, and other essentials you'll need for at least 72 hours. It's better to have too much than too little.
- **Get an extinguisher:** Earthquakes can down wires and start fires, so make sure you have an extinguisher handy and know how to use one.
- **Fuel up:** Keep your gas tank close to full in case of a power outage, but don't drive in the middle of an earthquake.
- **Consider a retrofit:** Check out your home with a foundation specialist to see if you need additional reinforcements. The investment could save you thousands in damages.

When the ground starts shaking

- **Drop, cover and hold on:** Try to avoid moving too much; if the quake is severe, it'll likely knock you to the ground.
- **Avoid windows:** Flying objects could break through the glass and cause harm, so keep away.
- **Stay where you are:** If you're in bed, stay there, but cover your face and neck with a pillow. If you're inside, don't run outside -- parts of the building's exterior could fall from overhead. If you're driving, stop your vehicle in an area clear of trees, buildings, overpasses or wires.
- **Don't take the elevator:** Even if the power isn't out, the elevator could stop working if quakes continue. It's best to stay put, then take the stairs when it's safe to move.

After the first quake

- **Wait out the aftershocks:** Quakes of smaller magnitude nearly always follow the most severe shocks of an earthquake sequence, so be aware in the hours following the initial earthquake.
- **Get out:** If you're in a damaged building, get outside and move far away to avoid falling debris.
- **If you're stuck, close your mouth:** You could inhale fumes or debris, so it's best to send a text, bang on a nearby object or whistle so rescuers can locate you.
- **Monitor the news:** The government will likely alert the public with emergency instructions via TV, social media and radio, so look to your devices for updates.
- **Avoid making phone calls:** Call volume has exceeded the capacity of mobile carriers' networks after earthquakes in the past, so some calls were blocked to allow others. It's best not to call unless it's an emergency, so text or instant message instead.

Source: <https://www.cnn.com/2019/07/04/us/earthquake-safety-tips-trnd/index.html>

Chugging Water All the Time? How to Avoid Over hydration

(Healthline) We're told that drinking copious amounts of water can clear our skin, heal our colds, and aid in weight loss. And everyone seems to own a giant reusable water bottle these days, refilling constantly. So, shouldn't we be chugging H₂O at every opportunity?

Not necessarily.

Although getting enough water is very important for your overall health, it's also possible (though uncommon) to consume too much.

Learn more: <https://www.healthline.com/health/drink-water-overhydration#1>

6 Insects That Can Make You Sick This Summer

(Healthline) Stings and bites from these small bugs aren't just annoying. They can cause big health dangers, too.

Full story: <https://www.healthline.com/health-news/insects-that-can-make-you-sick>

NKY Students lose appeal in chickenpox case

(WKYT & AP) More than two dozen Catholic school students and their parents have lost an initial appeal in challenging a Kentucky health department's efforts to control a chickenpox outbreak. The students claim the health agency's actions infringed on their religious beliefs. But a three-judge panel of the Kentucky Court of Appeals sided with a trial court judge who ruled in April that the Northern Kentucky Health Department acted within its authority.

Full story: <https://www.wkyt.com/content/news/Kentucky-students-lose-appeal-in-chickenpox-vaccination-case-512080622.html>

Seattle Children's Hospital cited for deadly mold problems

(AP) — Seattle Children's Hospital has been cited for multiple federal safety violations related to mold that led to a patient death and five additional infections, officials said.

The federal Centers for Medicare and Medicaid Services has issued a report listing more than two dozen violations of federal regulations and hospital policy, KING-TV [reported](#) Thursday.

The facility detected Aspergillus mold during a routine test of operating rooms May 18, hospital officials said.

The hospital disclosed the death and infections Tuesday while discussing the closure in May of operating rooms because of Aspergillus mold.

Three patients were infected last year and three this year. The patient who died developed the infection in 2018, an official said.

The federal violations include a failure to properly maintain air filtering systems that fed to operating rooms, failure to inspect or calibrate monitoring equipment and failure to approve and implement an infection prevention improvement plan.

Full AP story: <https://apnews.com/fbcd0273615e4f44a2525f5fa070fb18>

Some eye drops, ointments sold at Walmart, Walgreens recalled because they might not be sterile

(ABC) Several eye drops and eye ointments sold at Walmart and Walgreens have been recalled because they may not be sterile, according to statements from the [Food and Drug Administration](#) (FDA) this week.

See recall list: <https://abcnews.go.com/US/eye-drops-ointments-sold-walmart-walgreens-recalled-sterile/story>

Administration reportedly preparing an executive order on drug prices

(CNBC) President [Donald Trump](#) said Friday he's preparing an executive order declaring a "favored nations clause" for drug prices, where the U.S. will pay no more than the country with the lowest prescription drug prices.

"As you know for years and years other nations pay less for drugs than we do," Trump told reporters on the South Lawn of the White House. "We're working on a favored nations clause, where we pay whatever the lowest nation's price is. Why should other nations — like Canada — why should other nations pay less than us?"

The Trump administration and Democrats in Congress are both trying to bring more transparency to drug prices and, ultimately, lower costs for consumers.

Learn more: <https://www.cnn.com/2019/07/05/trump-administration-preparing-drug-price-executive-order.html>

Drowning is leading cause of accidental death for kids

(WLEX18) More: Nearly 1,000 children died from drowning in the United States in 2017. It's the leading cause of accidental death for children 1 through 4. More than 8,000 others nearly died by drowning, according to the American Academy of Pediatrics.

Learn more: <https://www.lex18.com/news/national/drowning-is-the-leading-cause-of-accidental-death-for-young-children-heres-how-to-prevent-it>

Florida man contracts flesh-eating bacteria without even touching water

(CBS) Tyler King was at work in Santa Rosa Beach, Florida, last week, when he noticed his left bicep starting to swell. He tried taking Benadryl but just a few hours later his arm had nearly tripled in size. He rushed to the emergency room.

King had contracted [vibrio](#), a bacteria commonly found in warm, brackish water — a mix of salt and fresh water. When exposed to an open wound, vibrio can cause a skin infection. If left untreated, the bacteria can be deadly.

King, who owns a water sports business, says he did not directly touch water the day he was infected. He still doesn't know how it happened but he considers himself lucky.

Similar cases of infection have been popping up on beaches along the East Coast. A Maryland woman says her [son is healing](#) after he developed open wounds swimming in a bay last week. A 77-

year-old woman who was walking along the Gulf died after developing [necrotizing fasciitis](#) when she fell in the water and cut her leg.

Full story: <https://www.cbsnews.com/news/flesh-eating-bacteria-how-a-florida-man-got-vibrio-without-even-touching-water/>

Related stories:

- [Maryland boy infected with flesh-eating bacteria, mother says](#)
- [Florida woman's death from flesh-eating bacteria shines light on necrotizing fasciitis](#)

UK Hospitals Issued Urgent Cyber Warning Over 'Repeat WannaCry' Threat

(Forbes) In the two years since the devastating WannaCry cyberattack hit worldwide, institutions have not done enough to protect themselves against a repeat. And that's especially true in the healthcare sector.

A [report](#) this week by Imperial College London's Institute of Global Health Innovation (IGHI) warns that hospitals "remain vulnerable to cyber attack, and must take urgent steps to defend against threats which could risk the safety of patients."

In the U.K., the financial cost of WannaCry to the country's National Health Service has been estimated at more than \$100 million. The disruption to patient treatment carried even more serious risk, with thousands of appointments changed or canceled as employees found themselves locked out of key computer systems, reverting to manual paper-based processes.

The report's findings are bleak to read, made worse because so much of the defense is relatively straightforward—outdated equipment, unpatched software, a lack of skills, training and awareness.

In the U.S., the situation is no better and there have been multiple compromises of patient data. Last week, it was reported that the AMCA healthcare data breach affected more than 20 million patients.

[According to CPO Magazine](#), this included "nearly 12 million patients of Quest Diagnostics, 7.7 million patients of LabCorp, and over 422,000 patients of BioReference Labs," making the breach "one of the biggest ever."

Every facet of healthcare demands ever more investment, and cybersecurity is no different—except that under-investment only becomes obvious when things go very wrong, very fast. WannaCry was not that sophisticated compared to the latest generation of vulnerabilities. And so the impact of the next attack could be much worse.

Read full story: <https://www.forbes.com/sites/zakdoffman/2019/07/06/hospitals-issued-urgent-cyber-warning-over-repeat-wannacry-threat-report/#4fe0656d6dbf>

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.