

Introducing the FAN Fair

FAN Fair

Just this past September marked the one year since the All Ready Community Summit, a first of its kind event in which more than 150 community leaders, representing 75 community organizations, came together to focus on the critical needs for emergency preparedness in St. Louis, focusing on the unique needs of residents living with disabilities.

All Ready is pleased to announce the newest opportunity for the St. Louis region to become better prepared for emergencies, as we partner with the American Red Cross-St. Louis Area Chapter for the first ever FAN (Functional and Access Needs) Fair for emergency personnel.

First responders and disaster volunteers are the first line of hope for residents in the face of a disaster. And for those living with functional and access needs, emergencies are all the more frightening, as they deal with the additional challenges of being able to communicate, evacuate and/or remain safe after a disaster.

On Saturday, November 2, first responders will have the opportunity to equip themselves with the knowledge and confidence to effectively and compassionately serve all residents in the event of emergency.

This two-hour interactive learning workshop will allow first responders to meet one-on-one with organizations serving a variety of functional and access needs populations in the St. Louis area, and receive firsthand information on topics including: communication, medical care, supervision, transportation and maintaining independence.

For additional details on this innovative event, [click here to view the event invitation](#). Please share this information with your colleagues, and encourage first responders in your community to RSVP today!

Keep the Whole Family Safe and Healthy

Everyone needs to be prepared for emergencies, including your pets. Just as you stop spending as much time outdoors because of the drop in temperatures, so should your pets. A helpful tip to remember — if you think it is too cold for you to be outside for a long period of time, then it is too cold for your pets to be outside. Their coats can only keep them warm for so long!

Along with keeping your pets warm this fall, consider their safety needs by preparing a pet emergency kit with food, water, medicine, a pet first-aid kit and a few toys to keep them engaged during an emergency. Additionally, place an ASPCA [Rescue Alert Sticker](#) on a visible surface outside to let rescue workers know how many and what types of pets occupy the residence. Include the name of your veterinarian and your veterinarian's phone number on the sticker, and note if you or your pets have evacuated by writing "evacuated" across the sticker during an emergency.

If you already have emergency kits stored, make sure to update your supplies on a regular basis. As the air gets crisper and cooler, store thicker blankets and heavy coats and pants in your emergency kits. Check on the expiration dates of your stored water and canned goods. If they are expired, replace them so you have a fresh supply of back up food and water. If a disaster strikes, your family will benefit from the thoughtfulness and time you put into making the family emergency kit as useful as possible.

Having up-to-date emergency kits can save lives, but there are other important steps you need to take to ensure your safety in a crisis situation. To be prepared for any situation, exchange spare house and car keys with relatives or close friends and agree on methods of communication in case telephone lines are inoperative during disasters. You can also look into subscribing to medical and life alert operations so you always know you will have support when you most need it.

Preparedness Spotlight



that's positivenergy. **Change Your Clock, Change Your Battery Program®**

Thirty-eight percent of fatal fire injuries occur in homes without working smoke alarms and 24 percent occur in homes in which at least one smoke alarm is present but fails to operate, frequently due to dead or missing batteries. A working smoke alarm helps ensure a family has the critical extra moments to safely escape a home fire.

The International Association of Fire Chiefs and Energizer began the [Change Your Clock Change Your Battery®](#) program 26 years ago to help save lives by reminding families to replace the batteries in their home's smoke and carbon monoxide detectors when they change their clocks for daylight saving time. Today, more than 6,400 fire departments across the country participate in this campaign. The Change Your Clock Change Your Battery® program is just one way Energizer, headquartered in St. Louis, brings to life the company's commitment to making a positive impact in communities across the world.

This fall, be sure to change your smoke detector batteries when you change the hands on your clocks. Changing batteries could save your life and the lives of your loved ones.

Flu Season: Did you know...?

Myth vs. Fact: Antibacterial Soap

MYTH: Using antibacterial soap gets rid of more germs than using soap and hot water

FACT: The Food and Drug Administration and the Centers for Disease Control and Prevention both say that, given the current evidence, antibacterial soap offers no benefit over soap and water.

When the temperatures drop and the coats get pulled out of the closet, carrying around antibacterial gel becomes a popular trend. We think we are keeping ourselves guarded from seasonal colds and flus by constantly applying

antibacterial washes to our hands. However, studies show that the active chemical ingredients, such as [triclosan](#), in antibacterial gel and soap aren't in contact with the bacteria we're trying to avoid (such as E. coli or staphylococcus) in sufficient quantities or for enough time to kill the germs. Instead, trace residue of these ingredients remains on your skin in amounts too tiny to kill. However, the tiny amounts of bacteria on your hands are large enough for the bacteria to possibly begin developing a resistance to the soap.

Antibacterial washes are misleading when you look into the breakdown of germs. Germs come in different forms: bacteria and viruses. When you rub antibacterial soap and gel onto your hands it protects from some bacteria — not viruses. Flu and cold viruses are not killed by antibacterial rubs.

So when you want to try to fight the seasonal cold and flu this fall, alcohol-based antibacterial wash becomes a viable option to keep your hands somewhat clean when warm water and soap are unavailable. However, the best guard against germs is getting them off of you, and the best way to do that is by washing them away with soap and warm water.

Myth vs. Fact: Flu Shots

MYTH: The flu vaccine can give you the flu

FACT: Getting the flu vaccine does not give you the flu

Injected [flu](#) vaccines contain dead flu viruses. If the virus isn't alive, it can't affect you. Over the years, flu vaccine technology has improved. Now, the only symptom people typically experience from the injection is a sore arm. However, occasionally some people still get flu-like symptoms, which are commonly mistaken as contracting an active virus. Another coincidence that gives the flu vaccine a bad reputation is the timing of seasonal colds. Colds tend to spread faster in the fall and winter, just around the time people are receiving the flu vaccine. People often mistake their flu vaccine injection as the cause for their newly adopted cold. Getting sick isn't fun for anyone. Contrary to popular belief, getting a flu shot this season can help keep you protected from the germs!

Seasonal Overview

The crisp fall season is upon us, and our days are packed with visits to pumpkin patches, and tailgating at football games. However, as we switch our thermostats from cool to heat and prepare for cooler months ahead, All Ready has a few important reminders and tips for you to consider so that everyone may enjoy the upcoming indoor and outdoor fall festivities.

Don't Fall Short this Season When It Comes to Preparedness

The leaves are changing and so is the way you need to prepare for emergencies. The risk of fire increases as we head into cooler months, which is why National Fire Prevention Month comes at an opportune time this October, as leaves start clogging up gutters, fires are lit in the fireplace and families are hard at work in the kitchen cooking up holiday feasts.

Small steps here and there can help prevent devastating fires from damaging your home and harming your loved ones. Testing your smoke alarms, practicing fire escape routes, making sure kitchen appliances and electronic devices are turned off when you are not home and keeping fire extinguishers up-to-date can greatly reduce the risk of a fire

breaking out in your home. Leaves falling into your gutters are another potential fire hazard, as they can collect and easily ignite if a stray ember falls. If you are not able to clean your gutters or change the batteries in your smoke detectors, schedule weekly or monthly appointments with a close friend, relative or caregiver to make sure necessary safety precautions are met. During the same appointments, inform this person where you store back-up batteries and medication. You can also practice escape routes, maintain emergency kits and store important documents in a safe, fire resistant place.

Preparation for major disasters like fires is invaluable. Unfortunately, unexpected emergencies happen. Plan for the worst. Practice evacuation plans with your family, have contact names and numbers stored somewhere safe along with food, water, batteries, flashlights, blankets and extra medical supplies. For the upcoming colder months, make sure each member of your family and caregivers know where to go for shelter, who can serve as a resource for helping them get there if they need assistance and where the family emergency kit is stored.

Staying Well As The Seasons Change

The seasonal change means new beginnings. This fall is the start of a new school year, new sports seasons and an exciting new holiday season. While new can be fresh and exciting, new changes and plans also bring uncertainties. Disasters can happen at any point, and disasters are not just started from fires, floods or storms.

Seasonal Affective Disorder

The fall season brings fun new activities, holidays, recipes and changes in the weather due to the placement of the sun. Because the sun is drifting farther away from St. Louis this time of year, we can finally beat the heat. However, with the colder weather comes less sunshine. Our nights grow darker earlier and the clouds roll in. The lack of sunshine might upset your sleep-wake cycle, causing you to feel “off-balance,” and it can cause problems with a brain chemical called serotonin that affects your mood. These feelings of moodiness and tiredness are thought to be symptoms of Seasonal Affective Disorder (SAD). SAD symptoms are typically experienced in the early stages of fall and carry into the winter months. People who are most susceptible to SAD are people between the ages of 15 and 55, people who have a close relative with SAD and women. The risk of getting SAD for the first time decreases as you age. If you or someone you know is battling SAD this fall they can be helped with light therapy, medication and counseling.

Overall Wellness

Taking care of others is a responsibility many parents, siblings and friends share. But the perks of taking care of yourself are often underestimated. Be mindful of your needs as well as the needs of others. Wash your hands regularly, avoid people who are sick and disinfect everyday inanimate objects such as doorknobs and cell phones to reduce your risk of catching colds and other viruses. Practice a healthy lifestyle by getting enough sleep, eating well and exercising regularly. If you need assistance exercising or getting out of your home, schedule weekly get-togethers with a close friend or relative to help keep you active. Ask for help and express your feelings to people you trust when you are feeling overly stressed. When you reduce your risk of getting sick by taking care of yourself you ultimately reduce the risk of making others sick, in turn taking care of your loved ones and yourself, a win-win for everyone!

Whether it is a mild cold or a flood, you can be ready for anything. To learn more about other types of emergencies and the appropriate response actions, visit the [All Ready website](#) where you can find multiple resources and in-depth information on several types of potential disasters. Using all of your preparedness resources allows you to enjoy the crisp fall weather and all of the exciting activities this season brings!

Want to share the All Ready newsletter with family and friends? Feel free to forward on to share updates on emergency preparedness information and activities in the St. Louis area.

Not on our mailing list? [Click here](#) and we will be sure to send you all upcoming editions of the All Ready newsletter.

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