From Moldy Corn to Mental Stress- Safe Flood Recovery and Preparing a Plan for Disaster

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THE MIDWEST EXPERIENCES BOMB CYCLONE 2019
Central States Center for Agricultural Safety and Health

Outreach, Surveillance, Prevention, Research, Evaluation, Education
- Bison Worker Safety, Feedyard Worker Safety, Hearing Loss, Respiratory Disease, Injury, Roll-Over,Engulfment, Entanglement, Fatality and Injury Surveillance

Protecting the People who Feed the World®
Invest In Your Health - Train the Trainer Course

AgriSafe is offering this Train-the-Trainer series to anyone who works with youth ages 14-23 years. The series of modules will walk you through 5 target areas and includes an instructor guide after completing each topic.

Invest In Your Health: Stay Cool! Prevention of Heat Related Illness in Agriculture (Train the Module) - 6001195

This Train the Trainer course is designed for teachers, Extension staff, FFA leaders and others who work with young adults. Agriculture is ranked as one of the most dangerous occupations and involves workers and family members of all ages. Illness and injuries can be prevented if we use the right protective equipment for the job. This program will provide an overview of common exposures in farming and ranching and identify appropriate personal protective equipment.
Tell Us About You!

Your name.

Where you are from.

Were you affected by the 2019 Midwest flood event?

NATURE’S TWIST-
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- 1.3 billion damages statewide
- 81 out of 93 counties declare State of Emergency
- 3 million damages in North Bend
A Shared Table is a Shared Life

DISASTER RECOVERY COMMAND CENTER
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OHIO RURAL AMERICA RELIEF
FLOOD HAZARDS—LET’S MAKE A LIST!

MOLD IN HOME AND SHOPS

Health effects:
- Stuffy nose,
- Sore throat,
- Coughing or wheezing,
- Burning eyes,
- Skin rash,
- People with asthma or who are allergic to mold may have severe reactions.
- Immune-compromised people and people with chronic lung disease may get infections in their lungs from mold.
- Mold exposure as been linked to auto-immune diseases.
Well Water Contamination After a Flood

Chemicals – These are concentrated by boiling.
- Nitrates
- Pesticides
- Herbicides

Fecal Contamination

Bacteria

Foreign debris (insects, reptiles)

HAVE YOUR WELL WATER CHECKED YEARLY AND LEARN ABOUT FILTRATION OPTIONS!

GRAIN BIN HAZARDS

Mold
- Corn out of condition.

**KEEP YOUR PEOPLE OUT OF GRAIN BINS**

Bins can collapse as corn swells.
Chemical Cleanup

Chemical may have spilled, or containers may be damaged.

Handle all containers as if there are chemicals on the containers.

Be aware that soil may be contaminated, do not allow animals to be exposed to area of contamination.

Check the Material Safety Datasheet to determine what PPE should be worn and how materials should be disposed of.

Mosquitos and other pests

Standing water provides a perfect opportunity for mosquito larvae to hatch.

- Dump all standing water as it thaws in the spring

Other critters may have been relocated because of flooding. Raccoons, skunks, deer, rats, snakes may have moved to new dry locations.
Hidden Hazards

Areas of farm ground and roadways may have been undercut by flood waters.
• Take extreme caution when starting field work in the spring, especially around creeks and rivers.

Machinery that was submerged may not operate as expected when dried.
• Take extreme caution when starting up or using flooded equipment.

Debris from flooding can be contaminated for years, depending on the chemical to which it was exposed.
• Always use gloves when handling any debris that was exposed to flood water.

STRESS
Natural Disasters: Common Reactions

- Disbelief and shock
- Fear and anxiety about the future
- Apathy and emotional numbing
- Disorientation; difficulty making decisions or concentrating
- Nightmares
- Difficulty sleeping
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Changes in eating patterns
- Crying for “no apparent reason”
- Headaches, back pain, stomach issues
- Increased use of substances
Tips for Coping

- Talk about it; communicate your experience
- Do something to feel “in control”
- Spend time with family and friends; social support is KEY
- Take care of yourself; sleep, eat, exercise
- Limit exposure to images of the disaster

- Take one thing at a time
- Give yourself time to adjust
- Establish or reestablish routines
- Do something positive
- Find time to do things you enjoy
- Avoid drugs and excessive drinking
- Avoid making major life decisions until the major impact has passed
- Ask for help when needed

Tips & Tricks for Better Sleep

1. This is #1 for a reason! GET UP at the same time every day, and try to keep your sleep schedule as regular as possible.

2. Try Sleep Restriction Therapy: Keep track of sleep hours for one week, find average number of hours slept per night. Start by allowing only that number of hours in bed for one week, then add 15 minutes of sleep each week until you wake up before the alarm. It will take several weeks of dedication, but it works when consistent! Ex: Hours slept Mon-4, T-S-2, W-5.75, Th-6.5, F-S-2, S/6.75, total 45.5. Avg. hours per night = 6.5. Week 2- go to bed at 12, get up at 6:30. Week 3 - go to bed at 11:45, get up at 6:30. Week 4 - go to bed at 11:30, get up at 6:30...

3. Create mental triggers before bedtime like we do for children: have a warm bath, read a book, eat a light snack, put on pajamas, create a to-do list for the next day so your head is clear of those things.

4. Wear non-restrictive clothing or none at all. Anything that tangles around you when turning over in bed, pushes against your bladder, or creates too much heat must GO.

5. Set nighttime temperature at 65-68 degrees. Bodies must cool down for good sleep. Vasodilation, or blood vessels dilating, carries heat to the skin in waking hours and then skin will cool down, signaling the brain that it is time to sleep.

6. HOWEVER, cold feet can interfere with your ability to fall asleep. Place a hot water bottle, heating pad, or corn bag at your feet under the covers if socks don’t warm them enough.

7. Focus on sleep position—spine aligned, arms and legs not bent much, no leg-stacking. On your back is best unless you have sleep apnea, left side is next best for digestion and waste elimination (keep spine aligned and arms not linked), right side is third best, and on your front is worst (it links the neck, flattens spine leading to back pain, and restricts your airway/breathing).

8. Change pillow or mattress plushness—fat pillows are only good for propping up to read and nothing else; try a pillow between your legs for hip support.

9. Once in bed, do a body inventory. Focus on one body part at a time from head to toes and relax each one. Remember the key and always come back to it...

Remove tongue from roof of mouth.
Being awake for

15.84 hours = beginning of “executive dysfunction”

(Executive Function is a set of mental skills that help you get things done - cognitive, behavioral, and emotional)

18 hours = same as having a blood alcohol content of .05%
21 hours = .08 (legal level for intoxication)
24 hours = .10% (higher than the legal limit)
Let’s Do Some Yoga!
Sorry they wouldn’t let us bring the goats...

Special Considerations for Disaster Responders

- Compassion Fatigue
- Tired, Exhausted and Overwhelmed
- Feeling like nothing you do is helping
- Frustrated
- Cynical
- Disconnected
- Depressed

- Secondary Trauma
- Fear; excessive worry that something bad will happen
- Easily startled, jumpy
- Sense of being haunted by the things you see and hear
- Feeling that other’s trauma is yours
- Racing heart, shortness of breath, headaches
Ways to Cope with Compassion Fatigue

- Focus on the 4 core components of resilience
  - Adequate sleep
  - Good nutrition
  - Regular exercise
  - Active relaxation
- Practice your spiritual beliefs
- At the end of the day, “wash away” the hardiness of the day
- Make time for pleasurable activities
- Communicate with friends and family; talk about your worries
- Know when to ask for help

Resources

NEBRASKA FAMILY HELPLINE
1-888-866-8660

NEBRASKA RURAL RESPONSE HOTLINE
1-800-464-0258

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
1-800-985-5990

NEBRASKA
Good Life. Great Mission.
PERSONAL PROTECTIVE EQUIPMENT (PPE)
WHAT’S IN YOUR KIT?
Protecting your lungs against mold, dust and infectious disease.

Inhaled particulates can be life threatening.
How to Wear Your Respirator Properly.

Safety Glasses and Goggles

Remember your eyes absorb materials and can transfer contaminants directly to your bloodstream.
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WORK GLOVES  
GOOD GRIP  
CUT RESISTANT  
MAKE SURE THEY FIT PROPERLY!

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TYVEK SUIT OR COVERALLS

Remember to take off all contaminated clothes before you go in your house.
MUCK BOOTS

Remember to wash and disinfect all work clothes and boots after working in flood water.

EMERGENCY PREPAREDNESS – WHAT TO HAVE IN YOUR EMERGENCY TOOLKIT
Common misconceptions:

- Most emergencies are short-lived
- I won’t ever have to deal with an emergency where I live
- There are a lot of emergencies I just can’t prepare for
- Preparing takes too much time

Know the risks

The consequences of emergencies can be similar but knowing the risks in your region can help you better prepare.

- Flooding
- Tornado
- Chemical Spills
- Fire
- Severe Winter Weather (Bomb Cyclones)
Make a plan

You aren’t prepared — until you make a plan.

FEMA Planning Guide

• Photocopy your plan

• Keep copies of your plan in safe and memorable places

What Would You Want In Your Kit?

Scenario:
Your town has been struck by a devastating tornado. There is no electric, water or cellular service.

Luckily, you paid close attention at the WIA event and you packed an emergency kit with 10 items.

What are those 10 items?
What Would You Want?

**Bottled Water**: Tap water may stop flowing. Have enough water to provide for one gallon per person, per day to last at least 3 days and ideally for 2 weeks. Water should be replaced every year.

**Canned Goods**: In addition to providing sustenance, canned fruits and vegetables retain water that can supplement the bottled supply.

**Can Opener**: While some cans have a metal tab available for opening, most do not, and require the use of a can opener.

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**Contact List**: A list of emergency contacts including an out-of-town contact that can be reached in case local phone lines are busy. The numbers should be kept in a waterproof container.

**Copies of Important Documents**: Copies of important documents such as identification, insurance policies, and financial records should be kept in a secure, waterproof container in case anything happens to the originals or they become unreachable.

**Dried Snack Foods**: Food items such as energy bars and dried fruit are less perishable than other foods, and unlike the water in the kit, do not need to be replaced yearly.

**Emergency Cash**: Power may be disrupted in large regions, making people unable to withdraw cash or use credit cards to purchase needed goods.
What Would You Want?

**First Aid Kit:** Small tools, alcohol swabs, and medicines will allow you to handle minor injuries immediately in the likely case that outside help takes time to arrive.

**Flashlight:** Crank-powered or shake-powered flashlights are ideal to set aside for use during emergencies when the power is out and batteries are unavailable or drained.

**Medicines:** Medicines vital to any member of the household – including babies, the elderly, or pets – should have an extra supply of unexpired medications stored together with the rest of the emergency kit for emergency use.

**Radio:** For receiving information and announcements. Crank-powered radios are also preferable to battery-operated radios because they can function continuously without extra supplies.

**Toiletries:** Items that aid in maintaining hygiene are important to have after any devastating disaster not only for personal reasons, but also for people to avoid falling ill due to unsanitary practices. (Don’t forget the toilet paper!)

**Whistle:** Emergency rescuers are trained to be alert to whistles and knocking coming from people who are trapped in rubble. Using a whistle instead of yelling also helps conserve energy in case it takes a while for the rubble to be cleared.
Make a Emergency Kit

You aren’t prepared — until you prepare a kit.

- Nebraska Emergency Management kit preparation document

Special Needs Plan

- Health information card
- Grab-and-go bag with medication, prescriptions, medical documents
- Ensure availability of walkers, oxygen tanks and other emergency supplies
- Personal support network
Don’t forget about these rascals...

- Location of “pet-friendly” shelters/hotel/veterinarian
- Microchip your pet! Have tags on collar. Have a picture with you and your pet.
- Plan for livestock – identification
- Medications
- Extra pet food and water in emergency kit
- How will you transport your pets/livestock? Include familiar toys and bedding.

Other helpful hints:

- Choose an out-of-town contact person – send a copy of your plan to them.
- Practice your plan!
- Review and update your plan once a year.
What you can do NOW!

Get your vaccinations

Influenza – EVERY YEAR

Tetanus - Every 10 years unless injured then every 5 years

Create a Community

• Become an emergency preparedness community warrior!
  • Discuss preparedness with your community
    • Faith-based groups
    • Civic groups
    • Schools (include in Safety Day presentations)

• We will share this presentation and will provide educational materials.
Contact us with questions, comments or just to chat.
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