

## SAFETY MESSAGE/PLAN (ICS 208)

<b>1. Incident Name</b> Charles County COVID-19	<b>2. Operational Period</b>	<b>Date From:</b> 3/28/20 <b>Time From:</b> 8:00	<b>Date To:</b> 3/302020 <b>Time To:</b> 8:00
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**3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan:**

1. Total identified PUI's transported to date: 52

2. PPE stockpiles remain stable with an estimated supply range of 9 days based on current call volumes.

3. Revision to EMSOP Special Order 2020-01 Version 3.0 has been completed and awaits final signature.

4. As this is a rapidly changing landscape, leaders should review any changes with their personnel each morning

5. With the implementation of the most recent update of special Order 2020-01 V 3.0, personnel should perform wellness checks twice a day as prescribed in the SO.

6. Personnel who report having a fever, sore throat, cough or other respiratory related symptoms should stay at home and self-isolate until they are symptom free for a period of 72 hours.

7. Personnel who have recently travelled to a suspected COVID-19 country or have taken a cruise which ported at a COVID-19 infected region should not report to work. Those personnel are being asked to self-isolate at home for a period of 14 days.

8. Personnel with facial hair should be aware of the NIOSH requirements for properly fitting filtering facepiece respirators in relation to their specific facial hairstyles. A CDC infographic was disseminated to staff with compliance guidance. Those with facial hair not in compliance drastically increase their risk of exposure even when using an N95 mask.

9. Review the Reponder Psychological First AID hints and take action.

**4. Site Safety Plan Required?**       Yes     No

**Approved Site Safety Plan(s) Located At:**

**5. Prepared by:** Name: John Filer      Title: Safety Officer    Signature: \_\_\_\_\_

ICS 208

IAP Page \_\_\_\_\_

Date/Time: March 28, 2020 @ 13:45

Intelligence Briefing 3-28-2020  
COVID Charles County

**Updated Infection Numbers:** As of 1007

Total worldwide: 558,502 **+59,541 since the 3-27-20 brief.**

**Worldwide increase of confirmed cases by 24hour period over the last 6 days**

3-21/22	3-22/23	3-23/24	3-24/25	3-25/26	3-26/27	3-27/28
+27,423	+39,742	+43,916	+43,102	+56,337	+119,753	+59,541

Analysis note: While the U.S. and worldwide numbers continue to rise, so does the availability of testing. It is highly likely the US has tested more citizens than any other country. Sensational “confirmed case numbers” should be placed in context before relying upon them solely to determine the scope and magnitude of the situation.

Total fatalities worldwide: 25,251 **+3,572 since the 3-27-20 brief**

Total in US: 104865 **+18,853 since the 3-27-20 brief**

**US increase of confirmed cases by 24 hours period over the last 6 days**

3-21/22	3-22/23	3-23/24	3-24/25	3-25/26	3-26/27	3-27/28
7123	8494	11244	8758	14,441	30,769	18,853

Total fatalities in US: 1,701 **+408 since the 3-27-20 brief** NOTE: typo noted in yesterday report increase overnight for 3-27-2020 was 499 not 4,997

**Maryland Numbers:** As of 1000 via <https://coronavirus.maryland.gov/>

Total in State in of MD: 992 **+218 since the 3-27-20 brief**

Total Fatalities in State of MD: 5 **No change since the 3-27-20 brief**

Total Hospitalizations: 226 **Increase of 53 from 3-27-2020**

**Weather:**

Sat 60-51 Rain and cloudy, Sunday 73-53 sun storms possible, Monday 71-44

Analysis note: Warm weather will likely mean more people outside, increasing the probability of gatherings. Rainy weather will drive people into their residences. The potential for increased calls for police service exists.

**Local:**

Several stores were visited this morning. Supplies of everything but paper products looked suitable but some gaps were noted. Some stores are beginning to limit the amount of people inside the store or in line to check out.

Analyst note: This will likely continue and increase until things stabilize. It will likely take weeks for stabilization to occur and for the supply chain to balance. Law enforcement should be aware of the volatility of people during a crisis. The distribution of facts based messaging and positive stories by the JIC could prove helpful in reducing fear and anxiety. POCs are needed as soon as possible so incident management can remain informed of food and supply shortages.

**Maryland Update:**

There are 15 child care centers/providers certified by MSDE in Charles County as of 0900 on 3-28-20. <https://earlychildhood.marylandpublicschools.org/state-funded-child-care-essential-personnel>

Maryland National Guard will begin drive thru testing at Fed Ex on the 30<sup>th</sup>

**Region:**

Over 987 cases in the NCR as of 0511 3-28-2020

2,037 cases in Maryland, DC, and Virginia as of 1130

DC announced they will begin drive thru testing at the DC Fire Academy on the 31<sup>st</sup>

3<sup>rd</sup> member of MPD tests positive

**National:**

President Trump enacted the Defense Production Act to force a company to make ventilators  
Several organizations are reporting success in the development of treatment and potential vaccines

**Local critical infrastructure:**

No outages or disruptions are reported or are appear to be likely as of today.

**Predications/ Analysis:**

- Immediate attention is needed to direct companies and organization on the proper processes and appropriate contact to use (Donation Manager at the EOC) to donate PPE and cleaning materials to essential personnel
- The next 7 days will likely see a stabilization of a majority of the grocery supply chain. However, the potential for disruption moving forward continues to remain high.

- FOIA and PIA request from media and citizens groups will likely begin to increase the longer this event lasts. “New normal” processes need to be established as soon as possible.
- Lack of child care options will likely add to family stress. Additional resources, activity and options are needed.
- JIC staff should substantially amplify community resource communications
- As we enter the 2<sup>nd</sup> week of social distancing stress, anxiety, and fear will likely increase. Continuous reminders of patience and focusing on kindness will become increasingly important.
- Many stores restock overnight. Seniors and the vulnerable populations should be strongly encouraged to shop during the early morning hours when supplies are likely to be at their highest.
- As testing increased the confirmed cases in MD will increase. This will likely cause additional life restrictions.
- Supply chain issues will continue and likely increase as further life interruptions and travel restrictions are ordered. The possibility of violence increases as stress increases, especially at grocery stores.
- Commanders of responders and essential staff should have robust plans for potential quarantines and updated continuity of operations including plans for diminished manpower. Further, responder organizations should begin reviewing existing integration plans with the National Guard.
- Obtaining medical supplies and PPE will continue to be an issue for the foreseeable future. All services should use the command ordering process so orders can be tracked.
- The community of Charles County is showing increased signs of pulling together and assisting one another. The JIC should continue to encourage civility and increase positive press of good news stories occurring throughout our community.

Respectfully submitted by Jason Stoddard

## Psychological First AID

[http://www.sph.umn.edu/pfatutorial/#responder\\_self\\_care\\_basics](http://www.sph.umn.edu/pfatutorial/#responder_self_care_basics)

### Psychological First AID

There is an excellent tool for Psychological First Aid (PFA) from the University of Minnesota for download to Android and Apple smart phones. An overview and instructions on how to download the tool is located at the following URL:

<http://www.sph.umn.edu/ce/perl/mobile/pfatutorial/> .

The tool contains a PFA overview of for disaster victims as well as responders. In addition, the tool has a series of case studies to allow individuals to apply their knowledge of PFA. For those interested in further study of PFA, there is a section with a list of references. The on-line tool is located at: <http://www.sph.umn.edu/pfatutorial/> .

### Responder Self-Care Basics

Responder self-care is a critical component of Psychological First Aid. Responders deploy on short notice, face terror and destruction, and work long hours. These challenges make normal mechanisms of self-care difficult to access and easy to overlook.

It is imperative for responders to tend to their physical, emotional, and spiritual wellbeing. Without adequate self-care, fatigue, adrenaline, and a desire to help can lead to ineffective, or even regrettable, decisions and practices.

Self-care includes actions taken before, during and after deployment.

### Self-Care Before Deployment

- Create personal and family disaster plans. Planning for potential emergencies at home will help provide peace of mind during deployment.
- Develop a Personal Resiliency Plan or Self-Care Plan. Identifying personal stressors, red flags, and favorite coping strategies in advance will help responders take better care of themselves.
- Practice your Self-Care Plan during day-to-day life. This will make it more likely for self-care to be utilized during response.
- Participate in pre-incident training. The more knowledge acquired before a disaster, the better prepared you will be at the time of deployment.
- Evaluate your readiness to respond to the disaster. Recognize if your own physical and emotional health status makes you unable to perform the required functions of a specific deployment request.

## Psychological First AID

[http://www.sph.umn.edu/pfatutorial/#responder\\_self\\_care\\_basics](http://www.sph.umn.edu/pfatutorial/#responder_self_care_basics)

### Self-Care During Deployment

- Set personal boundaries, including the number of hours you will work and the amount of exposure to traumatic stimuli with which you are comfortable.
- Take care of yourself. You are modeling healthy behavior for survivors and other responders.
- Follow your Self-Care Plan. Taking brief stress management breaks, performing basic bodily care, and checking in with colleagues, family, and friends are all important practices in maintaining an ability to respond.
- Eat properly, drink plenty of water, get rest and exercise, and avoid abuse of alcohol and drugs.
- Talk often to people who care. Never be afraid to ask for support from family, friends, mental health professionals, or clergy.
- Develop a “buddy” system with a co-responder. Agree to keep an eye on each other's functioning, fatigue level, and stress symptoms.
- Writing, journaling, drawing, and painting can be stress management tools.
- Try to be flexible, patient, and tolerant.

### Self-Care After Deployment

- Allow for emotional adjustment upon returning to your usual routine.
- Prepare for changes in how you see the world as you are processing your experiences that may not be mirrored by others in your life.
- Pay extra attention to rekindling close interpersonal relationships.
- Participate in formal mechanisms of obtaining help.
- Increase leisure activities; pay extra attention to health and nutrition and sleep.
- Make time for self-reflection on what you experienced during deployment.

### Responder Reactions To Traumatic Stress

Responders such as yourself may experience stress reactions similar to others who have been exposed to traumatic events. However, responders may also have reactions specific to their role as a responder. Examples include:

- Concerns for your family's wellbeing while deployed
- Fear of long-term health impacts to yourself and your family
- Domestic pressures caused by the disaster such as school closures or disruptions in childcare as well as ongoing pressures such as family illness are heightened during deployment
- Compassion fatigue from repeatedly caring for others
- Refusal to relinquish control when shift is finished and difficulty maintaining self-care activities (e.g., getting sufficient rest)

Charles County Public Schools Briefing 3-28-2020  
COVID Charles County

**48-hour Priorities:**

- Establishing instructional continuity
- Expanding and maintaining food service
- Situational bulletin re: online learning

**Meals:**

On 3/27/20 CCPS served 5603 meals. This total is down -475 from 3/26/20. Total for the week this week is 25,207 meals served to the children of Charles County (over 36,500 for the last two weeks)!

NO MEAL DISTRIBUTION SAT and SUN

U.S. Secretary of Agriculture Sonny Perdue yesterday announced a collaboration with the Baylor Collaborative on Hunger and Poverty, McLane Global, PepsiCo, Panera and others to deliver nearly 1,000,000 meals a week to students in a limited number of rural schools closed due to COVID-19.

**Closure:**

School closure through at least 4-24-20.

**Instruction:**

Dr. Hill has released a letter to all parents and students as well as a Facebook video stating that CCPS will begin with online/distance learning on April 3<sup>rd</sup> in the four core subjects (Math, English, Science and Social Studies) with other elective arts to follow.

Students who don't have a device to complete work may be able to borrow one from the CCPS technology department. Technology staff will begin the process of distributing laptops next week to students who need them.

**Community Wifi:**

Nothing new to report.

**Misc:**

Nothing new to report.

Respectfully submitted by Jason Stoddard and Michael Meiser



# ***Charles County Volunteer Firemen's Association, Inc.***

Post Office Box #21, La Plata, Maryland 20646

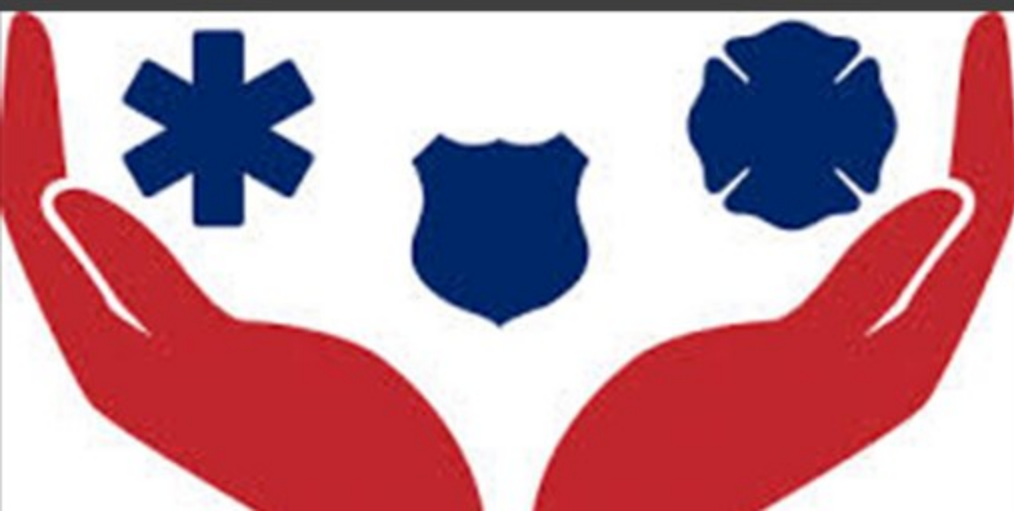
March 28<sup>TH</sup>, 2020

Re: Volunteer Fire/EMS-Morning Brief 3/28/2020

- Working with Nursing Facilities about changing Transfer of Care of patients.
- An online Webinar will be completed by the end of the weekend for responders to view the Viral Syndrome Triage Protocol.
- Call volume remains below average.
- We are receiving positive feedback about Safety Messages.
- No Injuries or new exposures to report.
- No Major Incidents to report

Respectfully Submitted,

Mark A. Kaufmann, Jr  
County Fire Chief  
Charles County Maryland



# First Responder Peer Support

Want to talk? Contact us at:

[DESpeersupport@charlescountymd.gov](mailto:DESpeersupport@charlescountymd.gov)