



# KCER Watch

Safety and Health Topics: Emergency Preparedness Bulletin

March 2017

## In this Issue

### Hot Topics

- [Have You Ever Heard of Norovirus?](#)
- [Tips on Surviving a Power Outage in Winter](#)
- [Winter Isn't Over Yet – A Nor'easter in March](#)

### Education/Communication

- [Emergency Preparedness and Kidney Disease: An Introduction to the Kidney Community Emergency Response \(KCER\) Program](#)
- [Spring Flooding Safety Tips](#)
- [Fire Safety for Older Adults and Their Caregivers](#)

## Hot Topics

### Have You Ever Heard of Norovirus?

Norovirus is very contagious. It can infect anyone. You can get it from an infected person, tainted food or water, or by touching dirty surfaces. The virus causes your stomach and/or intestines to get inflamed. Symptoms include stomach pain, nausea, and diarrhea; often resulting in vomiting. These symptoms can be very serious for some people. Young children and older adults are at highest risk. The Centers for disease Control and Prevention (CDC) has steps you can take to protect yourself from this contagious virus.



Read more: <https://goo.gl/uXeCGx>

[BACK TO TOP](#)

### Tips on Surviving a Power Outage in Winter

Winter storms often bring power outages. They happen because heavy snow or ice can weigh down tree branches, causing them to break off. The frozen branches then fall on power lines and take them down, too. Strong winds during winter storms can also take down entire trees, wreaking havoc on the power grid.

The worse the winter storm, the more likely you will suffer loss of power. Take steps today to prepare yourself for a power outage.

Read more: <https://goo.gl/MoAA1X>



[BACK TO TOP](#)

## Winter Isn't Over Yet – A Nor'easter in March

Old Man Winter continues to keep parts of the country on its toes; a major nor'easter recently hit New England, New York, and the mid-Atlantic states. Nor'easters take their name from the strong northeasterly winds that blow them to shore. While they can occur at any time throughout the year, they are most common from September through April. Bottom line: it's important to always be prepared.



Read more: <https://goo.gl/vm77N0>

[BACK TO TOP](#)

### Education/Communication

## Emergency Preparedness and Kidney Disease: An Introduction to the KCER Program

This month, the KCER Program is featured in a blog on the [www.HealthcareReady.org](http://www.HealthcareReady.org) website. Additionally, KCER participated in the first of a series of roundtable discussions sponsored by Healthcare Ready that aim to address the challenges patients with chronic diseases face during disasters. The series is called *Diseases and Disasters*. Its goal is to help link the needs and concerns of chronic disease patients with broader public health preparedness efforts. KCER was able to provide insight into the special needs of the kidney community during a disaster and how those needs can be met.

Learn More: <https://goo.gl/3cghJ7>

[BACK TO TOP](#)

## Spring Flooding Safety Tips



Did you know that floods are the most expensive weather-related events in this country? And flooding happens somewhere in the United States nearly every day. Flooding is also a killer. It causes nearly 90 deaths per year. The Federal Emergency Management Agency's (FEMA's) [Ready.gov](http://Ready.gov) website has some things you should keep in mind as the spring flood season gets closer.

Learn More: <https://goo.gl/utSy7D>

[BACK TO TOP](#)

## Fire Safety for Older Adults and Their Caregivers



People age 65 and older are twice as likely to be killed or injured by fires than the general population. People age 75 and older are at four times the risk. However, there are steps seniors can take to remain safe from a fire, whether they live independently or in a care facility.

Learn More: <https://goo.gl/dZx0cC>

[BACK TO TOP](#)

You can find this month's KCER Watch and past editions on our website:

[www.kcercoalition.com/kcerwatch](http://www.kcercoalition.com/kcerwatch)

### What do you think about KCER Watch?

We want your feedback! Please click here to complete a short survey: [www.surveymonkey.com/r/KCERWatchMar2017](http://www.surveymonkey.com/r/KCERWatchMar2017)



[www.kcercoalition.com](http://www.kcercoalition.com)



[www.facebook.com/KCERCoalition](http://www.facebook.com/KCERCoalition)



[@KCERProgram](https://twitter.com/KCERProgram)

This material was prepared by the Kidney Community Emergency Response (KCER) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. CMS Contract #: HHSM-500-2006-00007C Publication No.: FL-KCER-7K2T3A-03232017-01