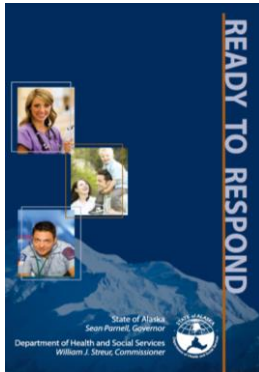


## READY TO RESPOND: Personal Preparedness

**Ready to Respond** is a guide to emergency planning and personal preparedness for those who provide services critical to the health, life, and safety of Alaskans. As a healthcare provider, or behavioral health specialist, you have a responsibility to be prepared. This will enable you to provide essential services and respond before, during, and after a disaster. Advance planning increases the chance that your family will remain safe during disasters and that you will be ready to respond.



**For continuing education credit to earn two (2) contact hours, complete the steps below:**

- 1) Download **Ready to Respond** booklet, or procure a free hard copy. (See text box below)
- 2) Read the entire booklet and follow the steps. You may want to refer to the **Are You Ready Guide** for additional information. (See Additional Materials)
- 3) Complete the evaluation form and submit to: Section of Rural and Community Health Systems, 3601 C Street, #424, Anchorage, AK, 99503 or fax 907.269.0036 or email [akrespond@alaska.gov](mailto:akrespond@alaska.gov).

Upon successful completion of the learning activity, you will be awarded 2 contact hours. Alaska Division of Public Health is an approved provider of continuing education by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. There is no conflict of interest for anyone involved in planning or presenting this learning activity.

Download a copy [Ready to Respond](#) or pick up at Frontier Building, 3601 C Street, Anchorage, #424 or #760 or have a copy mailed to you; call: 907.334.2602 or email your request: [akrespond@alaska.gov](mailto:akrespond@alaska.gov)

### READY TO RESPOND: PERSONAL PREPAREDNESS - Evaluation Form

Date Learning Activity Completed: **June 1, 2017 - June 1, 2019**

Type of Learning Activity: Live (with presenter[s])  Enduring Material

*Please indicate the extent to which you have achieved each objective:*

Objective	Poor	Fair	Good	Excellent
1) Describe conditions which may cause healthcare workers to receive an emergency call from work and name three areas of home preparedness that will enable each worker to have a quicker response.				
2) Evaluate personal risks associated with disasters and list any special items that should be added to your "go-bag" (pg. 38-41) in case of an extended work schedule during a crisis event.				

Bias refers to showing favoritism, partiality, or prejudice. Did you feel that there was any bias in this learning activity? (If yes, please explain.) Yes  No

Please describe how you plan to use information from this learning activity to strengthen your practice.

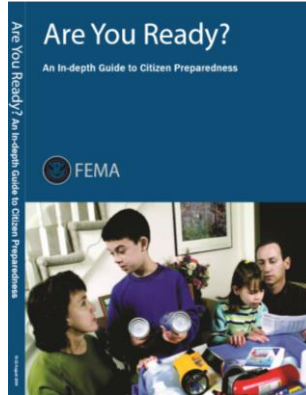
Please indicate barriers that might make it difficult for you to implement what you have learned.

I have read through the **READY TO RESPOND** booklet and have completed the work pages. \_\_\_\_\_  
(Initial)

NAME:

EMAIL ADDRESS:

**Additional Materials:**



***Are You Ready: An In-Depth Guide to Citizen Preparedness***

This FEMA guide can be accessed online [https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready\\_full.pdf](https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready_full.pdf) or follow this link to order other preparedness materials <https://www.ready.gov/publications>



***Building a 7-Day Emergency Kit***

Alaska Homeland Security and Emergency Management  
<https://ready.alaska.gov/Documents/Alaska%207-day%20Emergency%20Kit.pdf>



**Family Communications Wallet Cards**

FEMA publications  
[https://www.fema.gov/media-library-data/20130726-1549-20490-7588/appendix\\_c.pdf](https://www.fema.gov/media-library-data/20130726-1549-20490-7588/appendix_c.pdf)