

A Resident's Guide to Emergency Preparedness

Thank you for choosing Bledsoe County Nursing Home for your senior living experience. We look forward to providing you with the highest quality and safest services.

At any moment the delivery of services can be disrupted by natural disasters (blizzards, earthquakes, floods, hurricanes, tornadoes, etc.), as well as by other types of emergency situations, such as electrical power blackouts.

The aim of this educational sheet is to help you to understand how Bledsoe County Nursing Home plans for disasters. Hopefully, we will never need to use the emergency measures developed by the management staff. However, by knowing what to do and preparing ahead of time, one can feel secure if an emergency should occur.

Employees are trained to respond to any type of emergency. Employees are trained during orientation, quarterly and/or annually and participate in drills and are provided with written materials to best prepare them for all situations. While you are a resident at BCNH, you may hear code paging, which may include names for fire, severe weather or the CPR team. In any type of emergency (staff will inform you if it is a drill or an actual emergency), our staff will provide you with instruction as to what you should do.

If you are the one to identify the emergency, please report it to an employee immediately. If there is a fire in your room, leave the room immediately, close the door and pull the fire alarm on the red box located at the end of the corridor and go to the nurse's station.

Residents will be instructed by the staff if an emergency occurs. Emergency Coordinators of the facility will direct residents as to the type of response needed and when to respond. The facility has agreements with companies for additional water, supplies and medications in place. The facility is also equipped with an emergency generator to provide temporary power for services and equipment such as powered wheelchairs, in the event of a power failure.

Your medical file will be securely maintained. During an emergency, it is very important that the facility staff know where you are at all times. You will need to report to facility staff members if you leave the area. Please do not do so unless instructed by a member of the staff.

REMEMBER:

- 1. Remain calm.**
- 2. When you leave your dwelling unit, always close the door.**
- 3. Put safety first. Do not take time to gather personal belongings, get fully dressed, or put in your hearing aid, dentures, etc. Move immediately to the nearest exit with staff assistance.**
- 4. Fire doors in the hallways will close automatically when the fire alarm sounds.**
- 5. Before passing through any door to another area of the building, touch the door with the back of your hand. If it is hot, DO NOT ENTER.**
- 6. Always exit in the direction opposite of the smoke or flame.**