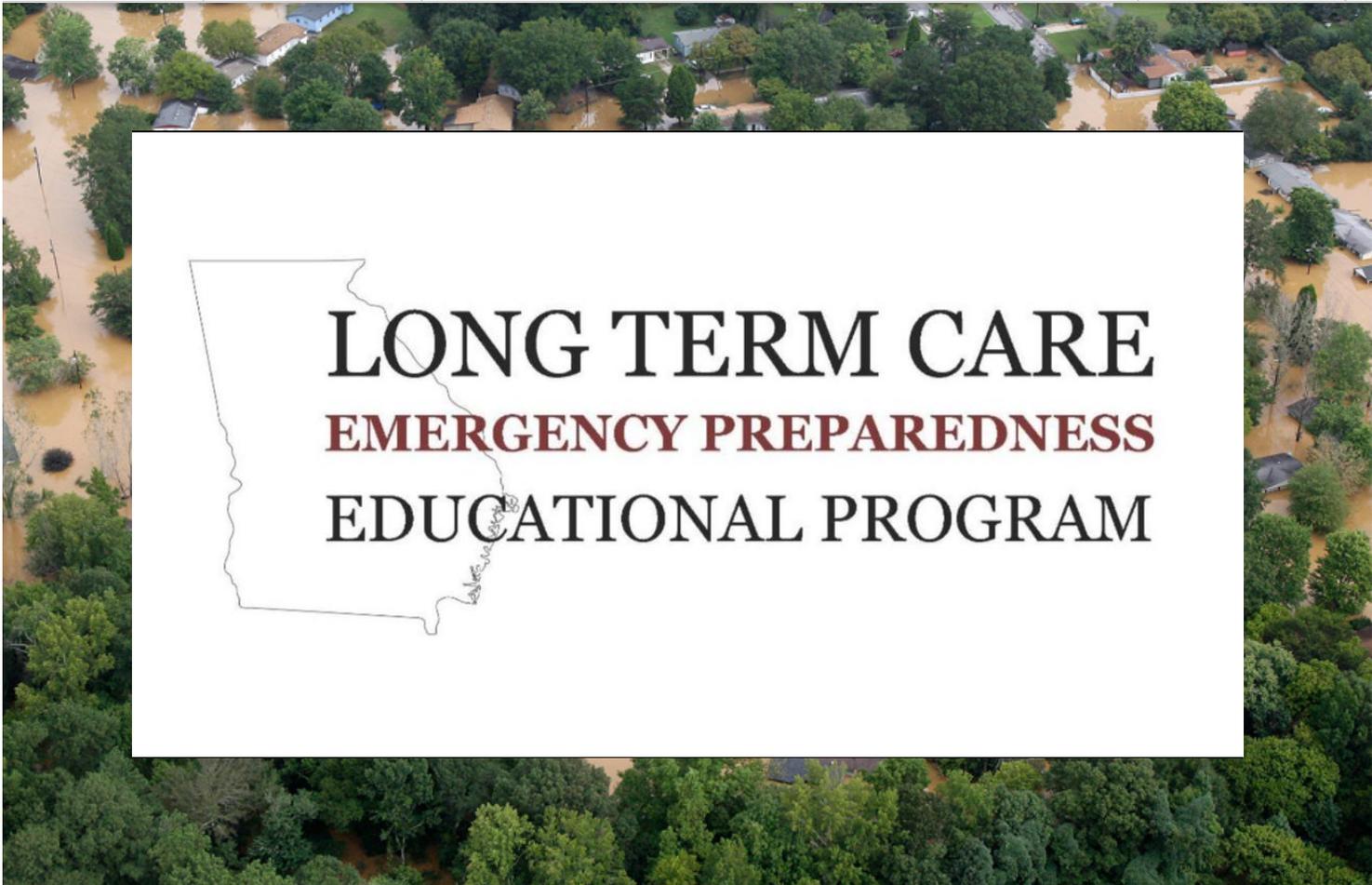


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**LONG TERM CARE  
EMERGENCY PREPAREDNESS  
EDUCATIONAL PROGRAM**

# LTC Emergency Preparedness Digest

Quarterly Newsletter – Spring 2021

This quarterly e-newsletter is designed to provide certified long term care facilities with information on facility-level hazards and threats, emergency preparedness programs, recent events, conferences, and upcoming training opportunities in Georgia.

*Georgia's Long Term Care Emergency Preparedness Educational Program is funded through*

Centers for Medicare and Medicaid Services (CMS), Civil Monetary Penalty (CMP) Funds –

Emergency Preparedness in Georgia Certified Nursing Homes,

Grant #: 18044G (CMP REQUEST #: 2017-04-GA-1219)



**Photo:** Heavy Flooding across Georgia  
September 22, 2009 in Mableton, GA  
(Five miles north of Six Flags Over Georgia)

We have a new **LTCEPEP web page!** Click the button below to view our course descriptions, schedule, previous newsletters, and more. Feel free to share this resource with your colleagues.

[Click Here for LTCEPEP Web Page](#)

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## Spring Focus Area: Flooding

From the flood of 1994 in South Georgia to the 2009 Metro-Atlanta flooding, rising waters are not new for Georgia.

In fact, severe thunderstorms are the most common natural disaster in Georgia and many result in widespread flooding. Read below for tips to prepare for floods and storm surge.

# CMS Appendix Z

## Related Requirements

### **E-0004: Emergency Plan**

(a) The facility must develop and maintain an emergency preparedness plan that must be reviewed and updated at least annually. The plan must include but is not limited to:

- **Natural disasters** (i.e. hurricanes, tornadoes, flooding)
- Man-made disasters
- Facility-based disasters

(1) The plan must be based on and include a **documented, facility-based and community-based risk assessment, utilizing an all-hazards approach**, including missing residents.

### **Survey Procedures for E-0004:**

- Verify the facility has an emergency preparedness plan by asking to see a copy of the plan.
- Ask facility leadership to **identify the hazards** (e.g. natural, man-made, facility, geographic, etc.) that were **identified in the facility's risk assessment and how the risk assessment was conducted**.
- Review the plan to verify it contains all of the required elements.
- Verify that the plan is reviewed and updated annually by looking for documentation of the date of the review and updates that were made to the plan based on the review.

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## Flooding

## **Flood Mitigation Strategies**

Mitigation is defined as a **sustained action to reduce or eliminate risk** to people and property from hazards and their effects. There are two types of mitigation, structural and non-structural, and both can be used to lessen the impacts of disasters.

**Structural mitigation strategies** mitigate risk by reconstructing landscapes. Some examples include:

- floodwalls/seawalls
- levees
- dams
- flood control reservoirs

**Non-structural mitigation strategies** mitigate risk through awareness, preparedness, and in extreme circumstances, by removing people and property from high risk areas. Some examples include:

- laws and regulations
- zoning
- building codes
- flood awareness and preparedness
  - flood forecast-warning systems
  - flood risk assessments

Generally, non-structural mitigation strategies are considered more flexible and sustainable, although a mix of both structural and non-structural strategies is often the most effective solution.

We will discuss non-structural mitigation strategies you can take to protect your residents, property, and business from flooding.

Source: Zbigniew W. Kundzewicz (2002) Non-structural Flood Protection and Sustainability, Water International, 27:1, 3-13, DOI: 10.1080/02508060208686972.

Retrieved from <https://doi.org/10.1080/02508060208686972>

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## **Flood Forecast-Warning System**

There are four types of weather alerts you can receive related to flooding.

- **Flood Advisory**
  - Flooding is forecasted to be an inconvenience but not enough to issue a Flood Warning.
- **Flood Watch**
  - All the components or ingredients are present to produce flooding conditions.
- **Flood Warning - Take Action!**
  - Flooding is currently happening or is about to happen.
- **Flash Flood Warning - Take Action!**
  - Flash Flooding is currently happening or is about to happen. Flash floods are drastic and can take minutes to hours to develop. Move to higher ground if in a flood prone area.

The different types of weather alerts can get confusing but the graphic below shows the difference between watches and warnings.



A flood watch means the conditions or "ingredients" are there to make a flood (or a cupcake). A flood warning or flash flood warning means the flood (or cupcake) is present.

## Assessing Your Flood Risk

CMS Appendix Z requires facilities to review and update their emergency preparedness plan at least once every year. One component of the emergency preparedness plan is the hazard vulnerability analysis or HVA.

The HVA assesses your facility's vulnerability to hazards to determine the risk of being impacted by each specific hazard. All hazards planning is recommended because issues such as water outages can be caused by multiple things including flooding. Remember to review your facility's plans for safe drinking water during emergencies.

### **Community-Based HVA**

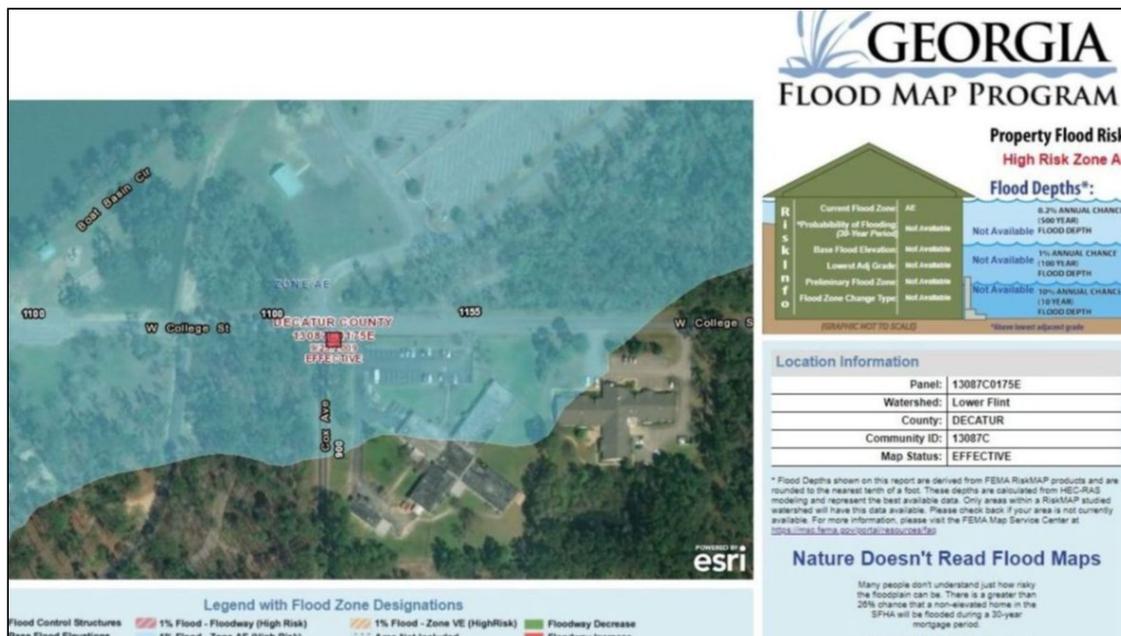
Every facility's emergency preparedness plan and HVA should be facility-specific but align with your community-based or healthcare coalition region's HVA. Each healthcare coalition posts their HVA on [GHA911.org](http://GHA911.org) as a resource within the file library. Reach out to your healthcare coalition leadership if need to create an account for GHA911.

The 2019 Statewide HVA can be found [here](#).

***Note:** The response to COVID-19 has delayed the publishing of a new HVA. Keep in mind novel (new) infectious diseases are likely to rise in rank since this version produced from 2018-2019.*

### **Facility-Based HVA**

A helpful tool to evaluate where to rank flooding in your HVA is the Georgia Flood Map Program provided by the Georgia Department of Natural Resources. To use this resource, go to [georgiadfirm.com](http://georgiadfirm.com), type in your facility address, and it will produce a report along with a flood risk assessment as shown below. Since your facility's flood risk may change over time, be sure to check the report results periodically. This risk assessment can be included in your HVA documentation.



**Note:** On the report reads the disclaimer "Nature Doesn't Read Flood Maps." This resource is to be used to alongside other information such as your healthcare coalition's HVA to aid your planning efforts.

## Storm Surge

Storm surge is a type of flooding which occurs when a tropical system such as a tropical storm or hurricane brings ocean water inland. Storm surge typically impacts coastal areas and can cause massive destruction including loss of life, destruction of buildings, damage to roads and bridges, and erosion of beaches and dunes.

While hurricanes are measured based on wind-speed, these categories do not reflect the amount of water a system may bring and water is more deadly than wind. In fact, the leading cause of tropical cyclone deaths in the U.S. from 1963-2012 was storm surge. Storm surge was associated with 49% of deaths and rain with 27% of deaths, whereas wind caused only 8% of deaths.

**Remember: turn around, don't drown.** Six inches of moving water can knock over an adult while two feet of rushing water can carry away most vehicles - including trucks and SUVs.

For more information on storm surge from the National Weather Service, click [here](#).

Source: Rappaport, E. N. (2014). Fatalities in the United States from Atlantic Tropical Cyclones: New Data and Interpretation, *Bulletin of the American Meteorological Society*, 95(3), 341-346. Retrieved from <https://journals.ametsoc.org/view/journals/bams/95/3/bams-d-12-00074.1.xml>



Image: A truck struggles to stay on a road flooded by storm surge.

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## Upcoming Courses

Year 4 will include three (3) offerings each of the Basic Course, Advanced Course, and a new Disaster Exercise Course. A full schedule will be released once decisions are made regarding the course delivery method (i.e. online or in-person).

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## Follow-Up Survey

Please click the button below to take an anonymous survey on

how the Georgia Long Term Care Emergency Preparedness  
Basic and/or Advanced Courses have impacted your facility's  
preparedness efforts.

We strive to improve courses based on attendee feedback.  
Thank you for your time and participation!

[Survey Link](#)

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## Resources

Family/Home Preparedness: [www.ready.gov/georgia](http://www.ready.gov/georgia)

Find your Local Emergency Management Agency (EMA):  
[www.gema.georgia.gov/locations](http://www.gema.georgia.gov/locations)

Find your Healthcare Coalition (HCC): [www.gha911.org](http://www.gha911.org)

Georgia Health Care Association (GHCA): [www.ghca.info/](http://www.ghca.info/)

Regional Calendar for upcoming events and trainings:  
[www.gha911.org/coalition-information/](http://www.gha911.org/coalition-information/)

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## Contact Us



**College of Public Health**  
*Institute for Disaster Management*  
**UNIVERSITY OF GEORGIA**

If you have any questions about  
the e-newsletter, upcoming events,  
or course registration, please  
contact us at [georgialtc@uga.edu](mailto:georgialtc@uga.edu)



*Georgia's Long Term Care Emergency Preparedness Educational Program is funded through Centers for Medicare and Medicaid Services (CMS), Civil Monetary Penalty (CMP) Funds – Emergency Preparedness in Georgia Certified Nursing Homes, Grant #: 18044G (CMP REQUEST #: 2017-04-GA-1219)*

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