

What Can I Do To Prepare?

Your local community health center can help your neighborhood respond to a disaster. However, you can prepare yourself, your family, and your household in case of emergency beforehand.

For an easy to remember acronym, think of the **“PEACE”** of Mind Model

(From the Yale New-Haven Health Office of Emergency Preparedness)

- **P**repare your plan - review a personal/family preparedness plan
- **E**mergency disaster kits - home kit, travel kit, work kit
- **A**rrange for the care of others - children, parents, pets
- **C**ontact numbers & locations - make sure all members of your family have copies of this info
- **E**xercise & evaluate - exercise plan, review contact info, update supplies

Where To Get More Information

Visit our website:
www.chcanys.org
to find more resources!

Here are links to other programs that can help you prepare:

New York City's
“Ready New York”:
www.nyc.gov/html/oem/html/ready/ready.shtml

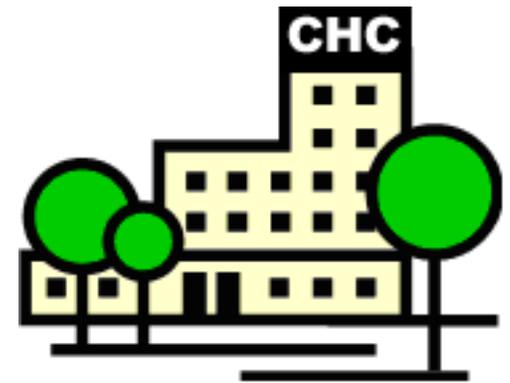
New York State's
“Aware – Prepare”:
www.nyhealth.gov/environmental/emergency/index.htm

The federal government's
“Are You Ready?”:
www.fema.gov/areyouready

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2006

What To Expect From Your Health Center In An Emergency



*Compiled by the
Community Health Care
Association of New York State
(CHCANYS)*

CHCANYS Defining New Directions
Community Health Care Association of New York State

*Funded by the
New York City
Department of Health & Mental Hygiene
(NYC DOHMH)*

**NYC
Health**
THE NEW YORK CITY DEPARTMENT
of HEALTH and MENTAL HYGIENE
nyc.gov/health

What Is A Community Health Center?

- Community health centers are local, non-profit, community-owned health care delivery sites.
- They are providers of quality, comprehensive, and cost effective primary care to underserved communities in urban and rural areas.
- They treat patients even if they do not have insurance and are not able to pay.
- In addition to medical care, health centers offer a variety of health services that may include translation, case management, and health outreach and education.

What to Expect from Your Health Center in an Emergency

What do we do when there is an emergency or disaster in our community?

If something like the attacks of September 11th, 2001, Hurricane Katrina, or a Flu Outbreak happens, we may have questions on what we should do.

We may not need to go to the emergency room in a hospital, but we still need information or other routine health services.

Community health centers can help!

If you are experiencing a medical emergency, call 911 or go to a hospital or urgent care center near you.

During an emergency, community health centers can:

- Give health education that answers your questions
- Continue to treat patients who do not need to go to the emergency room or a hospital
- Provide routine health services
- Give other necessary information
- Refer patients to other appropriate agencies that offer assistance

Community health centers can give some reassurance. Many health centers offer mental health and social services.

Different health centers may offer different services, so ask your local health center what types of help are available.