

Health and Wellness at the Library: Resources, Programming, and More

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Slides & Resources:

Drop your name, library name, and zip code into the chat!



- Introduction to NNLM
- Training and funding opportunities
- Health Information Resources
- Health Programming
- Disaster Preparedness
- Q & A

National Institutes of Health

Nation's research agency
27 institutes and offices

NIH

National Library of Medicine

World's largest biomedical library

NLM

Network of the National Library of Medicine

Program of the NLM comprised of
8 Regional Libraries (RMLs) and 5
offices

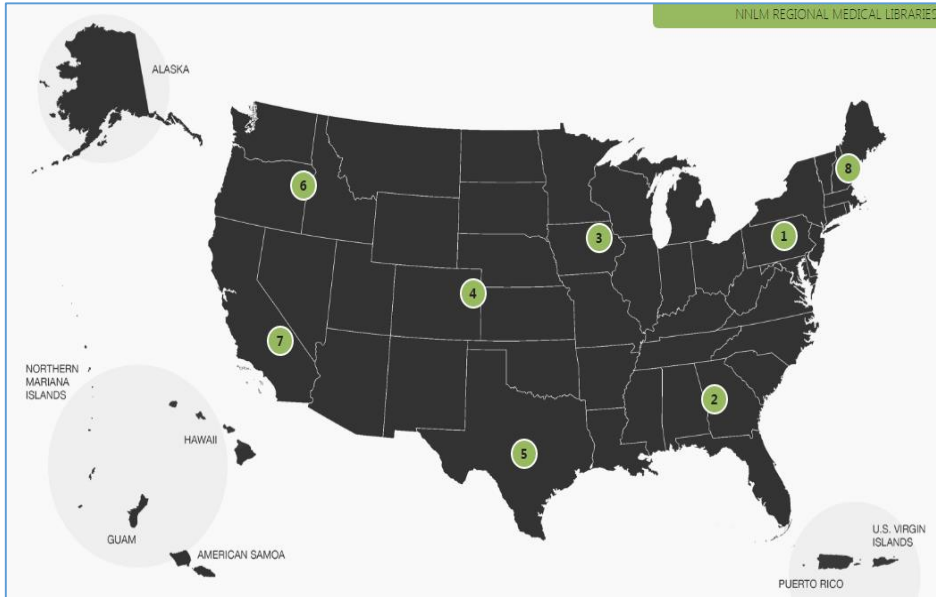
NNLM

Middle Atlantic Region (NNLM MAR)

Serves Pennsylvania, New York,
New Jersey, and Delaware

MAR

Network of the National Library of Medicine (NNLM)



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health



Discover NNLN Training Opportunities

By Category
 Search or browse classes by broad categories.

By Availability
 See all upcoming scheduled, on demand and regional classes.

By Continuing Education Credit
 Search for classes accredited for specializations (CHES, CHIS, DIS).

Browse Course Catalog
 A complete catalog of scheduled and unscheduled classes from NNLN.

IN THIS SECTION
Training Opportunities
Class Catalog
Calendar
Obtain a Specialization
Past Classes

Public Libraries & Summer Reading



© CSLP 2020

Health Programming for Summer Reading

The National Network of Libraries of Medicine has partnered with the [Collaborative Summer Library Program](#) to bring health programming to your library for Summer Reading!

Summer Reading 2020 - *Imagine Your Story!*

Check out the following health programs that compliment the summer reading theme for 2020!

- [Dental Health: A Visit from the Tooth Fairy](#)
- [Environmental Engagement: Into the Woods](#)
- [Fairytale Nutrition](#)
- [Graphic Medicine Book Club: Veterans' Stories](#)
- [Harry Potter's World](#)
- [Herbology in Harry Potter: Ginger, Peppermint, and Valerian](#)
- [Microbes Storytime: The Spread of Germs](#)

2020: *Imagine Your Story*

- 7 Health Program Plans

2021: *Tails and Tales*

- Coming Soon!
- Citizen Science and virtual engagement



**The future
of health
begins
with you**



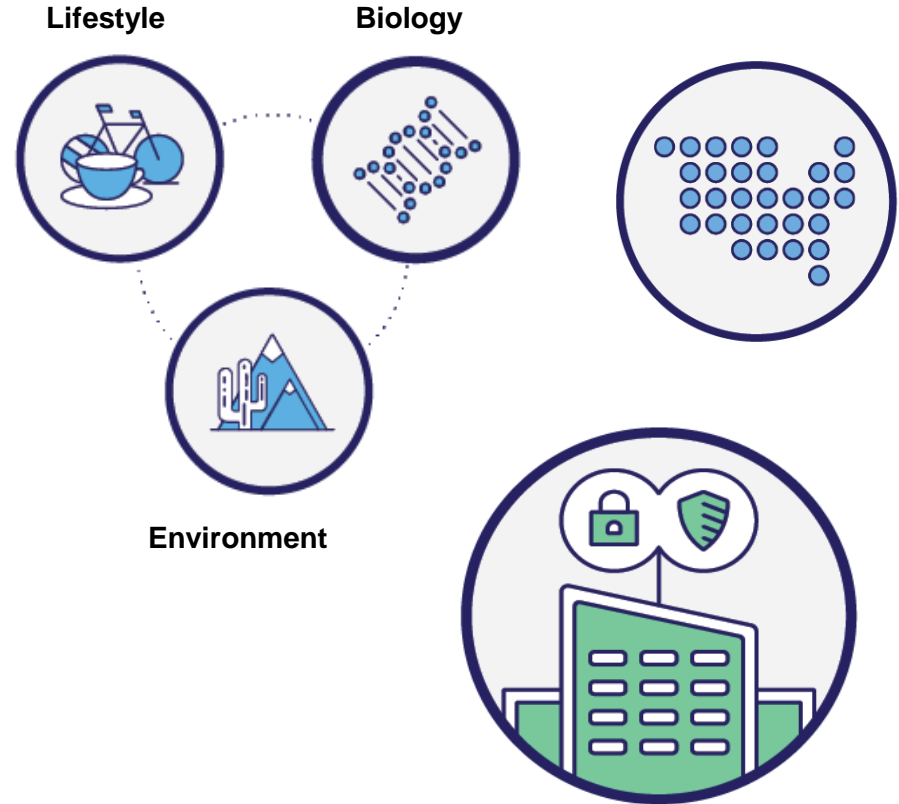
All of Us
RESEARCH PROGRAM



What is Precision Medicine?

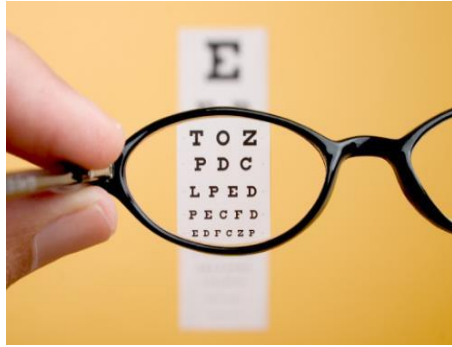
Precision medicine is an emerging approach for disease treatment and prevention that takes into account individual variability in lifestyle, socioeconomics, environment, and biology.

It is a radical shift in how each of us can receive the best care possible based on our unique makeup.



Precision Medicine in Real Life:

Right treatment for the right person



Prescription
Eyeglasses



Insulin
Pump



Blood
Transfusions



Hearing Aid

Crowdsourcing and Citizen Science: A National Library of Medicine Priority



**Open Source
Online Tutorial**



**Increase Diversity
in Participation**



**Curated Citizen
Science Projects**

Citizen Science Meets Summer Reading



All of Us
RESEARCH PROGRAM

scistarter
Science we can do together.



**Globe at Night Q&A
with South Butler Library**

JULY 9 @ 2 PM ET:
Join us online. Register at
bit.ly/GlobeAtNightLibrary

PA FORWARD
scistarter
Science we can do together.

South Butler
Community Library

All of Us
Pennsylvania

A promotional poster for a 'Globe at Night Q&A' event. The background is a dark night sky with a starry constellation and silhouettes of people looking up at the stars. The text is white and yellow. Logos for 'PA FORWARD', 'scistarter', 'South Butler Community Library', and 'All of Us Pennsylvania' are at the bottom.

Health Programming in Public Libraries Award

- Funding Opportunity
- CBOs & Public Libraries
- Virtual Health Programming
- Includes raising awareness of the *All of Us* Research Program and MedlinePlus
- Minds Matter: Mental Health Awareness Workshops (Black Girl Health @ Dauphin County Libraries, Spring 2020)



U.S. National Library of Medicine



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Health Topics Drugs & Supplements Videos & Tools Español

Health Topics
Find information on health, wellness, disorders and conditions

Drugs & Supplements
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Lab Test Information
Learn why your doctor orders laboratory tests and what the results may mean

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus



Need information on medications or supplements?
Find them on our **Drugs and Supplements page.**

1 2 3 4 II

Tweets by @MedlinePlus

MedlinePlus.gov @medlineplus
RT @foodsafetygov: Enjoying #apples this fall? Be sure to wash fruits and veggies under running water before eating, cutting, or cooking! #NationalAppleDay go.usa.gov/vPXG9



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Links to reliable, authoritative health websites

Health Topics on children/teens

Easy-to-read articles

Lab test information

Medical encyclopedia

Links to local services

Information in > 45 languages

No advertisements or endorsements

Mental Health Information on MedlinePlus.gov

Start with the health
topics

For basic
information, you can
use the medical
encyclopedia

Find providers and
hospitals/facilities in
the directories

Find support groups
in organizations
section

Learn more about
drug information

Learn about
supplements and
interactions

Medline Plus: Health Topic

NIH U.S. National Library of Medicine



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Health Topics Drugs & Supplements Videos & Tools

Home → Health Topics → Mental Health

Mental Health

On this page

Basics

- Summary
- Start Here
- Diagnosis and Tests
- Treatments and Therapies

Learn More

- Related Issues
- Specifics

See, Play and Learn

- No links available

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

- Children
- Teenagers
- Women
- Patient Handouts

Summary


What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Start Here

- Live Your Life Well (Mental Health America)
- Mental Health: Keeping Your Emotional Health (American Academy of Family Physicians)
Also in Spanish
- Mind/Body Connection: How Your Emotions Affect Your Health (American Academy of Family Physicians)
Also in Spanish
- Positive Emotions and Your Health: Developing a Brighter Outlook  (National Institutes of Health)
Also in Spanish
- What Is Mental Health? (Department of Health and Human Services)


Diagnosis and Tests

- Mental Health Screening  (National Library of Medicine)
Also in Spanish
- Mental Health: What's Normal, What's Not? (Mayo Foundation for Medical Education and Research)
Also in Spanish

Treatments and Therapies

- Meditation  (National Center for Complementary and Integrative Health)
- Relaxation Techniques for Health  (National Center for Complementary and Integrative Health)
- Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider  (National Institute of Mental Health)
- Yoga: What You Need to Know  (National Center for Complementary and Integrative Health)

Related Issues

- Building Social Bonds: Connections That Promote Well-Being  (National Institutes of Health)
Also in Spanish
- For a Healthy Mind and Body Talk to a Psychologist (American Psychological Association)
Also in Spanish

Health Information Search Strategy

Google vs.
Google +
Source

“Topic” + NIH

Diabetes vs.
Diabetes NIH

Resources for Youth

- **Trevor Project 24/7 Suicide Hotline for LGBTQ youth**
1.866.488.7386
thetrevorproject.org
- **Family Acceptance Project**
familyproject.sfsu.edu
- **PFLAG**
pflag.org –
flag.org/publications
- **Gender Spectrum**
genderspectrum.org
- **Human Rights Campaign**
hrc.org

Trans Lifeline

[1 877-565-8860](tel:18775658860)

The National Suicide Prevention Lifeline

[1 800-273-8255](tel:18002738255)

Teen Line

[310-855-4673](tel:3108554673)

LGBT National Youth Talkline

[1 800-246-7743](tel:18002467743)

Crisis Text Line

[US: Text HOME to 741741](tel:18002738255)

[Canada: Text 686868](tel:18002467743)



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Sensitive Topics Bookmark

- Carnegie Library of Pittsburgh
- Guide Library users independently to sensitive topics

DON'T WANT TO ASK?



We understand. Look for any of these subjects by following the corresponding call numbers. These call numbers are not meant to be specific books, but directions to a subject area. They can be found in children's, teen's, and adult's nonfiction. Signage in the stacks can direct you to the right place and Library of Congress call numbers are shelved alphabetically and then numerically.

TOPIC	CALL NUMBER
Abuse/Incest	HV6570
Abusive Relationships	HV6626
Acne/Skincare	RL131
AIDS/HIV	RA643 / RC606
Alcohol	HV5275

Here to Help Booklists

- Carnegie Library of Pittsburgh
- Booklists linked to catalog on a variety of topics

Click on the titles below to explore **Here to Help** booklists:

[Acceptance](#)
[Adoption](#)
[Babies](#)
[Babysitters](#)
[Bedtime](#)
[Bullying](#)
[Child Abuse](#)
[Conflict Resolution](#)
[Day Care](#)
[Death & Grieving](#)
[Developmental Disabilities](#)
[Divorce and Remarriage](#)
[Families](#)
[Feelings](#)
[Getting Lost](#)
[Health](#)
[Hearing Impairments](#)
[Homelessness](#)
[Honesty](#)
[Immigrant & Refugee Experiences](#)
[Learning Challenges](#)
[LGBTQ Families](#)

Health Programming Resources

What comes to mind?



National Library of Medicine
Network of the National Library of Medicine

NNLM Reading Club





Book Selections and Health Resources: Mental Health

Mental Health Awareness Month

Mental Health Resources

Everything Here Is Beautiful

Gorilla and The Bird

Rx: A Graphic Memoir

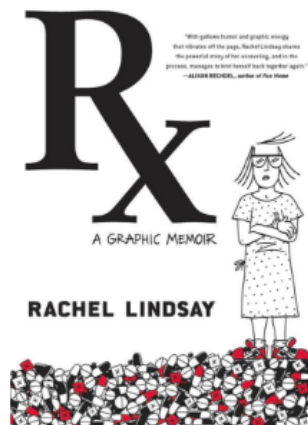
NNLM Reading Club Book Kit

Do you want to share this book with your reading club? NNLM has made it easy to download the discussion questions, promotional materials, and supporting health information from this page.

However, if you are short on time or resources, [apply](#) for the free "program-in-a-box" NNLM Reading Club Book Kit which includes books as well as discussion questions and health topic materials.

Book

In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. Day after day, she sees her own suffering in the ads she helps to create, trapped in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and finds herself hospitalized against her will. In the ward, stripped of the little control over her life she felt she had, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. This is the author's story of being treated for a mental illness as a commodity and the often unavoidable choice



Rx

A GRAPHIC MEMOIR

RACHEL LINDSAY

"With gallows humor and graphic energy that vibrates off the page, Rachel Lindsay shares the powerful story of her unraveling, and in the process, manages to knit herself back together again."

—ALISON BECHDEL, author of *Fun Home*



RX: A Graphic Memoir by Rachel Lindsay Discussion Guide

These are a few sample questions can be used to spark discussion in your book club.

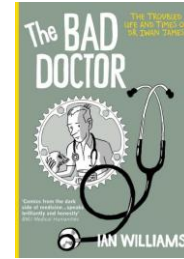
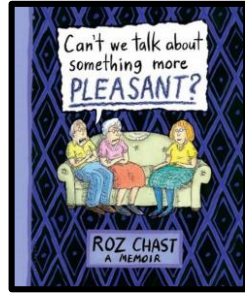
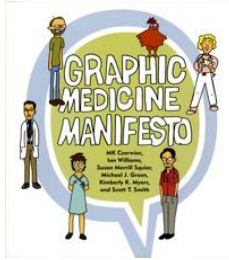
1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does *RX: A Graphic Memoir* compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does *RX: A Graphic Memoir* challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into that fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?

Extension activity

Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit "[Graphic Medicine: Ill Conceived & Well Drawn](https://www.nlm.nih.gov/exhibition/graphicmedicine/)" (<https://www.nlm.nih.gov/exhibition/graphicmedicine/>) for additional information and activity plans. The [Comics Making Project](https://000.gbo5aFur) (<https://000.gbo5aFur>) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

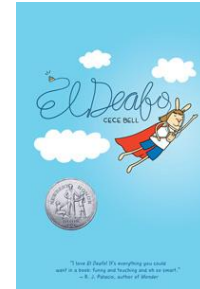
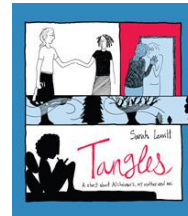
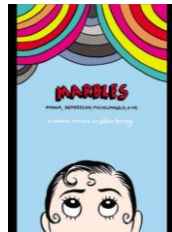
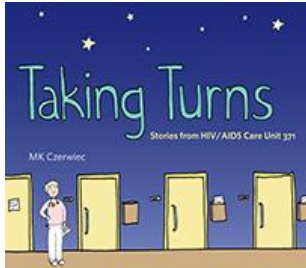
This discussion guide was created by the National Network of Libraries of Medicine and does not reflect the views or opinions of the author or publisher. Created Spring 2019.

What is Graphic Medicine?



“Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare.”

Ian Williams, MD and cartoonist



NLM

GRAPHIC MEDICINE ILL-CONCEIVED & WELL-DRAWN!

MOM CAN

10:12 A.M. EXACTLY!
MARISA THIS IS DR. MILLS.
THERE IS AN ABNORMALITY.
MY WORLD CAME TO AN END.

Graphic medicine is the use of comics to tell personal stories of illness and health.



NIH

Go4Life from the National Institute on Aging at NIH

Search

How Exercise Helps Try These Exercises See Workout Videos Free Resources Stay on Track

Feeling stressed? Get moving!

Do you know the mental health benefits of regular exercise?

[LEARN MORE](#)

ACTIVITIES

A change in season can be a great time to try a new exercise.

MOTIVATION

Many people find it hard to make time to exercise. **Go4Life** can help!

NUTRITION

The holiday season can make it tricky to eat healthy. Stay on track!

Let's



LET'S MOVE IN LIBRARIES RESOURCES

Let's Move in Libraries is the place for library professionals to share, learn and be inspired to develop excellent programs for their communities. This page contains general resources applicable to any library program that includes physical activities. Visit the [Program Ideas](#) page for resources specific to a particular program (such as Yoga Story Times). [Contact us](#) to add resources you have developed in your library!

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SAFETY FIRST

Accidents are rare but they can happen during one of your programs. Protect your library by requiring participants to sign liability waivers. Participants (or their guardians) only have to sign a form once. **These examples of liability forms used by public libraries throughout North America includes forms for Tai Chi, Exercise Classes, Yoga, Bicycling, Nerf Capture the Flag, Walking, and many other types of programs (UPDATE SEPTEMBER 2018 – More examples of Liability Forms: [Ex.1](#), [Ex.2](#), [Ex.3](#)).** In the U.S., instructors of fitness classes in libraries *may be required by your local government to have additional insurance coverage.* Consult your city or county administrators for guidance.



PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

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Featured Items



National Poetry Month

in News

National Poetry Month celebrates poems and poets, with annual events taking place nationwide in April.



Bilingual Market Storytime

in Blog

Here's what LP Fisher Public Library learned when they brought storytime to the farmers' market.



Black Superhero Showcase

in Program Models

In honor of Black History Month, Louisville's Portland Library branch celebrates black superheroes.



Small-Town Library, Big-Time Author

in Blog

How did tiny Meservey Public Library get a free visit from a bestselling author? Two words: they asked.

News

**MAR
7**

[National Poetry Month](#)

[Read more](#)

**MAR
7**

[Programs to Help Your Patrons Get Money-Smart](#)

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Blogs



[Failure: You Can Plan on It!](#)

By: [Laura Ishizaka & Deb Ripley](#)



[McPherson Square Library Photography Exhibit Spotlights](#)

By: [Community-Centered Libraries](#)

JBrary



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Mar 14 2020 Storytime Online Resources
by Lindsey Krabbenhoft

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Storytime Online

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Disaster and Emergency Preparedness



First off...

- How are you doing?
- What are you doing to manage stress?



Emotional Care During and After a Disaster

- The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. **Call 1-800-985-5990 or text TalkWithUs to 66746** to connect with a trained crisis counselor.
- Flyer at <https://store.samhsa.gov/>

Feeling stressed or anxious about the COVID-19 pandemic?

Use these tips to reduce your stress and anxiety:

- NEWS CHASE** Limit or avoid news coverage if it causes you more stress and anxiety.
- FOCUS** Focus on positive things in your life that you can control.
- EXERCISE** Keep stress under control by exercising, eating healthy, resting, or by trying relaxation techniques such as yoga.
- TALK** Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- CONNECT** Connect with others who may be experiencing stress about the pandemic.
- RENEW** Take time to renew your spirit through meditation, prayer, or helping others in need.

IF YOU ARE FEELING OVERWHELMED WITH emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Hotline at 1-800-273-TALK (1-800-273-8255).

ADDITIONAL RESOURCES:
The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (DDH) provides counseling and support before, during, and after disasters. Contact the DDH at 1-800-985-5990 or text **TalkWithUs** to 66746.
SAMHSA's National Helpline: 1-800-487-HELP (1-800-487-4373)

SAMHSA
Substance Abuse and Mental Health Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
1-877-SAM-HSA, 7 (1-877-726-4727) | 1-800-487-4373 (TTY) | <https://www.samhsa.gov>
NIDA-01-94-016

Kinds of disasters

- What kinds of disasters have you experienced or might experience?



Disaster Health Information for Families, Caregivers and Community Organizations

Key Players:

- [CDC](#) Centers for Disease Control and Prevention
- [FEMA](#) Federal Emergency Management Agency
- [Ready.gov](#)
- [MedlinePlus](#)

CDC: Social Media Resources

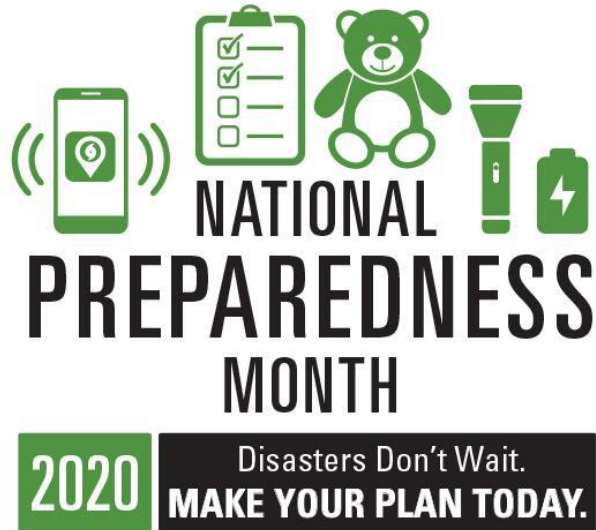
#TakeAction by wearing a mask in public settings. When you wear a mask, you help protect those around you. When others wear one, they help protect those around them, including you. More: #PrepYourHealth #NatlPrep

Source:

<https://www.cdc.gov/cpr/socialmedia>



Ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:


- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

The checklist is presented as a vertical list with a large green checkmark at the top left. Each item has a small square checkbox to its left.

MedlinePlus

Health Information in Plain Language


U.S. National Library of Medicine


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Trusted Health Information for You

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Find information on health, wellness, disorders and conditions


 **Drugs & Supplements**
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**
Discover tutorials, health and surgery videos, games, and quizzes

 **Medical Tests**
Learn why your doctor orders medical tests and what the results may mean

 **Medical Encyclopedia**
Articles and images for diseases, symptoms, tests, treatments

Healthy Recipes

Share MedlinePlus    



Whether it's your husband, partner, dad, brother, son, or friend, you can help support the health of the men in your life. #MensHealthMonth

1 2 3 4 ▶

Tweets by @MedlinePlus

 **MedlinePlus.gov**
@medlineplus

What is retinal detachment, and can it be treated? Retinal detachment is a separation of the light-sensitive membrane (retina) in the back of the eye from its supporting layers. Treatment usually involves surgery. Find out more: [ovr.ly/qZ8k30oXEgc](#)



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Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

[Find topics A-Z](#)

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Body Location/Systems	Disorders and Conditions	Demographic Groups
Blood, Heart and Circulation	Cancers	Children and Teenagers
Bones, Joints and Muscles	Diabetes Mellitus	Men
Brain and Nerves	Genetics/Birth Defects	Older Adults
Digestive System	Infections	Population Groups
Ear, Nose and Throat	Injuries and Wounds	Women
Endocrine System	Mental Health and Behavior	Health and Wellness
Eyes and Vision	Metabolic Problems	Disasters
Immune System	Poisoning, Toxicology, Environmental Health	Fitness and Exercise
Kidneys and Urinary System	Pregnancy and Reproduction	Food and Nutrition
Lungs and Breathing	Substance Abuse Problems	Health System
Mouth and Teeth	Diagnosis and Therapy	Personal Health Issues
Skin, Hair and Nails	Complementary and Alternative Therapies	Safety Issues
Female Reproductive System	Diagnostic Tests	Sexual Health Issues
Male Reproductive System	Drug Therapy	Social/Family Issues
	Surgery and Rehabilitation	Wellness and Lifestyle
	Symptoms	
	Transplantation and Donation	

MedlinePlus-Disaster and Recovery Health Topics Page

Home → Health Topics → Disaster Preparation and Recovery

Disaster Preparation and Recovery

On this page

Basics <ul style="list-style-type: none">SummaryStart Here	Learn More <ul style="list-style-type: none">Related IssuesSpecifics	See, Play and Learn <ul style="list-style-type: none">Games
Research <ul style="list-style-type: none">Clinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">Older Adults

Summary

Preparing for a disaster can reduce the fear, anxiety and losses that disasters cause. A disaster can be a natural disaster, like a [hurricane](#), [tornado](#), [flood](#) or [earthquake](#). It might also be man-made, like a [bioterrorist attack](#) or [chemical spill](#). You should know the risks and danger signs of different types of disasters. You should also have a disaster plan. Be ready to evacuate your home, and know how to treat basic medical problems. Make sure you have the insurance you need, including special types, like flood insurance.

No matter what kind of disaster you experience, it causes [emotional distress](#). After a disaster, recovery can take time. Stay connected to your family and friends during this period.

Federal Emergency Management Agency

Start Here

- [Emergency Preparedness & Response](#) (Centers for Disease Control and Prevention)

Related Issues

- [Clean Hands Save Lives: Emergency Situations](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Clean Up Safely After a Natural Disaster](#) (Centers for Disease Control and Prevention)
- [Disaster Preparedness for Your Pet](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Emergency Disinfection of Drinking Water](#) (Environmental Protection Agency, Office of Water)
Also in Spanish
- [Home Use Devices: How to Prepare for and Handle Power Outages for Medical Devices That Require Electricity](#) (Food and Drug Administration) - PDF
- [Individuals with Access and Functional Needs](#) (Department of Homeland Security)
Also in Spanish
- [Keep Food and Water Safe After a Disaster or Power Outage](#) (Centers for Disease Control and Prevention)
Also in Spanish



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- [First Aid](#)
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MedlinePlus – Winter Weather Emergencies

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Winter Weather Emergencies

Summary

What kinds of problems can severe winter weather cause?

Winter storms can bring extreme cold, freezing rain, snow, ice, and high winds. Staying safe and warm can be a challenge. You may have to cope with problems such as

- Cold-related health problems, including [frostbite](#) and [hypothermia](#)
- Household fires and carbon monoxide poisoning from space heaters and fireplaces
- Unsafe driving conditions from icy roads
- Power failures and loss of communication
- [Floods](#) after the snow and ice melt

How can I prepare for a winter weather emergency?

If there is a winter storm coming, there are things you can do to try to keep yourself and your loved ones safe:

- Have a [disaster plan](#) which includes
 - Making sure that you have important phone numbers, including for your health care providers, pharmacy, and veterinarian
 - Having a communication plan for your family
 - Knowing how to get reliable information during the storm
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn



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Other Languages

Find [health information in languages other than English](#) on *Winter Weather Emergencies*

Information in other languages

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Other topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Winter Weather Emergencies - Multiple Languages



Arabic (العربية)

Bosnian (bosanski)

Burmese (myanma bhasa)

Chinese, Simplified (Mandarin dialect) (简体中文)

French (français)

Modern Standard Arabic (Arabic dialect)
(العربية النصحى, عربي فصيح)

Nepali (नेपाली)

Russian (Русский)

Serbo-Croatian (Srpskohrvatski /
Српскохрватски)

Somali (Af-Soomaali)

Spanish (español)

Swahili (Kiswahili)

Vietnamese (Tiếng Việt)

HealthReach resources will open in a new window.



Arabic (العربية)

- [Watches and Warnings - English PDF](#)
[Watches and Warnings - \(Arabic\) العربية PDF](#)
Healthy Roads Media
- [Winter Storms and Extreme Cold - English PDF](#)
[Winter Storms and Extreme Cold - \(Arabic\) العربية PDF](#)

What is Continuity of Operations?

“A predetermined set of instructions or procedures that describe how an organization’s mission-essential functions will be sustained within 12 hours and for up to 30 days as a result of a disaster event before returning to normal operations.” Acronym: COOP

Source: [NIST Computer Security Resource Center glossary](#)

One page continuity of operations plan

- Continuity Plan
- Emergency Response Coordinator duties
- Operations Contacts
- Communications Plan
- Resources Contacts
- Collections rescue priority
- Admin files
- Relocation strategy
- Selective list of response procedures

[Example](#)

[Template](#)

COOP Resources for libraries

- [In Case of Emergencies: Continuity of Operations \(COOP\) Planning](#) (National Library of Medicine)
- [Librarian's Disaster Planning and Community Resiliency Guidebook and Workbook](#) (NJ State Library)
- [Northeast Document Conservation Center](#) (24/7 Collections Emergency Hotline)

WINTER IS COMING...



BE READY.



Questions and Thank You!

Michael Balkenhol, Health Programming Coordinator
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