

Do You Know Your Responsibilities During Weather Emergencies?

Continued from page 3

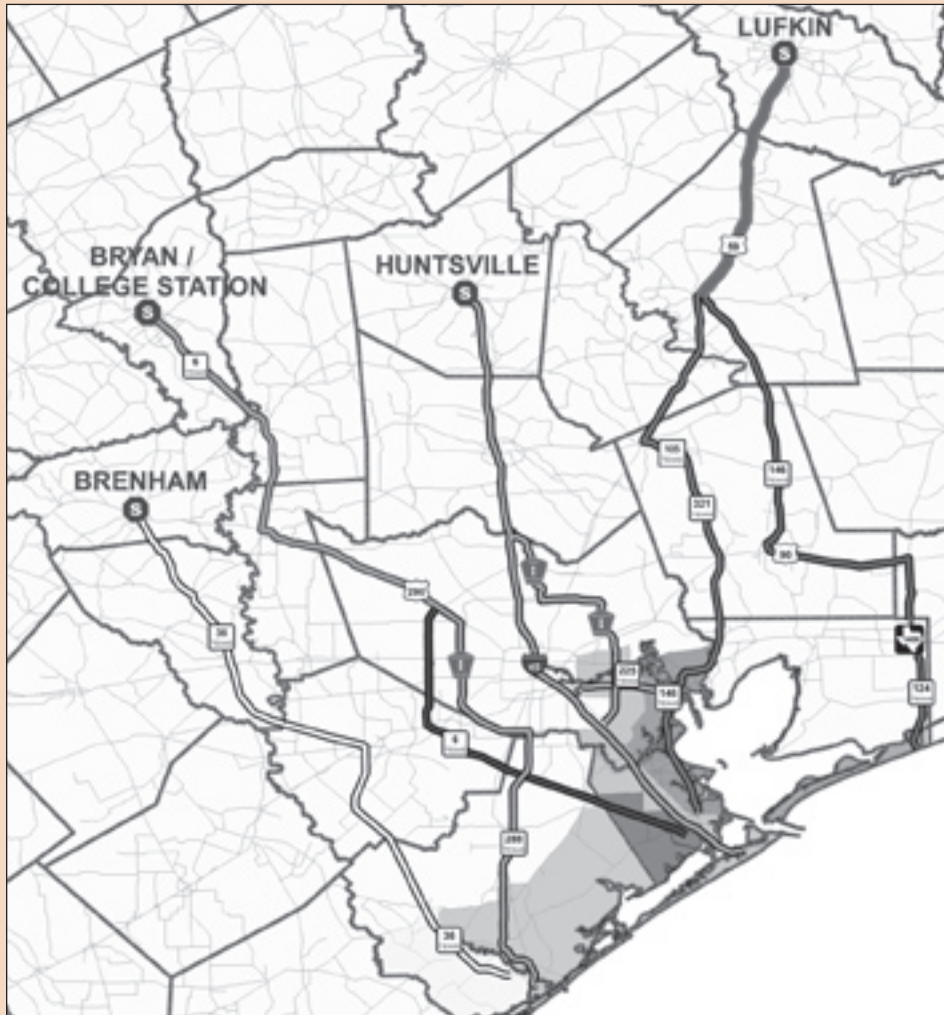
Cut on dotted line and put in your wallet or purse

Other important contact numbers

Supervisor number: _____



Hurricane Evacuation Route Map



All-Hazard Supplies

Water

- One gallon of water per person, per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- Those in warm climate may need more water.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.

Food

- Store at least a three-day supply of non-perishable foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat: ready-to-eat canned meats, fruits and vegetables; protein or fruit bars; dry cereal or granola; peanut butter; dried fruit; nuts; crackers; canned juices; non-perishable pasteurized milk; high-energy foods; vitamins; food for infants; comfort/stress foods.

Important Family Documents

Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds.
- Passports, social security cards, immunization records.
- Bank account numbers.
- Credit card account numbers and companies.
- Inventory of valuable household goods, important telephone numbers.
- Family records (birth, marriage, death certificates).

Supply Kit Tips

- Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

First Aid Kit

In any emergency, a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies, you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things You Should Have:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer.
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have: cell phone, scissors, tweezers, tube of petroleum jelly or other lubricant; non-prescription drugs: aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid (for upset stomach), laxative.

STARS

Students

* Congratulations to the Dental Branch class of 2007 for earning a 100-percent pass rate on the American Dental Association National Dental Board Exam, Part II. The two-day exam, taken by 60 students, measures basic and advanced clinical knowledge of dentistry.

* Dental student Darryl Baucum won second place for the Predoctoral Dental Student Merit Award for Outstanding Achievement in Community Dentistry from the American Association of Public Health Dentistry.

* Valerie Santiago-Doyle, a fourth-year student at the Dental Branch was named a 2007 winner of the Minority Faculty Association (MFA) scholarship. The MFA is dedicated to the promotion and advancement of minority faculty, students and employees at The University of Texas Health Science Center at Houston and M. D. Anderson Cancer Center.

* First-year dental student Geoffrey McMurray has been chosen for the summer program at the National Institutes for Dental and Craniofacial Research (NIDCR). The NIDCR Summer Dental Student Award is designed to promote the professional careers of talented dental students through exposure to the latest advances in oral health research.

* Dental student Jason Vasquez received the Women of Rotary Club of Houston

Scholarship at a March 24 luncheon. The \$5,000 award was given from the establishment of an endowed fund the Women of Rotary have created specifically for dental students. After graduation, Vasquez said he plans to attend a General Practice Residency Program at the Michael E. DeBakey VA Medical Center for one year.

* Anne Gill, Dr.PH. candidate at the School of Public Health and assistant professor of Pediatrics and Medical Ethics at Baylor College of Medicine, was recently awarded the Baylor College of Medicine Fulbright and Jaworski Faculty Excellence Award for Teaching and Evaluation.

Staff

UT Physicians Best Employees awards allows employees, managers, patients and physicians to recognize UT Physicians employees who have gone above and beyond their day-to-day responsibilities to deliver excellent customer service.

* Crystal Humphrey (Dermatology) is UT Physicians employee of the month for April.

Best Employee awards in March went to:

- * Stephanie Cavazos (Dermatology),
- * Carl Davis (Family Medicine),
- * Murleen Kimball (Internal Medicine) and
- * Neal Parchment (Pediatrics). ★



Reaching Out to Help and Inspire

Jodi Jennings (left) and recent Dental Branch graduate Valerie Santiago-Doyle, D.D.S., make Christmas stockings at Children's Memorial Hermann Hospital. They are among about 200 volunteers from The University of Texas Health Science Center at Houston and UT M. D. Anderson Cancer Center assisting patients, families and the elderly during United To Serve, a UT System-wide Outreach Day. Photo by Beth Ardoin-Watson



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DEADLINES

Submit information to be considered for publication in *The Leader* by the 15th of the month one month prior to the desired time of publication. Requests for feature articles require a longer lead time and will receive strategic consideration. Send electronic information in Word format (*no PDFs or posters*) and digital photos as unedited, high-resolution images at 300 dpi or better. E-mail to Pamela.Lewis@uth.tmc.edu. Include a contact name, phone number and e-mail address. Mail hard copy to *The Leader*, c/o Pamela Lewis, Office of Institutional Advancement, University Center Tower, 1200, or fax to 713-500-3037. For information regarding *The Leader*, call Pamela Lewis, 713-500-3040.

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