



April 9, 2021 | Issue 17

# Resilience Report

*Brief insights and the latest innovations in emergency management and health security.*

*Much of our work (and lives) continues to revolve around COVID-19 while other areas of health have lost some of the attention they once got. This week on Resilience Report we take a moment to focus more broadly on public health (especially since it is National Public Health Week) to see what issues may have taken a backseat as we have fought the pandemic. Plus, some championship celebrations and emergency preparedness apps.*



## **Start of a Fourth Wave.**

What might be the start of a [fourth wave of coronavirus](#) infections has begun in the Northeast U.S. and parts of the Midwest. Experts agree that the surge is largely being driven by the spread of variants and by relaxed state rules.

## **Vaccination Efforts Pick Up Speed.**

Last weekend, a [record number of people](#) received a vaccine on Saturday (over 4 million!). That's the largest one-day number since vaccinations started in December, providing a glimmer of hope amongst continuing surges.

## **Wisconsin Wildfires.**

Wisconsin is currently in a [state of emergency](#) over increased wildfire risk. Over 300 fires have been reported in the state and 1,400 acres have burned so far this year, with conditions exacerbated by early melting of snow.

## **Emergency Preparedness on the Go.**

Check out these seven emergency [preparedness apps](#) for your phone, which vary from general education to earthquake preparedness. Some you might already recognize, and some you might not!



# SPECIAL HIGHLIGHT: REFOCUS ON PUBLIC HEALTH

*Every week, we'll dedicate space for a hot topic that we think is especially important for emergency managers to read. This week we want to consider public health concerns that may have received less attention the past year and a half as we remain focused on managing the COVID-19 pandemic. What other areas of public health may need to be moved to the forefront in the coming months and years?*

- The [two leading causes of death](#) in the United States continue to be noncommunicable diseases: Heart Disease and Cancer. Million Hearts and the CDC Foundation have created a COVID-19 and [Cardiovascular Disease Partner Toolkit](#) with drafted messaging, videos, and graphics to encourage individuals to continue seeking cardiovascular care during the pandemic.
- Antibiotic usage has [increased since 2020](#) due to increased standard practices in antibiotic treatment as well as misguided use of antibiotics for COVID-19 or other health symptoms. This adds to [already high concerns](#) about antibiotic resistance. Learn more about [antibiotic prescribing](#) and visualize data on [ResistanceMap](#).
- Social distancing reduced virus spread but also contributed to a pre-pandemic epidemic: [substance abuse](#). More than [90,000 people](#) died in 2020 due to the Opioid Crisis and many more striving for sobriety have confronted a deluge of hurdles. SAMHSA's [\\$2.5 billion in grants](#) can help with prevention and treatment while the [Rural Health Information Hub](#) provides resources and examples for rural communities.

## But What Can I Do?

Knowledge can be a powerful tool to recognize and address public health challenges. As individuals, we may wonder what we can do in the face of such overwhelming crises. Here are some suggested actions we can take at an individual level.

- **Take care of yourself and your loved ones.** Avoid putting off routine health screenings and prioritize health as much as possible. Try to fit exercise into your daily routine and look for fresh fruits and vegetables to spice up your meals.
- **Be Antibiotics Aware.** While the [Antibiotics Aware](#) campaign is not until November, there are lots of [local](#) (WA), [national](#) (CDC), and [international](#) (Ireland) resources to learn more about antibiotic use and avoiding antibiotic resistance.
- **Provide or seek support.** Anyone facing mental health or substance abuse issues is not alone. If you are unsure how to start a conversation about addiction, it can help to [debunk the myths](#) and know the [preferred language](#). Plus, there is someone available [to talk 24/7](#).

One of our operational areas is public health preparedness. Shoot us an [email](#) to talk to our staff and learn more!

# FUN THINGS

## NCAA Basketball Champions.

This past week, Stanford beat Arizona to become the [NCAA Women's Basketball](#) champions, and [Baylor beat Gonzaga](#) to become the NCAA Men's Basketball champions. Both finals were played in front of limited in-person audiences.

## It's National Public Health Week!

The week of April 5-11 is designated as [National Public Health Week](#). Saturday's theme is "Uplifting Mental Health and Wellness" and Sunday's theme is "Elevating the Essential Health Workforce." Thank you to all our public health practitioner readers for all of your dedication and resilience this past year.

## It's also International Dark Sky Week!

April 5-12 is also International [Dark Sky Week](#), which seeks to raise awareness about light pollution and connect people to Dark Sky Sites for some epic stargazing.



## We're Here to Support You

If you need help with vaccine ops, COVID-19 AARs, return to work planning, or anything in between, shoot us an email at [jason@constantassociates.com](mailto:jason@constantassociates.com). We are here to help.

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