

## **CLIENT EMERGENCY PREPARATION PLAN --**

1. - The purpose of the plan is to inform and prepare you in the event of an emergency/natural disaster (hurricane, etc), or terrorist attack Poverello has a special responsibility to prepare and inform our Clients so they may react in their own interest, to the best of their ability. Follow any precautionary measures determined by County officials.
2. - In a natural disaster, the Poverello Center will stay open as long as we can. If and when we close, we will post it on our phone voice-mail, on the Poverello website, on the door of the Poverello Food Bank; we will call Ryan White Case Mgrs, Organizations, and the Grantee's Office, to let them know of our plans. Clients can always call in to see if we are open.
3. - If phones are down, we are likely to be open if the Broward County buses (#50) are up and running. We will post information with all Ryan White case management organizations.

### **The following measures you can take to help yourself be prepared --**

**FOOD --** Please see "What To Do When Money For Food Is Limited"

**MEDICATIONS --** Make sure that you have an ample supply of medications as well as important medical documents (insurance card, medical records, etc.)

**OTHER --** Update your contact information with Poverello as well as emergency contacts. Contact your case manager and/or therapist re social services issues or needs.

Seek medical attention in case of an emergency. Notify your primary care physician\n(PCP) of any medical emergencies.

If a foreseen event is identified, contact Poverello to obtain information about possible closures and emergency procedures.

If an unforeseen event occurs and you need assistance and cannot contact Poverello, please use the information sheet enclosed for emergency contact numbers.

**If you would like more information, please call the Intake Office.**

**FOR THE MOST UP TO DATE INFO DURING AN EMERGENCY/NATURAL  
DIASER YOU CAN CALL US @ (954) 561-3663 OR GO ONLINE  
@WWW.POVERELLO.ORG OR YOU CAN CALL 211.**

**EMERGENCY TELEPHONE NUMBERS AND WEBSITES -**

**Doctor** \_\_\_\_\_

**Case Manager** \_\_\_\_\_

**Next of Kin** \_\_\_\_\_

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# THE POVERELLO CENTER

Food Bank and Thrift Shop

Serving the Nutritional Needs of People Living with HIV/AIDS

Dear Client:

We trust this letter will find you doing well. Thank you for choosing Poverello to help you with your nutritional needs. The purpose of this letter is to inform and prepare you in the event of an emergency/natural disaster (i.e. hurricane). Poverello has a special responsibility to prepare and serve the community to the best of their abilities in the event of such a case. The following are cautionary measures to take so that you are prepared.

Make sure that you have an ample supply of medications as well as important medical documents (insurance card, medical records, client ID card)

Update your contact information with the agency as well as your emergency contacts.

Contact your case manager and/or therapist regarding social services issues or needs.

Seek medical attention in case of an emergency. Notify your primary care physician (PCP) of any medical emergencies.

If a foreseen event is identified, contact the agency to obtain information about possible office closures and emergency procedures.

If an unforeseen event occurs and you need assistance and cannot contact the office, please use the information sheet enclosed for emergency contact numbers.

Follow any precautionary measures determined by county officials. Poverello will reopen ASAP after any emergency. If the city busses are operating, the Center should be open.

Remember that prevention is key when facing emergencies. We encourage you to take any measure necessary to guarantee your well-being.

Sincerely,

The Staff & Management of The Poverello Center



## WHY IS GOOD NUTRITION IMPORTANT IN HIV?

- Good nutrition helps keep your immune system strong, enabling you to better fight disease. A healthy diet improves quality of life.
- Weight loss, wasting, and malnutrition continue to be common problems in HIV, despite more effective antiretroviral medications, and can contribute to HIV disease progression.
- Good nutrition helps the body process the many medications taken by people with HIV.
- Diet (and exercise) may help with symptoms such as diarrhea, nausea, and fatigue, and with fat redistribution and metabolic abnormalities such as high blood sugar, cholesterol, and triglycerides.

## FOOD AND WATER SAFETY –

Food safety guidelines are important to follow when your immune system is challenged. Bacteria or viruses can be passed to you from food that is undercooked or handled improperly. A food-borne illness can make you very sick. Symptoms of food poisoning can include fever, nausea, vomiting, cramping and diarrhea. The following guidelines can help you protect yourself from getting food poisoning when you are preparing and storing food. This is all about feeling good and healthy, and guarding yourself against illness and weight loss.

- Wash hands repeatedly with warm, soapy water before and after preparing and eating food! When away from home, carry an instant hand sanitizer.
- Cook all meats, fish, and especially poultry to the WELL-DONE stage.
- Do not eat raw, soft-boiled or “over-easy” eggs, or Caesar salads with raw egg in the dressing; Hard cooked eggs are safe and nourishing.
- Do not eat sushi, raw seafood, or raw meats, or unpasteurized milk or dairy products.
- Rinse all fresh fruits and vegetables with safe, clean water.
- Clean all cutting boards and knives that touch chicken and meat with soap and HOT water before any other food touches them.
- Check expiration dates on food packaging.
- Refrigerate leftovers at temperatures below 40° F.
- Do not eat leftovers that have been sitting in the refrigerator for more than three days.
- Keep hot items heated to over 140° F, and completely reheat leftovers before eating.
- Ask for “no ice” in drinks.

## **WHAT TO DO WHEN MONEY FOR FOOD IS LIMITED –**

Use the community resources available to you! Most cities have multiple organizations that provide hot meals and/or deliver meals to homes. Check with your local AIDS service organization for what's available. Many churches and ministry organizations also have food/clothing pantries at which you can get items free or at a discount. Don't underestimate the impact that these services can have on your nutritional intake – they can make the difference between staying healthy and being sick. Find out which services you're eligible for, and call before going to verify location, availability, and requirements. If you're unable to eat, or need liquid supplements, some organizations also provide these. For people with HIV, food is as important as medicine. Inform your doctor if you do not have access to food.

- Use canned foods – usually nutritional contents are similar to fresh or frozen, and are sometimes cheaper. Try canned vegetables, fruits and meats.
- Remember that protein is critical, so meats are worth the extra money. Try boiling a dozen eggs and keep them refrigerated – eat them as snacks and toppings for extra high-quality protein. Add dry milk powder to foods and drinks for a cheap protein source.
- When you're able, make foods from the basic ingredients. For instance, a can of bean soup may cost a dollar, but if you make it yourself from dried beans, it costs a few pennies per serving.
- Add a multivitamin/mineral supplement to your daily intake. Generic vitamin/mineral supplements from pharmacy can be low cost, so compare prices in your area. Vitamin/mineral supplements can make a big difference in your overall intake of these critical nutrients, even when you are eating well.

## **FOOD CHOICES WHEN NO KITCHEN IS AVAILABLE –**

There are steps you can take to eat a healthier diet, even if you don't have a stove and refrigerator. Always check the expiration date before buying or eating a product. Here are some foods that may fit your needs –

Instant (dried) milk powder	Canned tuna	Single serving sliced meats
Canned evaporated milk	Canned beans	Canned meats, (chicken ham, Vienna sausage).
Processed cheese spread	Peanut butter	Sunflower seeds
Single serving dairy products	Nuts	Crackers
Bread	Whole grain	Fruit (fresh, canned or dried)
Trail mix	Dry cereals	
Single-serving containers pasteurized juice		
Vegetables, (fresh or canned).		