

SAFELY COVERED

Preparing for Safe Crisis Coverage



crisis /'kraɪ.sɪs, n. - A time of intense difficulty or danger.

Media's role during crises

- Information – what is happening, who is/are affected, how the situation is developing, why
- Communication – serves as a lifeline by relaying important information between affected parties
- Early Warning – releases timely and reliable information about imminent or potential danger
- Community Forum – allows citizens to voice concerns and support each other

Prepare a Disaster Response Plan

- Contact information for all staff, including a map of home addresses
- Responsibilities and specific assignments for newsroom personnel
- Contact information for emergency response officials, major institutions and independent experts
- Contact information for other personnel (freelancers, other news organizations) who might supplement staff
- Background information on the disasters you will/might cover
(<https://www.emdat.be/index.php> *The International Disaster Database*)

- Ensure secure communications
- Back up everything and store these at a secure alternative site
- Identify possible backup newsrooms
- Seek arrangements with other news organizations
- Social media may be your ultimate backup

Personal safety

- Are you covering a high-risk location, activity or event?
- Who will you be meeting? Can they endanger you or vice versa?
- List all possible risks and measures to mitigate or prevent these.
- Have a complete list of contacts and emergency numbers.
- Ensure contact with your superiors, colleagues and family.
- Do you have the gear you need?
- If a crisis can be anticipated, ensure your family is safe.

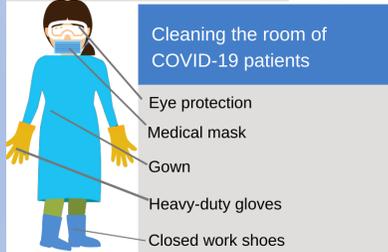
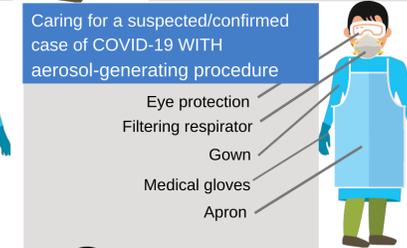
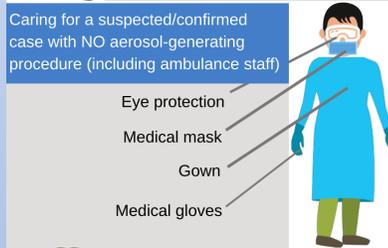
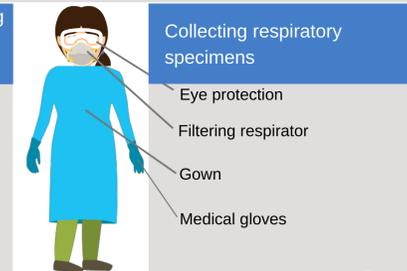
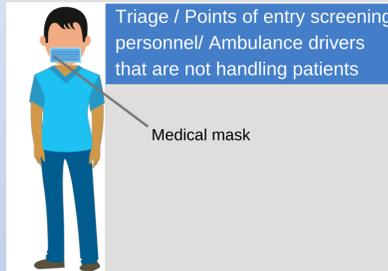
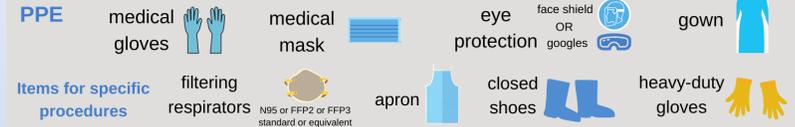
Grab-and-Go Bag



Novel Coronavirus COVID-19

Personal Protective Equipment (PPE) According to Healthcare Activities

FOR HEALTHCARE WORKERS



Stress and Trauma

- Accept stress and trauma as an occupational hazard, not a weakness
- Mutual care among colleagues is the best way to deal with trauma
- Trauma awareness briefings help prepare for difficult coverage
- Maintain regular contact with personnel in the field and with their families
- Be generous with encouragement and remind them of the importance of self care
- Debrief staff after difficult assignments and give them time off to decompress

Distress

is a normal response to trauma exposure. It may last up to four weeks.
Some signs are:

- Sleeplessness
- Bad dreams
- Intrusive images or thoughts of the event
- Avoidance of reminders of the trauma or feeling numb

- Feeling that bad things are about to happen
- Being jumpy and easily startled
- Anger
- Difficulty concentrating
- Feeling 'hyper'

**BY FAILING TO PREPARE
YOU ARE PREPARING TO FAIL**