

Preparing for an Emergency

Prepare Your Home
Protect Your Family
Do Your Part

Course Outline

- Prepare Your Home
 - Basic Supplies
 - Protect Your Family
 - Planning, Training, Communication
 - Do Your Part
 - Listen for Instructions
 - Take Appropriate Action
 - Volunteer to Assist Others
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Where to look for supplies?



Prepare Your Home

There are six basics you should stock for your home:

- [water](#),
 - [food](#),
 - [first aid supplies](#),
 - [clothing and bedding](#),
 - [tools and emergency supplies](#),
 - [special items for medical conditions](#).
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Prepare Your Home: Water

- Store in plastic containers.
 - Store one gallon per day per person.
 - Store a three day supply for each person.
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Prepare Your Home Food

- Keep a three-day supply.
 - Non-perishable.
 - Canned meats and vegetables.
 - Staple items (salt, pepper, sugar).
 - Baby foods or special needs.
 - High energy foods.
 - Comfort foods.
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Prepare Your Home (and Car!): First Aid Supplies

- Bandages.
 - Sterile gauze.
 - Adhesive tape.
 - Hand sanitizer.
 - Antiseptic wipes.
 - Latex medical gloves.
 - Anti-bacterial ointment.
 - Cold pack.
 - Scissors, tweezers, CPR barrier.
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Prepare Your Home: Clothing and Bedding

- Sturdy shoes/boots.
 - Rain gear.
 - Blankets/sleeping bags.
 - Hat and gloves.
 - Thermal underwear.
 - Sunglasses
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Prepare Your Home: Tools and Supplies

- Mess kits.
 - Battery operated radio.
 - Flashlight with extra batteries.
 - Cash or travelers checks.
 - Non-electric can opener, knife.
 - Fire extinguisher.
 - Tent.
 - Plastic sheeting.
 - Map of the area.
(see Handout)
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Prepare Your Home: Sanitation

- Toilet paper.
 - Soap/liquid detergent.
 - Feminine supplies.
 - Personal hygiene items.
 - Plastic garbage bags and ties.
 - Disinfectant.
 - Bleach.
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Prepare Your Home: Special Items

- Elderly persons.
 - Disabled persons.
 - Infants/children.
 - Formula.
 - Diapers.
 - Bottles.
 - Powdered milk.
 - Medications.
 - Insulin.
 - Eye glasses, contacts.
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Protect Your Family

- Plan Ahead.
 - Teach Everyone the Basics.
 - Develop a Communication Plan.
 - Practice.
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Protect Your Family: Plan Ahead

- Discuss possible scenarios.
 - Sheltering at home.
 - Evacuation.
 - Sheltering in place.
 - Assign roles to each family member.
 - Plan two meeting places (one just outside your home and one outside your neighborhood).
 - Develop an evacuation plan from each room and from your neighborhood.
 - Plan for the care of your animals.
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Protect Your Family: Teach Everyone the Basics

- Recognize the disaster warning system.
- Identify safe spots in your home.
- Learn the disaster plan at your business.
- Tell everyone where to find the disaster kit.
- Teach everyone how to turn off utilities.
- Teach everyone how to use the fire

Protect Your Family: Develop a Communications Plan

- Designate an out-of-town contact.
 - Provide each family member with a contact list to carry with them.
 - Teach children about using 911 and 211.
 - Post emergency telephone numbers by phones.
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Protect Your Family: Practice

- Conduct fire drills and practice evacuating your home and neighborhood.
 - Practice shutting off water and gas.
 - Practice calling your out-of-town contact.
 - Practice basic first aid skills.
 - Practice sheltering in place.
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Do Your Part

- Listen For and Follow Instructions
 - Learn How to Shelter in Place
 - Learn Basic First Aid and CPR
 - Get Medical Information
 - Volunteer
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Do Your Part: Follow Instructions

Your risks, and those of your family, will vary depending on the emergency.

- Follow instructions.
- In the event of chemical or other airborne agents, you may put yourself or others at risk if you attempt to join or retrieve loved ones who are sheltered in a separate location.
- Retrieve supplies from your car if, or when, it is safe to do so.
- Some areas may be evacuated.
- You may be encouraged to "shelter in place."

Do Your Part: Shelter in Place

- Close and Lock all windows and exterior doors.
 - Turn off all fans and air conditioning.
 - Close fire place damper.
 - Locate disaster supplies and working radio.
 - Go to an interior room above ground.
 - Use duct tape to seal cracks around door and any vents into the room.
 - Listen to the radio for further instructions.
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Do Your Part: First Aid Basics

- Take a Course American Red Cross
 - Basic First Aid When Help is Delayed
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Do Your Part: Get Medical Information

- Listen for messages through media.
 - Call 911 in a life-threatening emergency.
 - Call 211 for other health questions or for information about community resources.
 - Listen for information about mass vaccinations.
 - Listen for information about decontamination procedures.
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Emergency Alert System



- National Weather Service Radio
 - Available at Radio Shack, on line & other sources
 - Cost about fifty dollars
 - Linked into emergency alert system
 - Can be programmed for various alerts
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Do Your Part: Volunteer in the Community

- Red Cross
 - Fire Department: CERTs and DARTs
 - Hospitals
 - Public Health
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Where can I buy emergency supplies??

- www.sosproducts.com
 - www.beprepared.com
 - www.simplerlife.com
 - www.campmor.com
 - www.cabelas.com
 - Google "disaster preparedness"
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It's best to be prepared:

Prepare Your Home, Protect Your Family
Its your responsibility
Do Your Part

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