



**American
Red Cross**

Together, we can save a life

Preparing for the Unexpected

Presentation for Families and Communities

Who We Are:

The American Red Cross
of Massachusetts Bay

Presenter:

Dawn Snow

Manager of External Relations



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Our Purpose:

- To help you be prepared for any type of disaster
- To help you respond to direction from authorities and workplace officials

“What kinds of disasters could happen in our local area?”



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Creating a Personal Disaster Plan

- Establish a communication plan
- Establish a meeting place
- Assemble a disaster supplies kit

Establish a Communication Plan

- Choose a contact person for your family
- Make sure all family members have correct contact information
 - Phone numbers
 - E-mail addresses





Establish a Meeting Place



- Outside your home in case of house fire
- Away from your home in case of evacuation

Disaster Plans at Children's Schools

- Know the school's plan
- Keep contact information current
- Know authorizations required to release a child



Know your workplace's disaster plan, including:

- Chain of command
- Notification method
- Safe locations
- Instructions about leaving

Participate in fire drills



“Why is it important to tune in to local news stations during a disaster?”



If Disaster Strikes...

- Follow advice of local officials
- Use flashlight or light stick—avoid matches, candles and electrical switches
- Do not turn off utilities unless:
 - Local officials have told you to do so
 - You suspect a gas leak

If Disaster Strikes...

- Bring your pets inside and with you if you are told to evacuate
- Call your family contact person
- Check on elderly or homebound neighbors

Shelter in Place

- Close and lock all windows and doors
- Turn off all fans and air conditioning systems
- Close the fireplace damper

Shelter in Place



Get your disaster supplies kit

Move to an interior room that has no windows

Shelter in Place



Seal all cracks around doors and vents

Shelter in Place



Listen to local radio or television

“Where should you shelter in place at home and at work?”



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Evacuation

- Follow local emergency instructions
- Wear appropriate clothing
- Take your disaster supplies kit
- Lock your home
- Use approved travel routes

Evacuation

- Follow your disaster plan for your pet



If You Have Time...

- Call your family contact person
- Only if instructed to, shut off:
 - Water
 - Electricity
 - Gas



Caring for Injuries

Follow the Emergency Action Steps:

CHECK ⇒ CALL ⇒ CARE



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**“The first step is ‘check.’
What should you do for this step?”**



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“Who should you call?”



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“In what situations should you call 9-1-1?”



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CALL 9-1-1 for:

- | | |
|---|---|
| <ul style="list-style-type: none">• Unconsciousness• Trouble breathing• Not breathing• No signs of circulation• Persistent chest pain• Severe bleeding that does not stop• Deep burn on the face and neck | <ul style="list-style-type: none">• Severe burns anywhere on the body• Seizures• Shock• Injury to the head• Vomiting blood• Possible broken bone |
|---|---|



Prevent Disease Transmission

Use Basic Precautions

- Avoid direct contact with blood and body fluids
- Use protective equipment
- Properly dispose of contaminated materials
- Wash hands thoroughly

“What household or work items could be used if gloves were not available to use as protection?”



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Control Bleeding

- Cover the wound and use direct pressure
- Elevate the wound above the heart
- Cover the dressing
- Care for shock

Care for Burns

- Stop the burning
- Cool the burn with water
- Cover the burn with dry, clean dressings

Care for Muscle, Bone and Joint Injuries

- Rest the injured part
- Apply ice or a cold pack to reduce swelling and pain
- Avoid movement or activity that causes pain
- Immobilize the injured part before moving

Care for Shock

- Keep the victim from getting chilled or overheated
- Elevate the legs about 12 inches
- DO NOT give food or drink to the victim

“What household or work items could you use for controlling bleeding and caring for burns and muscle, bone and joint injuries?”

Anthrax

- Acute, infectious disease
- Cutaneous form is most common
- Evidence shows it is not contagious

For More Information:

American Red Cross

www.redcross.org

Centers for Disease Control and Prevention

www.cdc.gov

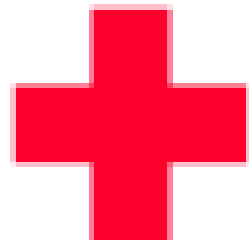


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Local Chapter Information:

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www.bostonredcross.org



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