

Tips For Emergency Preparedness

Tip #1 Have an Escape Plan. Create a basic plan that includes how to leave your home quickly and safely. Identify two ways out of each room.

Tip #2 Designate Two Meeting Places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home

Tip #3 Emergency Contact. Choose an emergency contact person outside your area (out of state is the best). All family members need to know the contact's number. You and your family can call this contact person in the event of an emergency. Often only out of the area calls can be made during emergencies.

Tip #4 Emergency Plans for Family Pets. Find out in advance how to care for your pets when disaster strikes. Pets should not be left behind, but could be taken to a veterinary office, family member's home or animal shelter during an emergency.

Tip #5 Review Your Plan. Go through your calendar now, and put a reminder on it — every six months — to review your plan, update numbers, and check supplies to be sure nothing has expired, spoiled, or changed.

Tip #6 School Emergency Plan. Check your child's school web site or call the school office to request a copy of the school's emergency plan. Keep a copy at home and work or other places where you spend a lot of your time and make sure the school's plan is incorporated into your family's emergency plan.

Tip #7 Practice Drills. Conduct fire drills and practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are blocked or gridlocked. Practice earthquake drills at home, school and work.

Tip #8 Check Work Disaster Plan. While many companies have been more alert and pro-active in preparing for disasters of all types since the September 11, 2001 attacks, a national survey indicates that many employees still don't know what their workplace plan is for major or minor disasters. If you don't know yours, make a point to ask.

Tip #9 Emergency Supply Kit. You should keep enough supplies in your home to meet the needs of you and your family for at least three days. Build an emergency supply kit to take with you in an evacuation. The basics to stock in your portable kit include: water, food, battery-powered radio and flashlight with extra batteries, first aid supplies, change of clothing, blanket

or sleeping bag, wrench or pliers, whistle, dust mask, plastic sheeting and duct tape, trash bags, map, a manual can opener for canned food and special items for infants, elderly, the sick or people with disabilities. Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffle bag.

Tip #10 Emergency Food. Preparing for emergencies needn't be expensive if you're thinking ahead and buying small quantities at a time. Make a list of some foods that: have a long shelf-life and will not spoil (non-perishable), you and your family like, do not require cooking, can be easily stored, and have a low salt content as salty foods will make you more thirsty.

Tip #11 Family First Aid Kit. Consider creating a kit for each vehicle as well. First Aid Kits - Assemble a first aid kit for your home and one for each car to include the following: adhesive bandages, conforming roller gauze bandage, triangular bandages, sterile gauze pads, sterile gauze pads, roll 3" cohesive bandage, germicidal hand wipes or waterless alcohol-based hand sanitizer, antiseptic wipes, non-latex gloves, adhesive tape, anti-bacterial ointment, cold pack, scissors, tweezers, First Aid Manual, non-prescription and prescription drugs, aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, syrup of ipecac, laxative, activated charcoal, and copies of the prescriptions in case they need to be replaced. For more

information about first aid kits, visit www.redcross.org.

Tip # 12 Water Supply. Keep at least a three-day supply of water per person. Store a minimum of one gallon of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation). Store water in plastic containers that are designed for long term storage. This product is recommended by LHNA and is an excellent product from the Ready Store, visit

<http://www.thereadystore.com/water-storage/water-storage-containers/5-gallon-water-container-stackable>

Tip #13 Treating Contaminated Water. When water is of questionable purity and bottled water is not available, you can treat contaminated water by filtering or chlorinating. Filter the water using a piece of cloth or coffee filter to remove solid particles. Bring it to a rolling boil for about one full minute. To Chlorinate: Add 16 drops (1/8 teaspoon) of liquid chlorine bleach (no fragrances or soap additives) per gallon of water. Stir to mix. Let stand 30 minutes. If it smells of chlorine you can use it. If it does not smell of chlorine, repeat the process of adding chlorine, and smell again. If it smells of chlorine, you can use it. If it does not smell of chlorine, discard it and find another source of water.

Tip #14 Emergency Tool and Supply Kits. Essential Items are Battery-operated radio and extra batteries;

Flashlight and extra batteries; Cash or traveler's checks, change; Non-electric can opener; Utility knife; Duct Tape; Paper and pencil; Whistle; and Plastic sheeting. Other useful items include Mess kits, or paper cups, plates, and plastic utensils; Compass; Matches in a waterproof container; Aluminum foil; Plastic storage containers; Signal flare; Needles and thread; Medicine dropper; Shut-off wrench or pliers, to turn off household gas and water; Emergency preparedness manual and a copy of your disaster plan, including your emergency contacts list; Map of the area (for locating shelters and evacuation routes) Fire extinguisher: small ABC type stored near where fires are likely to occur such as a kitchen, or near a fireplace. It should not be kept in the disaster supplies kit.

Tip #15 Sanitation Emergency Supply Kit.

Sanitation Essential Items are Toilet paper and towelettes; Soap and liquid detergent; Feminine supplies; Personal hygiene items; Plastic garbage bags and ties (for personal sanitation uses). Also consider including a plastic bucket with tight lid, Disinfectant, and Household chlorine bleach.

Tip #16 Emergency Clothing and Bedding.

Include at least one complete change of clothing (long sleeves and long pants for protection) and footwear, per person, in your emergency supply kit. Essential Items include Sturdy shoes or work boots; Rain gear; Blankets

or sleeping bags. Also consider including Hat and gloves; Thermal underwear and Sunglasses.

Tip #17 Vehicle Emergency Kit. In case you are commuting or traveling when disaster strikes, prepare an Emergency Kit for your vehicle. Include Bottled water and non-perishable high energy foods, such as granola bars, raisins and peanut butter; Flashlight and extra batteries; Blanket; Booster cables; Fire extinguisher (5 lb., A-B-C type); First aid kit and manual; Maps; Shovel; Tire repair kit and pump; Flares or other emergency marking devices.

Tip #18 Teach Your Children Emergency Preparedness. Teach children how to dial 9-1-1 in an emergency. Post this and other emergency numbers by the phone. Review emergency action steps: Check the scene and the victim and call 9-1-1 or your local emergency number posted by the telephone. Care for the victim. Help your children learn more about emergencies by visiting Red Cross' "Masters of Disaster." [Masters of Disaster® \(K-8 students\)](#)

Tip #19 “Be Prepared” Section of redcross.org. Read and print emergency preparedness information on the www.redcross.org website and keep a copy with your disaster supplies kit. Make sure it has telephone numbers, addresses and other information you need when electronic connections are not available options.

Tip #20 How to Turn Off Utilities. Be prepared to turn off your utilities in an emergency. Locate your electric, gas and water shut-off valves. Keep necessary tools near gas and water shut-off valves and teach adult family members how to turn off utilities. If you turn off the gas, a professional must turn it back on. Do not attempt to do this yourself. It is recommended that the gas valve should be checked to be sure it is not frozen (stuck). This can be accomplished by making sure that the valve can move. Move the valve a small amount and return it back to its original position. It has to be turned a complete 90 degrees to have it totally turned off. If it is frozen, contact your gas company. Also periodically check the wrench to be sure it is operational. (water condensation can cause metal wrenches to rust)

Tip #21 Shelter-in-place or Evacuate. During an emergency you may be asked to “shelter-in-place” or to evacuate. Plan for both possibilities and be prepared to listen to instructions from your local emergency management officials. Visit www.ready.gov and www.redcross.org/preparedness for more information on sheltering-in-place.

Tip #22 Disasters and Financial Planning. A disaster can cause significant financial loss. Important financial records could be destroyed. Take the time now to assess your situation and ask questions. Consider using the

EFFAK, (press CTRL + Click to open)



[Emergency Financial First Aid Kit](#)

or visit your local Red Cross chapter online for Disasters and Financial Planning: A Guide for Preparedness.

Tip #23 Earthquake Preparedness. The Department of Homeland Security and FEMA have put together some excellent tips on what to do before, during, and after an earthquake to help protect you and your family. You can find them at <http://www.ready.gov/earthquakes>. Here are specific links you can click on (press CTRL + Click) to guide you: [Develop a Plan](#). Find out what your family needs in order to be prepared. [Create a Kit](#). Find out what items should be included in an emergency earthquake kit. [During an Earthquake](#). What do to during an earthquake. [After an Earthquake](#). What to do after an earthquake.
<http://www.boxer.senate.gov/en/services/earthquakes/after.cfm>

Tip #24 Chemical or Airborne Hazards. When there is concern about a potential exposure to a chemical or other airborne hazard, local officials may advise you to "shelter-in-place " and "seal the room." To shelter-in-place and seal-the-room: Close and lock all windows and exterior doors. Turn off all fans, heating and air conditioning systems. Close the fireplace damper. Get your disaster supplies kit and turn on your battery-

powered radio. Go to an interior room that is above ground level and without windows, if possible. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed. If directed by local authorities on the radio, use duct tape to seal all cracks around the door and any vents into the room. Tape plastic sheeting, such as heavy-duty plastic garbage bags, over any windows. Listen to your radio or television for further instructions.

Tip #25 Explosions and Fire. If there is an explosion: Take shelter against your desk or a sturdy table. Exit the building immediately. Do not use elevators. Check for fire and other hazards. Take your emergency supply kit if time allows. If there is a fire: Exit the building immediately. If there is smoke, crawl under the smoke to the nearest exit and use a cloth, if possible, to cover your nose and mouth. Use the back of your hand to feel the upper, lower, and middle parts of closed doors. If the door is not hot, brace yourself against it and open slowly. If the door is hot, do not open it. Look for another way out. If your clothes catch on fire, stop-drop-and-roll to put out the fire. Do not run. If you are at home, go to your previously designated outside meeting place. Account for your family members and carefully supervise small children. GET OUT and STAY OUT. Never go back into a burning building. Call 9-1-1 or your local emergency number.

