

**What types of events
are considered
Emergencies?**

14 Tips for Emergency Preparedness

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Preparedness Tip #1

Escape Routes

Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly.

- What are the best escape routes from your home? Find at least 2 ways out of each room.**
- Now, write it down — you've got the beginning of a plan.**

Preparedness Tip #2

Meeting Place

Pick a place to meet after a disaster.

Choose 2 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.**

Preparedness Tip #3

Contact Person

Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster.

Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency.

Be sure to share the contact's phone number with everyone in the family.

During an emergency, you can call your contact who can share with other family members where you are; how you are doing; and how to get in contact with you.

Preparedness Tip #4

Emergency Contact Card

Complete an emergency contact card and make copies for each member of your family to carry with them.

Be sure to include an out-of-town contact on your contact card.

You should also have access to a traditional phone, as cordless or cellular phones may not work in an emergency.

Preparedness Tip #5

Pets

Dogs may be man's best friend, but due to health regulations, most emergency shelters cannot house animals.

Find out in advance how to care for your pets and working animals 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.

Store extra food and water for pets.

Preparedness Tip #6

Emergency Plan Updates

Go through your calendar now, and put a reminder on it — every six months — to review your plan.

- update numbers**
- check food and water supplies to be sure nothing has expired, spoiled, or changed.**
- practice your tornado, fire escape or other disaster plans.**

Preparedness Tip #7

School

Check your college or your child's school website (or call the 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 emergency plan is incorporated into your family's emergency plan.

Learn about the disaster plans at other places where you and your family spend time.

Preparedness Tip #8

911

**Learn how and when to call 9-1-1 or your local
Emergency Medical Services number for help.**

Teach your child how and when to call 9-1-1

**Post these and other emergency numbers by your
home telephone and in your cell phone.**

Preparedness Tip #9

Practice Evacuating

Practice a fire drill and how you would evacuate from your home.

Drive your planned evacuation route and plot alternate routes on a map in case main roads are blocked or gridlocked.

Practice earthquake and tornado drills at home, school and work.

Commit a weekend in May and one in November to update telephone numbers, emergency supplies and review your plan with everyone.

Preparedness Tip #10

Helping the Community

A community working together during an emergency makes sense.

- Talk to your neighbors about how you can work together during an emergency.**
- Find out if anyone has specialized equipment like a generator, or expertise such as medical knowledge that might help in a crisis.**
- Decide who will check on elderly or disabled neighbors.**
- Make back-up plans for children and pets in case you can't get home in an emergency.**

Preparedness Tip # 11

Work

What if disaster strikes while you're at work? Do you know the emergency preparedness plan for your workplace?

- If you don't know yours, make a point to ask.**
- Know multiple ways to exit your building, participate in workplace evacuation drills.**
- consider keeping some emergency supplies at the office.**

Preparedness Tip #12

Supplies

You should keep enough supplies in your home to meet the needs of you and your family for at least 3 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, medicine, 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**

WHAT IS IN AN EMERGENCY SUPPLY
KIT?

SUPPLIES FOR AT LEAST
3 to 7 Days

SIX BASIC ITEMS TO INCLUDE

1. Food
2. Water
3. First Aid Kit
4. Clothing & Bedding
5. Tools & Supplies
6. Specialized Items

EMERGENCY KIT

- * Water - 1 Gallon/ Person Per Day
- * Food - Canned, Dehydrated, Powdered
- * Manual Can Opener
 - High-Energy Food Bars
 - Change of Clothes

EMERGENCY KIT

- * Flashlights w/Extra Batteries
- Waterproof Matches
- Sturdy Walking Shoes
- Work Gloves

EMERGENCY KIT

- Blankets/Sleeping Bags
- Toilet Paper/Paper Towels
- * Plastic Trash Bags
- Hand Sanitizer

EMERGENCY KIT

- * First-Aid Kit w/ Manual
- * Portable Battery- Operated Radio w/ Extra Batteries
- Fire Extinguisher
- * Medications
- * Extra Eyeglasses
- Whistle

EMERGENCY KIT

- Tools :
 - ✓ Gas/Water Pipe Wrench,
 - ✓ Screwdriver, Crowbar,
 - ✓ Duct Tape, Plastic Sheets
 - ✓ Rope, Knife
- Road Maps

EMERGENCY KIT

- Cash - \$10.00 & \$20.00 Bills
- (Or Even \$1.00 & \$5.00 Bills)

- * Important Documents

- (Copies of Insurance, Birth Certificates, etc.)

- * Pictures of Family Members

- * Telephone Numbers

EMERGENCY KIT

- * Special Supplies For:
 - ✓ Children
 - ✓ Elderly
 - ✓ Physically Challenged
 - ✓ Pets

WHERE TO STORE

- Backpack, Trash Bin, Plastic Bin, etc.
 - Place Somewhere Accessible Quickly
 - Away From Water Heater, Gas Meter, Dryer, etc.
 - Near Exits

PREPARING YOUR CAR

- Keep Gas Tank at Least Half Full
- Spare Tire
- Water / Snacks
- First Aid Kit
- Fire Extinguisher
- Reflectors or Flashers
- Medications
- Flashlight

PERSONAL WORK KIT

- Water
- Snacks
- Medications
- Sturdy Shoes
- Flashlight

SCHEDULE TO CALENDAR

- Replace Stored Water and Food In Kits Every Six (6) Months
- Test Fire Detectors and Recharge Your Fire Extinguisher

Preparedness Tip #13

Food

- **Preparing for emergencies is not expensive if you plan ahead and buy small quantities at a time. Make a list of some foods that:**
 - **Have a long shelf-life and will not spoil.**
 - **You and your family like.**
 - **Do not require cooking.**
 - **Can be easily stored.**
 - **Have a low salt content as salty foods will make you more thirsty.**
- **Keep the list in your purse or wallet and pick up a few items each time you're shopping and/or see a sale until you have built up a well-stocked supply that can sustain each member of your family for at least 3 days following an emergency.**

Preparedness Tip #14

First Aid Kit

- **Take a minute to check your family's first aid kit and note any depleted items – then, add them to your shopping list.**
- **Don't have a first aid kit? Add that to the list or build a kit yourself.**
- **Make a kit for each car**

First Aid Kit

- **2 absorbent compress dressings (5 x 9 inches)**
- **25 bandaids (assorted sizes)**
- **1 adhesive cloth tape (10 yards x 1 inch)**
- **5 antibiotic ointment packets (approximately 1 gram)**
- **5 antiseptic wipe packets**
- **2 packets of aspirin (81 mg each)**
- **1 blanket (space blankets work best)**
- **1 breathing barrier (with one-way valve)**
- **1 instant cold compress**
- **2 pair of non-latex gloves (size: large)**
- **2 hydrocortisone ointment packets (approximately 1 gram each)**

First Aid Kit

- **Scissors**
- **1 roller bandage (3 inches wide)**
- **1 roller bandage (4 inches wide)**
- **5 sterile gauze pads (3 x 3 inches)**
- **5 sterile gauze pads (4 x 4 inches)**
- **Oral thermometer (non-mercury/non-glass)**
- **2 triangular bandages**
- **Tweezers**
- **First aid instruction booklet**

Let Your Family Know You Are Safe

If your home, office or your community experiences a disaster,

- register on the American Red Cross Safe and Well Web site available through www.RedCross.org to let your family and friends know about your welfare.

If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Thank You