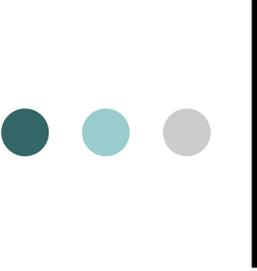




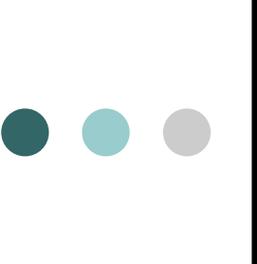
Developing a Family Disaster Plan

How to Get Ready **NOW...**



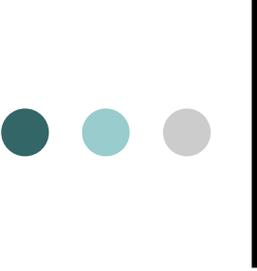
Preparing Your Family

- **Develop a Family Plan to include:**
 - A list of contact names and numbers
 - Two Emergency Supply Kits
 - One to stay in place
 - One To Go Kit
 - Mapped out evacuation routes
 - Instructions on how to shelter in place



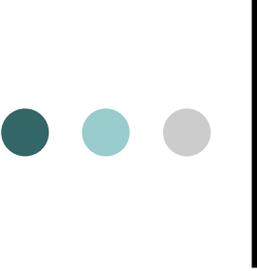
Everyone should have a plan...

- **Plan in advance what you will do in an emergency**
 - Meet with your family
 - Talk about the types of emergencies that may affect your family and develop plans of action for each
 - Think about the places your family spends their time and investigate their emergency plans (e.g. home, work, school, recreational activities)



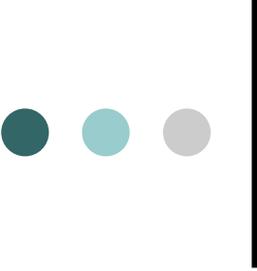
Everyone should have a plan...

- Be aware of the types of disasters that can occur so you can better prepare
- Conduct fire and emergency drills
- Take first aid and CPR classes
- Make sure all family members understand the plan and what to do should they need to use it
- Practice and maintain your plan



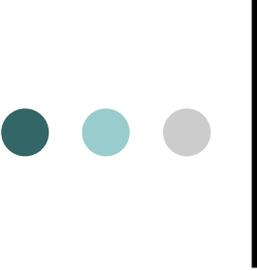
Everyone should have a plan...

- **Develop a family communications plan**
 - Each family member will contact the same friend or relative
 - Teach all family members the contact number
 - Provide coins or prepaid phone cards
 - Designate an out of state contact- may be easier to reach in an emergency



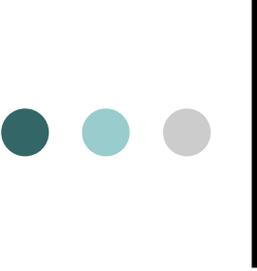
Everyone should have a plan...

- **How will you find your family and where will you go if you are required to evacuate?**
 - Choose several destinations in different directions so that you will have options
 - Keep gas tank at least one half full at all times
 - Plan alternative paths to each site



Disasters.....

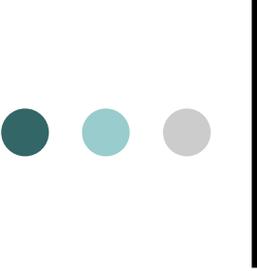
- ...can strike at any time.
- ...may be produced by a natural event.
- ...may be caused by a terrorist event.
- ...can occur during times when your family is not together.
- ...should be considered and planned for in advance.



Everyone should have a plan...

○ **Possible Natural Disasters:**

- Droughts
- Wildfires
- Severe storms, tornadoes
- Floods
- Earthquakes
- Blizzards and ice storms
- Prolonged power outages
- Pandemic flu



Everyone should have a plan...

- **Possible terrorist events:**

- Biological event

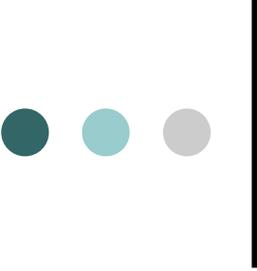
- Anthrax

- Smallpox

- Chemical event

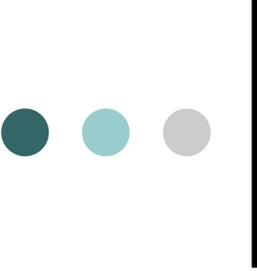
- Radiological event

- Nuclear event



Everyone should have a plan...

- Efforts to strengthen security and decrease vulnerability to terrorist threats are happening at all levels of government- federal, state and local
- Yours and your family's preparedness efforts start with you
 - With a little planning and common sense you will be better prepared for the unexpected



Everyone should have a plan...

- Government disaster plans will start as quickly as possible, but relief workers can't reach everyone right away.
- Disaster may force you out of your neighborhood or confine you to your home.
- Be prepared to make it on your own for at least 3 days - 2 weeks.



Everyone should have a plan...

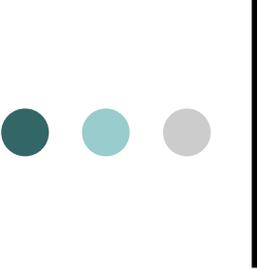
- **Basic supplies:**

- **Water**

- One gallon per person (or pet) per day for drinking and sanitation
- Replace stored water and food every 6 months.

- **Food**

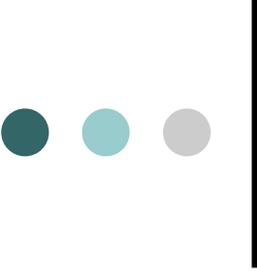
- Store at least a 3 day supply of non-perishable foods
- Pick foods that you and your family like (comfort foods)



Everyone should have a plan...

- **Food**

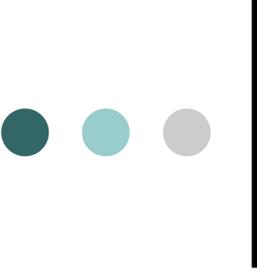
- Avoid salty foods that will make you thirsty
- Pick high energy foods
- Pick foods that don't require heating or cooling



Everyone should have a plan...

○ **Examples of Food to Include:**

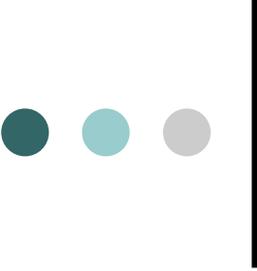
- Protein bars
- Fruit bars
- Dry cereal
- Granola
- Canned foods- meats, vegetables, fruits
- Juices, pasteurized milk
- Peanut butter
- Dried fruit
- Nuts
- Crackers



Everyone should have a plan...

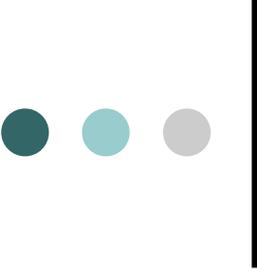
○ Warmth

- Power may be out and your family may be without heat
- Ensure each family member has the following items
 - Jackets and coats
 - Long pants and long sleeve shirts
 - Sturdy shoes
 - Hats and gloves



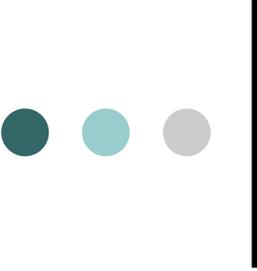
Everyone should have a plan...

- A sleeping bag or blanket for each person and a means for protecting pets.



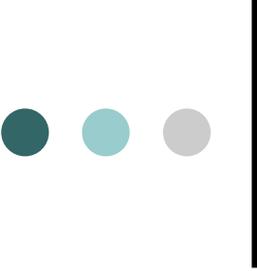
Everyone should have a plan...

- **Example of a basic Emergency Supply Kit:**
 - Water- one gallon per person and pet per day
 - Food- 3 day supply of non-perishable food
 - Battery-powered radio with extra batteries or a crank radio
 - Flashlight and extra batteries



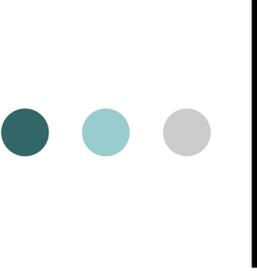
Everyone should have a plan...

- First aid kit
- Whistle- to signal for help
- Dust mask or cotton T-shirt- to help filter the air
- Moist towelettes
- Wrench or pliers- to turn off the utilities
- Manual can opener
- Eating utensils and cups



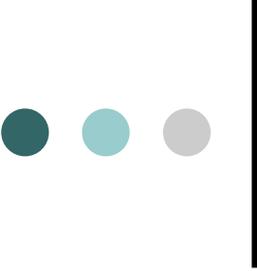
Everyone should have a plan...

- Garbage bags and plastic ties for personal sanitation
- Utility knife
- Local map
- Soap
- Feminine hygiene products
- Heavy plastic or tarp
- Duct tape
- Toilet paper



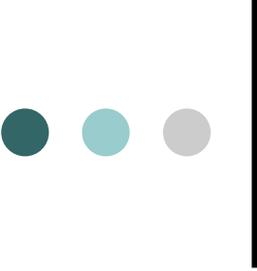
Everyone should have a plan...

- Toothpaste
- Toothbrush per person
- Hand sanitizer
- Water resistant matches or butane lighter
- Scissors
- Extra cash
- Personal identification
- Plastic re-sealable bags to store important documents



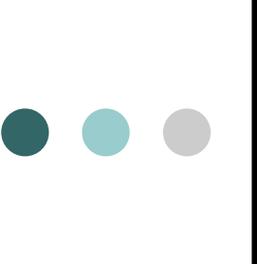
Everyone should have a plan...

- **Consider your family's special needs:**
 - Diapers
 - Baby food
 - Bottles and formula
 - Prescription medicines
 - Pet foods
 - Comfort items
 - Books, paper, pens
 - Forms of entertainment



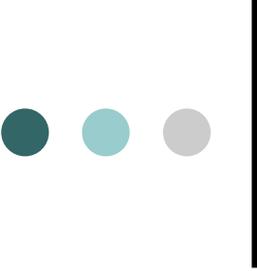
Everyone should have a plan...

- Extra pair of glasses
- Any special items for elderly or disabled family members
- Important family documents kept in waterproof containers



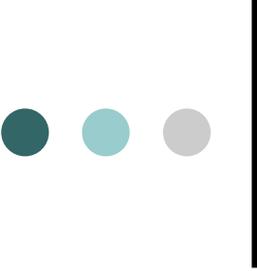
Everyone should have a plan...

- **Store supplies in containers that are sturdy and easy to move**
 - Trash containers
 - Duffle bags
 - Back packs
- **Make two kits**
 - One with everything your family needs to stay in place and make it on your own
 - Smaller, lighter one to take with you if your family has to leave home



Everyone should have a plan...

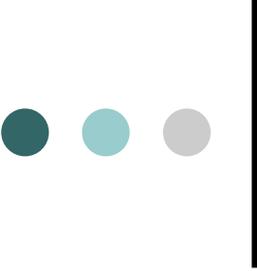
- **Decide whether to stay in place or evacuate**
 - Plan for both possibilities
 - Use common sense and available information
 - Watch TV, listen to radio, check Internet often for official instructions as they become available



Everyone should have a plan...

○ **Sheltering In place:**

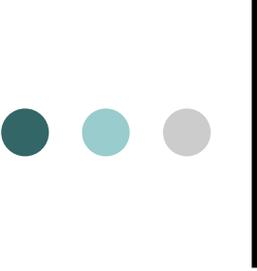
- Plan where you will go in your home or workplace in the event of an emergency
 - Interior room
 - Few windows and doors
- Seal all windows, doors and air vents with plastic sheeting and duct tape
- Turn off AC/Heat unit
- Take your emergency supply kit, radio and pets with you



Everyone should have a plan...

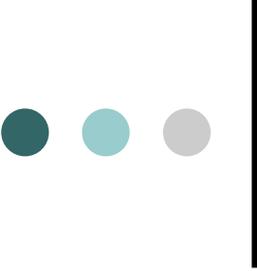
Evacuating:

- Take emergency supply kit
- Take pets
- Check on your neighbors
- Lock your home
- Post a note letting others know when you left and where you are going
- Use travel routes specified by the authorities



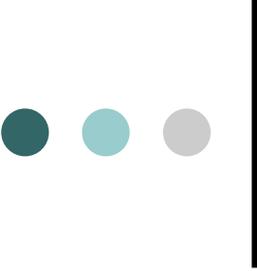
Everyone should have a plan...

- **Work with your community and talk with your neighbors**
 - Who will check on the elderly and disabled
 - Who can care for children if parents are unable to get home
 - Identify neighbors with special skills (e.g. nurses, physicians)



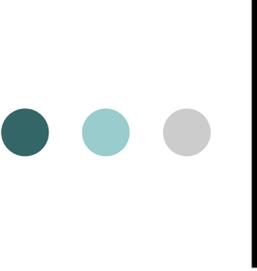
Everyone should have a plan...

- **Make sure that your child's school or daycare has an emergency response plan and that you know what it is**
 - How will they communicate with parents?
 - Do they store emergency supplies?
 - Where will they go if they are required to evacuate?



Everyone should have a plan...

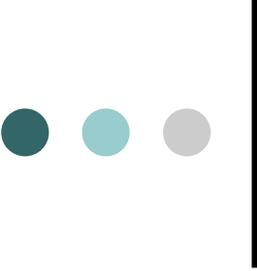
- **Does your employer have an emergency plan?**
 - What would you do if you could not go home?
 - Are there emergency supplies and food for employees if they must shelter in place?



Everyone should have a plan...

○ Remember:

- Being prepared and ready to respond to emergencies begins with you
- Planning in advance is an important part of being prepared
- There are no limits as to how you and your family prepare and train to respond to emergencies

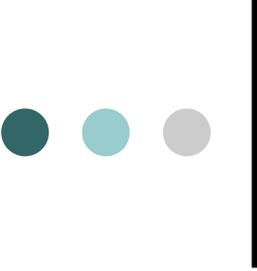


Everyone should have a plan...

- Get ready **NOW**
- **If required to implement your emergency plan:**
 - Be calm
 - Be patient
 - Think before you act
 - Make every effort to obtain and follow instructions received from authorities managing the emergency.

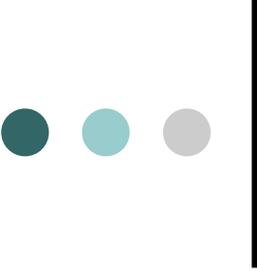


Disabled/Special Needs



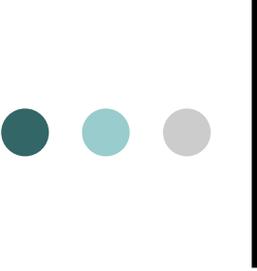
Everyone should have a plan...Disabled/Special Needs

- Create a support network to help in an emergency
- Tell these people where you keep your emergency supplies
- Give one member a key to your house or apartment
- Wear medical alert tags



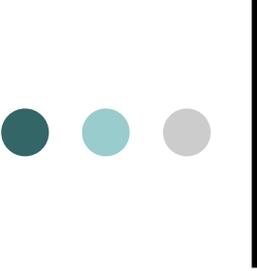
Everyone should have a plan...Disabled/Special Needs

- If you are dialysis dependent, know the location and availability of more than one facility
- Show others how to operate your wheelchair
- Know the size and weight of your wheelchair and whether or not it's collapsible



Everyone should have a plan...Disabled/Special Needs

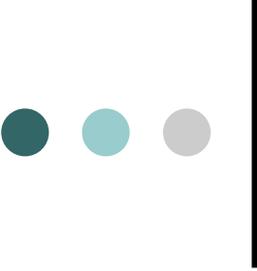
- Have a list of the style and serial numbers of your medical devices
- Have medical insurance and Medicare cards
- Have a list of doctors, relatives or friends who should be called if you are hurt or ill



Everyone should have a plan...Disabled/Special Needs

- **Additional supplies for your Emergency Supply Kit:**

- A week supply of medications
- A complete list of your medications and dosages
- A list of your allergies
- Extra eyeglasses
- Extra hearing aid batteries
- Extra wheelchair batteries

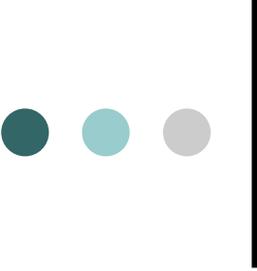


Everyone should have a plan...Disabled/Special Needs

- Oxygen
- Nasal cannulas
- Disposable dressings
- Catheters
- Electrical backup for medical equipment

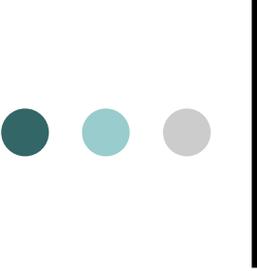


Children



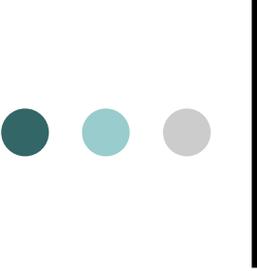
Everyone should have a plan...Children

- Children may become fearful when emergencies interrupt their routine
- Children look to adults for help and tips on how to respond to emergencies
- In emergencies, children fear:
 - The event will happen again
 - Someone will be hurt or killed
 - They will be separated from the family or left alone



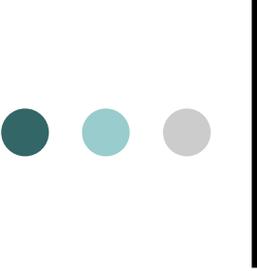
Everyone should have a plan...Children

- **To reduce a child's fear:**
 - Be calm as you explain the situation
 - Get down to eye level
 - Tell them what you know
 - Tell them what might happen next
 - Keep the family together if possible
 - Bring the children when you look for housing or assistance



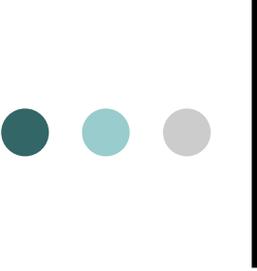
Everyone should have a plan...Children

- Encourage children to talk about the disaster and ask questions
- Encourage them to talk about their feelings
- Listen to them
- Include the entire family in the discussion whenever possible



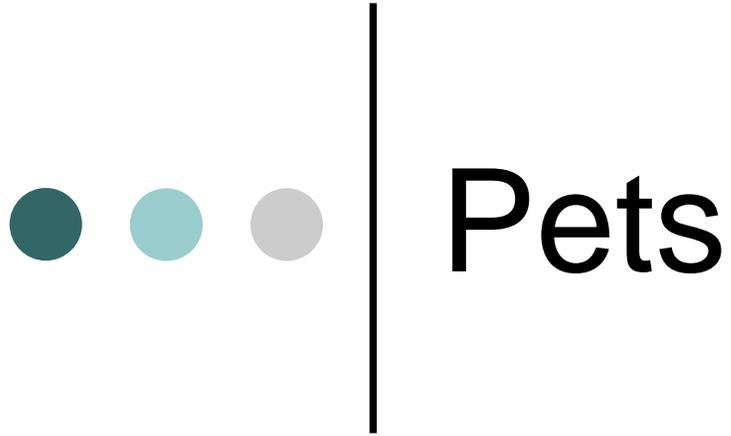
Everyone should have a plan...Children

- **Include children in recovery activities:**
 - Give them chores to do
 - Make them feel part of the process
 - Reinforce that everything will be all right

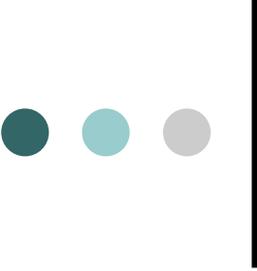


Everyone should have a plan...Children

- **Create a mini kit for children to supplement main emergency kit:**
 - Several favorite books
 - Crayons and paper
 - Several favorite small toys/stuffed animals
 - Favorite pillow or blanket
 - Family and pet pictures

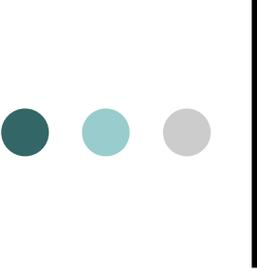


Pets



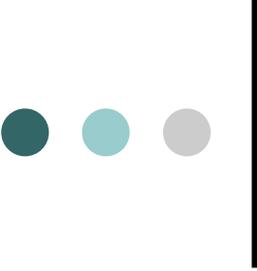
Everyone should have a plan...Pets

- In the event of evacuation, do not leave the pets behind
- Have a prearranged place to evacuate your pets if you cannot take them with you
- Contact motels outside your immediate area to check on pet policies
- Find a hotel/motel that accepts pets at <http://www.petswelcome.com>



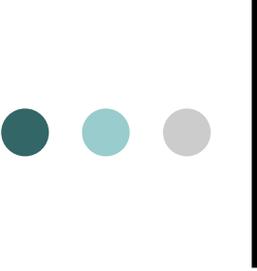
Everyone should have a plan...Pets

- Ask motels if “no pet” policies are waived in event of emergencies
- Ask your veterinarian about sheltering your pet in the event of emergency
- Ask friends or relatives outside your area if they could shelter your pets
- Keep a list of “pet friendly” places including phone numbers in your emergency kit



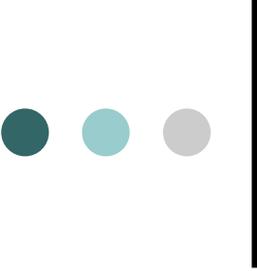
Everyone should have a plan...Pets

- Owners of large animals such as horses or cattle should prepare an emergency plan in conjunction with your veterinarian
- Snakes may be transported in pillowcase but moved to more secure housing as soon as possible
- Birds, lizards, small mammals should be transported in cage or carrier—keep a small mister in kit depending on weather
- Keep all pets current on vaccinations



Everyone should have a plan...Pets

- **Prepare a mini kit for your pets to include:**
 - Medications and medical records
 - Sturdy leashes, harnesses and/or carriers
 - Current photos of your pets- in case they get lost
 - Food, water, bowls

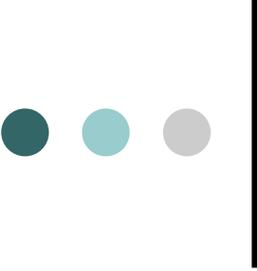


Everyone should have a plan...Pets

- Cat litter pan
- Information on:
 - Feeding schedules
 - Medical conditions
 - Behavior problems
 - Veterinarian
- Pet beds and toys

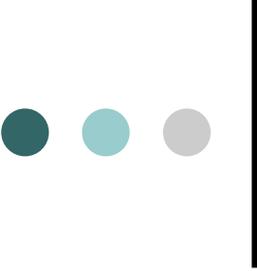


Important Family Documents



Everyone should have a plan...Important family documents

- Will, insurance policies, contracts, deeds, stocks
- Passports, social security cards, immunization records
- Bank and credit card account numbers
- Inventory of valuable household goods

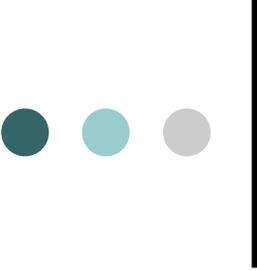


Everyone should have a
plan...Important family documents

- Important phone numbers
- Family records such as births and marriages

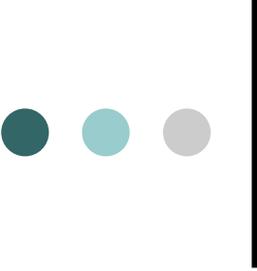


Personal Workplace



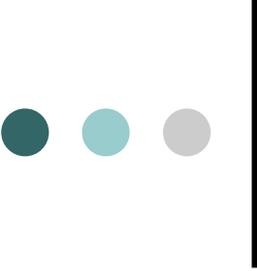
Everyone should have a plan...Personal Workplace

- **You might be confined for several hours or over night, consider the need for:**
 - Emergency Supply Kit for work
 - Food
 - Enough for one day (3 meals)
 - Requires no refrigeration, preparation or cooking
 - Requires little or no water
 - Water
 - At least one gallon
 - More if on medications that require water or increase thirst



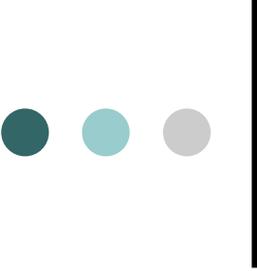
Everyone should have a plan...Personal Workplace

- Medications:
 - Include non-prescription medications like pain relievers or antacids
 - Include a 3 day supply of prescription medications
 - Ask a doctor or pharmacist how your medication should be stored



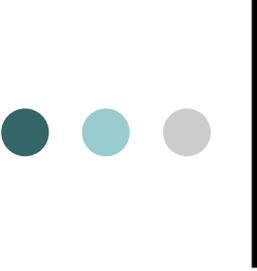
Everyone should have a plan...Personal Workplace

- Change of clothes and footwear
- Personal hygiene items
 - Toothbrush and paste
 - Comb/brush
 - Soap
 - Contact lens supplies
 - Feminine supplies



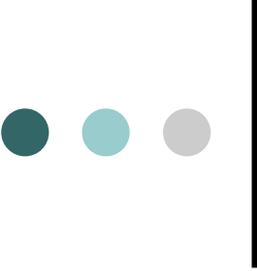
Everyone should have a plan...

- **Start preparing today:**
 - Buy a few emergency supply kit items at a time
 - Gradually buy food items and gallons of water to build up your supply
 - Create a family communication plan
 - Create a plan for sheltering in place
 - Identify multiple evacuation routes
 - Practice your plans with your family



Everyone should have a plan...

- Information sheets are available at the following websites to assist you with your planning:
 - **American Red Cross: Food and Water in an Emergency**
<http://www.redcross.org/services/disaster/beprepared/foodwtr.html>
 - **Department of Homeland Security Family Emergency Plan**
<http://www.ready.gov/america/makeaplan/index.html>
 - **Department of Homeland Security Sheltering in Place**
<http://www.ready.gov/america/makeaplan/stayingput.html>
 - **Department of Homeland Security Evacuation Plan**
<http://www.ready.gov/america/makeaplan/evacuating.html>



Resources

- <http://www.redcross.org>
- <http://www.ready.gov>
- <http://www.bt.cdc.gov>