

EMERGING FROM AN EMERGENCY

What You Should Do if...?

Are you Prepared?

Nearly half of U.S. adults do **NOT** have the resources and plans in place in the event of an emergency.

Store at least a **3-day supply** of non perishable, easy to prepare food.

Store a **3-day supply** of water: one gallon per person, per day.

48% of Americans do **NOT** have emergency supplies.

44% of Americans do **NOT** have first aid kits.

20% of Americans use social media for alerts and warnings. Make sure to keep a charger handy in an emergency.

20% of Americans get emergency info from mobile apps. Keep a charger handy in an emergency.

52% of Americans do **NOT** have copies of crucial personal documents.

Don't forget your pets! You need a **3-day supply** of food and water per pet.

Emerging from an Emergency

What you should do if...?

..... disaster strikes, will my family be safe?

Who will help?

What can I do?

These are the questions we may ask when witnessing major emergencies such as natural disasters, severe storms, infectious-disease epidemics, or, intentional or accidental man-made disasters such as terrorist acts or hazardous spills. Being prepared for emergencies or disasters is extremely important in this ever changing world. It's critical to remember that preparing for emergencies before they occur can limit the damage caused by the event. If you are prepared to meet crises before their time, you will feel secure and enjoy a higher level of comfort to address emergency situations.

Being prepared for disasters and emergencies can seem like a big job! Many people don't know where to start so they never start at all. Getting prepared may sound difficult or time consuming, but help is available from organizations like the Red Cross, FEMA, and the CDC.

This eBook is a compilation of publicly available documents to aid you in the planning process to enhance your likelihood of your survival from any kind of tragedy. It will aid you in establishing your own personal preparedness plans, assembling disaster-supply kits, and making a family communication plan with assorted key points, worksheets, and check lists.

Now is the time for all of us to remember not only how important it is to be prepared for disasters but also how much we can help each other. We suggest you start with the Family Self-Assessment Test on page 7 to see where you currently stand.

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I. Self-Reliance Self- Assessment Test

Self-Reliance Self-Assessment Test

Begin your family's self-reliance plan by considering these questions and your responses:

1. To what potential natural, people-caused, or personal disasters are you vulnerable? How can you eliminate them or mitigate their negative impact on your family's life and lifestyle?
2. What if there were no water available from your faucets, what would you do?
 - How much drinking water is "hidden" inside and outside your house? Can you utilize those resources?
 - Could you treat unsafe water to make it safe for drinking and cooking?
3. Inventory your refrigerator, freezer, kitchen cabinets, cupboards, pantry, closets, or under your bed—wherever you keep your supply of long-term foodstuffs. What do you have on hand in these categories:
 - **canned & bottled foods** • **packaged foods** • **dried foods** • **dehydrated** • **freeze-dried foods**
 - What's in your home that's truly nutritious—that would sustain you in a near-normal manner?
 - How long could your family eat if the foods in your pantry and refrigerator/freezer were the only food available?
 1 day 1 week 1 month longer
4. If you need life-preserving medication(s), how long will your current supply(ies) last if not immediately available? What **OTC** medications, vitamins, minerals, herbal supplements, and health aids are on hand in your home?
 - In what way do—or would—they support your health during extremely stressful times?
 - How long would your supply last if not replenished now?
 1 day 1 week 1 month 3 months 1 year
5. Do you know which foods to buy, in what priority, quantity of each, and where to buy them most economically?
6. Can you prepare your stored foods, maximizing their shelf life, flavor, and nutritional qualities?
7. Do you know how to sprout seeds to provide "**live**" foods when there's a shortage of fresh vegetables for:
 - essential vitamins and minerals,
 - plant proteins and enzymes, or
 - there's neither time, nor the season, nor space for a garden?
8. Do you have the knowledge, skills, tools, seeds, and available space to plant a garden and raise your own food?
9. Do you know how to preserve food(s) for the future—especially if electric and gas supplies were unreliable?
10. Given your current situation, if you could no longer obtain water, food, vitamins, medication, and money in a routine manner, how long would you be able to sustain yourself and your family without access to these necessities?
11. What type of job(s) can you qualify for if your current employment were terminated? What education or training do you need to acquire now so you can be a viable candidate for future jobs?
12. Where would you live for the next year if a catastrophe occurred and destroyed your family's residence today?
13. How long could you live—or even survive—on your current savings if your current occupation were terminated?
14. Do you have the faith, spiritual foresight, skills, abilities and commitment to prepare for the uncertain future?
15. Are you willing to make the required investment in your family's future well-being and security by:
 - taking time to learn how to prepare? • defining a self-reliance plan? • expending energy to accomplish it?

If these questions—or rather, the answers to them—make you uncomfortable, then this is your opportunity to start the work on finding answers that will make you more comfortable! Resolve these questions, and many others you may have about being self-reliant by reading, studying, and utilizing available information. Now is the most appropriate time to begin your **(1)** in-home convenience store, **(2)** family preparedness program, and **(3)** a fully-developed self-reliance program! When you've established your family's security with both emergency supplies and a long-term storage provisions in your possession, you would be able to turn a life-threatening situation into a manageable problem!

Set Your Personal and Family Self-Reliance Goal(s)!

For Example — Your self-reliance goal could be *to be able to live in a near-normal manner with family resources for an extended period of time—regardless of external conditions*. For this to become a reality, your family will:

- **Acquire** a reasonable in-home supply of water, food, clothing, shelter, heating/cooking fuels, and medications;
- **Commit** to a **4-M** program — (1) **Money**, (2) **Materials** (food/equipment/supplies), (3) **Manpower** (energy and effort), and **Minutes** (your time!) to acquire the items you've identified for your needs for an extended time; and,
- **Get out of debt** and have a readily available cash fund (not in an account) for emergencies!

There are no emergencies for those who are truly self-reliant!

II. Disaster Supplies **Checklists**

Disaster Supplies Checklists

The following list is to help you determine what to include in your disaster supplies kit that will meet your family's needs.

First Aid Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Adhesive bandages, various sizes			
5" x 9" sterile dressing			
Conforming roller gauze bandage			
Triangular bandages			
3" x 3" sterile gauze pads			
4" x 4" sterile gauze pads			
Roll 3" cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Pairs large, medical grade, non-latex gloves			
Tongue depressor blades			
Adhesive tape, 2" width			
Antibacterial ointment			
Cold pack			
Scissors (small, personal)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			
Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier, such as a face shield			
First aid manual			

Non-Prescription and Prescription Medicine Kit Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid (for stomach upset)			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			

Sanitation and Hygiene Supplies

Item	(√)	Item	(√)
Washcloth and towel		Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	
Towelettes, soap, hand sanitizer		Medium-sized plastic bucket with tight lid	
Tooth paste, toothbrushes		Disinfectant and household chlorine bleach	
Shampoo, comb, and brush		A small shovel for digging a latrine	
Deodorants, sunscreen		Toilet paper	
Razor, shaving cream			
Lip balm, insect repellent			
Contact lens solutions			
Mirror			
Feminine supplies			

Equipment and Tools

Tools	(√)	Kitchen Items	(√)
Portable, battery-powered radio or television and extra batteries		Manual can opener	
NOAA Weather Radio, if appropriate for your area		Mess kits or paper cups, plates, and plastic utensils	
Flashlight and extra batteries		All-purpose knife	
Signal flare		Household liquid bleach to treat drinking water	
Matches in a waterproof container (or waterproof matches)		Sugar, salt, pepper	
Shut-off wrench, pliers, shovel, and other tools		Aluminum foil and plastic wrap	
Duct tape and scissors		Resealable plastic bags	
Plastic sheeting		Small cooking stove and a can of cooking fuel (if food must be cooked)	
Whistle			
Small canister, ABC-type fire extinguisher		Comfort Items	
Tube tent		Games	
Compass		Cards	
Work gloves		Books	
Paper, pens, and pencils		Toys for kids	
Needles and thread		Foods	
Battery-operated travel alarm clock			

Food and Water

Supplies	Home (√)	Vehicle (√)	Work (√)
Water			
Ready-to-eat meats, fruits, and vegetables			
Canned or boxed juices, milk, and soup			
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix.			
Vitamins			
Special foods for infants or persons on special diets			
Cookies, hard candy			
Instant coffee			
Cereals			
Powdered milk			

Clothes and Bedding Supplies

Item	(√)	(√)	(√)	(√)
Complete change of clothes				
Sturdy shoes or boots				
Rain gear				
Hat and gloves				
Extra socks				
Extra underwear				
Thermal underwear				
Sunglasses				
Blankets/sleeping bags and pillows				

Documents and Keys

Make sure you keep these items in a watertight container

Item	Stored (✓)
Personal identification	
Cash and coins	
Credit cards	
Extra set of house keys and car keys	
Copies of the following:	
• Birth certificate	
• Marriage certificate	
• Driver's license	
• Social Security cards	
• Passports	
• Wills	
• Deeds	
• Inventory of household goods	
• Insurance papers	
• Immunization records	
• Bank and credit card account numbers	
• Stocks and bonds	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	

Earthquake Safety Checklist

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

Are you at increased risk from earthquakes?

- Contact your local emergency management office, local American Red Cross chapter, state geological survey or department of natural resources.
- Mobile homes and homes not attached to their foundations are at particular risk during an earthquake.
- Buildings with foundations resting on landfill and other unstable soils are at increased risk of damage.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

How can I prepare?



- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.

What should I do during an earthquake?



- If you are inside when the shaking starts ...
 - Drop, cover and hold on. Move as little as possible.
 - If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
 - Stay away from windows to avoid being injured by shattered glass.
 - Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
 - Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.
- If you are outside when the shaking starts ...
 - Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
 - If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
 - If a power line falls on your vehicle, do not get out. Wait for assistance.
 - If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

What do I do after an earthquake?



- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.

Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through 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.

Flood Safety Checklist

Floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Know the Difference

Flood/Flash Flood Watch—Flooding or flash flooding is possible in your area.

Flood/Flash Flood Warning—Flooding or flash flooding is already occurring or will occur soon in your area.

What should I do?



- Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Be prepared to evacuate at a moment's notice.
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.
- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.
- Be especially cautious at night when it is harder to recognize flood danger.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

What do I do after a flood?



- Return home only when officials have declared the area safe.
- Before entering your home, look outside for loose power lines, damaged gas lines, foundation cracks or other damage.
- Parts of your home may be collapsed or damaged. Approach entrances carefully. See if porch roofs and overhangs have all their supports.
- Watch out for wild animals, especially poisonous snakes that may have come into your home with the floodwater.
- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- If power lines are down outside your home, do not step in puddles or standing water.
- Keep children and pets away from hazardous sites and floodwater.
- Materials such as cleaning products, paint, batteries, contaminated fuel and damaged fuel containers are hazardous. Check with local authorities for assistance with disposal to avoid risk.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Make sure your food and water are safe. Discard items that have come in contact with floodwater, including canned goods, water bottles, plastic utensils and baby bottle nipples. When in doubt, throw it out!
- Do not use water that could be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.
- Contact your local or state public health department for specific recommendations for boiling or treating water in your area after a disaster as water may be contaminated.

Let Your Family Know You're Safe

If your community experiences a flood, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell 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.

Be Red Cross Ready

Hurricane Safety Checklist

Hurricanes are strong storms that cause life- and property-threatening hazards such as flooding, storm surge, high winds and tornadoes.

Preparation is the best protection against the dangers of a hurricane.

Know the Difference

Hurricane Watch—Hurricane conditions are a threat within 48 hours. Review your hurricane plans, keep informed and be ready to act if a warning is issued.

Hurricane Warning—Hurricane conditions are expected within 36 hours. Complete your storm preparations and leave the area if directed to do so by authorities.

What should I do?



- Listen to a NOAA Weather Radio for critical information from the National Weather Service (NWS).
- Check your disaster supplies and replace or restock as needed.
- Bring in anything that can be picked up by the wind (bicycles, lawn furniture).
- Close windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tanks and unplug small appliances.
- Fill your car's gas tank.
- Talk with members of your household and create an evacuation plan. Planning and practicing your evacuation plan minimizes confusion and fear during the event.
- Learn about your community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for your pets to be cared for.
- Evacuate if advised by authorities. Be careful to avoid flooded roads and washed out bridges.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

What do I do after a hurricane?



- Continue listening to a NOAA Weather Radio or the local news for the latest updates.
- Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.
- If you evacuated, return home only when officials say it is safe.
- Drive only if necessary and avoid flooded roads and washed-out bridges.
- Keep away from loose or dangling power lines and report them immediately to the power company.
- Stay out of any building that has water around it.
- Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
- Use flashlights in the dark. Do NOT use candles.
- Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
- Check refrigerated food for spoilage. If in doubt, throw it out.
- Wear protective clothing and be cautious when cleaning up to avoid injury.
- Watch animals closely and keep them under your direct control.
- Use the telephone only for emergency calls.

Let Your Family Know You're Safe

If your community has experienced a hurricane, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell 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.

Landslide Safety Checklist

Landslides have occurred in almost every state and can cause significant damage. The term landslide describes downhill earth movements that can move slowly and cause damage gradually, or move rapidly, destroying property and taking lives suddenly and unexpectedly. Most landslides are caused by natural forces or events, such as heavy rain and snowmelt, earthquake shaking, volcanic eruptions and gravity. Landslides are typically associated with periods of heavy rainfall or rapid snowmelt and tend to worsen the effects of flooding. Areas burned by forest and brush fires are also particularly susceptible to landslides.

Gather supplies in case you need to evacuate:

- Water—a 3-day supply; one gallon per person per day
- Food—a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Other essential items that could not be replaced if they were destroyed

What should I do if I live in an area at risk from landslides?



- Landslides generally happen in areas where they have occurred in the past. Learn about your area's landslide risk. Landslides can also be referred to as mudslides, debris flows, mudflows or debris avalanches.
- Learn about local emergency response and evacuation plans.
- Talk to everyone in your household about what to do if a landslide occurs.
- Create and practice an evacuation plan for your family and your business.
- Assemble and maintain an emergency preparedness kit.
- Become familiar with the land around where you live and work so that you understand your risk in different situations.
- Watch the patterns of storm water drainage on slopes near your home, especially where runoff water converges.
- Debris flows and other landslides onto roadways are common during rainstorms.
- Heavily saturated ground is very susceptible to mudflows and debris flows.
- Be aware that, generally, landslide insurance is not available, but that debris flow damage may be covered by flood insurance policies from the National Flood Insurance Program (NFIP) at www.FloodSmart.gov.

What should I do if a landslide is occurring or likely to occur?



- If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire or police department.
- Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.
- Be especially alert when driving—watch for collapsed pavement, mud, fallen rocks and other indications of possible debris flow.
- If you are ordered or decide to evacuate, take your animals with you.
- Consider a precautionary evacuation of large or numerous animals as soon as you are aware of impending danger.

During Severe Storms

- Stay alert and awake. Many deaths from landslides occur while people are sleeping.
- Listen to local news stations on a battery-powered radio for warnings of heavy rainfall.
- Consider leaving if it is safe to do so.

What should I do after a landslide?



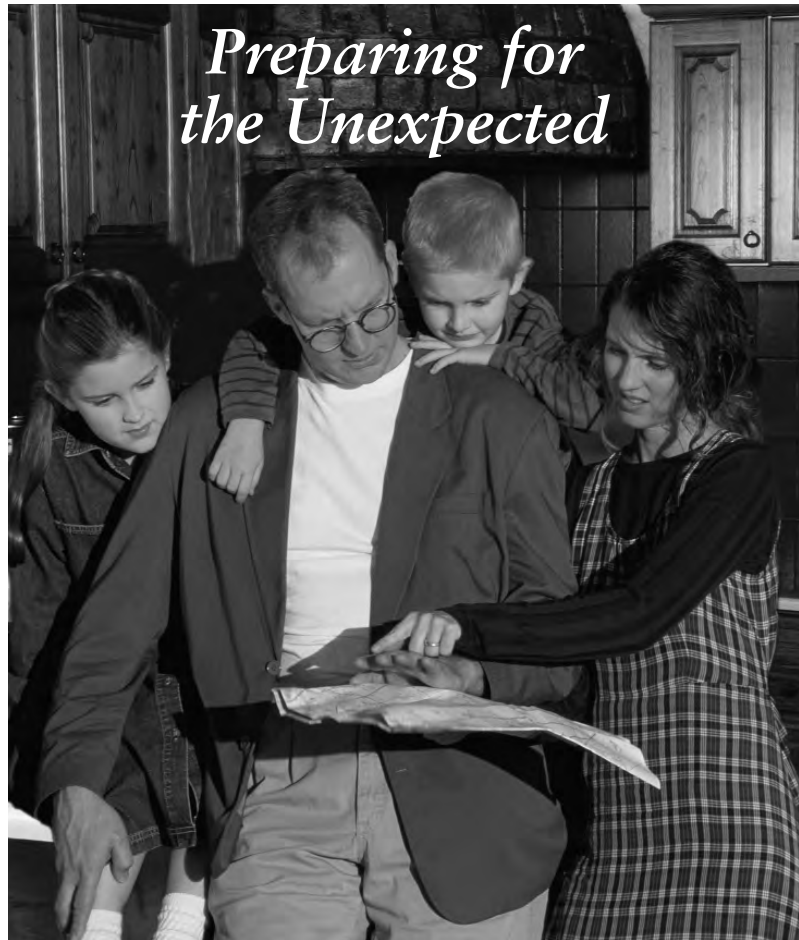
- Stay away from the slide area until local officials say it is safe to enter.
- Listen to local stations on a portable, battery-powered radio for the latest emergency information.
- Watch for flooding—floods sometimes follow landslides and debris flows.
- Check for injured and trapped persons and animals near the slide, without entering the slide area.
- Help people who require special assistance.
- Look for and report broken utility lines to appropriate authorities.
- Check your home's foundation, chimney and surrounding land for damage.
- Replant damaged ground as soon as possible because erosion caused by loss of ground cover can lead to flash flooding.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell 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.

TERRORISM

*Preparing for
the Unexpected*



American Red Cross

Together, we can save a life

www.redcross.org



Disaster Services

A1366
Oct. 2001



An American Red Cross mobile service center stationed at the Pentagon Sept. 18 shows one small part of the ongoing response you can expect from the Red Cross in the advent of any disaster.

Devastating acts, such as the terrorist attacks on the World Trade Center and the Pentagon, have left many concerned about the possibility of future incidents in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. Nevertheless, there are things you can do to prepare for the unexpected and reduce the stress that you may feel now and later should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.



Children need to know their family members' phone numbers and e-mail addresses. The information should be carried with them to school and easy for them to find at home.

WHAT YOU CAN DO TO PREPARE

Finding out what can happen is the first step. Once you have determined the events possible and their potential in your community, it is important that you discuss them with your family or household. Develop a disaster plan together.

1. CREATE AN EMERGENCY COMMUNICATIONS PLAN.

Choose an out-of-town contact your family or household will call or e-mail to check on each other should a disaster occur. Your selected contact should live far enough away that they would be unlikely to be directly affected by the same event, and they should know they are the chosen contact. Make sure every household member has that contact's, and each other's, e-mail addresses and telephone numbers (home, work, pager and cell). Leave these contact numbers at your children's schools, if you have children, and at your workplace. Your family should know that if telephones are not working, they need to be patient and try again later or try

e-mail. Many people flood the telephone lines when emergencies happen but e-mail can sometimes get through when calls don't.

2. ESTABLISH A MEETING PLACE.

Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated. You may even want to make arrangements to stay with a family member or friend in case of an emergency. Be sure to include any pets in these plans, since pets are not permitted in shelters and some hotels will not accept them.

3. ASSEMBLE A DISASTER SUPPLIES KIT.

If you need to evacuate your home or are asked to "shelter in place," having some essential supplies on hand will make you and your family more comfortable—

- Prepare a disaster supplies kit in an easy-to-carry container such as a duffel bag or small plastic trash can.
- Include "special needs" items for any household member (infant formula or items for people with disabilities or older people), first aid supplies (including prescription medications), a change of clothing for each person, a sleeping bag or bedroll for each, a battery powered radio or television and extra batteries, food, bottled water and tools.
- It is also a good idea to include some cash and copies of important family documents (birth certificates, passports and licenses) in your kit.

Copies of essential documents—like powers of attorney, birth and marriage certificates,

insurance policies, life insurance beneficiary designations and a copy of your will—should also be kept in a safe location outside your home. A safe deposit box or the home of a friend or family member who lives out of town is a good choice.

For more complete instructions, ask your local Red Cross chapter for the brochure titled *Your Family Disaster Supplies Kit* (stock number A4463).

4. CHECK ON THE SCHOOL EMERGENCY PLAN OF ANY SCHOOL-AGE CHILDREN YOU MAY HAVE.

You need to know if they will keep children at school until a parent or designated adult can pick them up or send them home on their own. Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pickup. And, ask what type of authorization the school may require to release a child to someone you designate, if you are not able to pick up your child. During times of emergency the school telephones may be overwhelmed with calls.

For more information on putting together a disaster plan, request a copy of the brochure titled *Your Family Disaster Plan* (A4466) from your local American Red Cross chapter. You may also want to request a copy of *Before Disaster Strikes... How to Make Sure You're Financially Prepared* (A5075) for specific information on what you can do now to protect your assets. These documents are also available at www.redcross.org.



© 2001 Frank Ishman

On Sept. 14 in New York City, a Red Cross worker comforts a woman shaken by the World Trade Center attack.

IF DISASTER STRIKES

- Remain calm and be patient.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- If the disaster occurs near you, check for injuries. Give first aid and get help for seriously injured people.
- If the disaster occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.

A WORD ON WHAT COULD HAPPEN

As we learned from the events of September 11, 2001, the following things can happen after a terrorist attack:

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So employers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up may take many months.

EVACUATION

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or TV, follow the instructions of local emergency officials and keep these simple tips in mind—

- Wear long-sleeved shirts, long pants and sturdy shoes so you can be protected as much as possible.

- Take your disaster supplies kit.
 - Take your pets with you; do not leave them behind. Because pets are not permitted in public shelters, follow your plan to go to a relative or friend's home, or find a "pet-friendly" hotel.
 - Lock your home.
 - Use travel routes specified by local authorities—don't use shortcuts because certain areas may be impassable or dangerous.
 - Stay away from downed power lines.
- Listen to local authorities. They will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.

If you're sure you have time:

- Call your family contact to tell them where you are going and when you expect to arrive.
- Shut off water and electricity before leaving, if instructed to do so. Leave natural gas service ON unless local officials advise you otherwise. You may need gas for heating and cooking, and only a professional can restore gas service in your home once it's been turned off. In a disaster situation it could take weeks for a professional to respond.



A disaster supply kit, with items like those shown and a radio and extra batteries, is an essential resource in times of emergency.

SHELTER IN PLACE

If you are advised by local officials to “shelter in place,” what they mean is for you to remain inside your home or office and protect yourself there. 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 make sure the radio is working. Go to an interior room without windows that’s above ground level. 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. Using duct tape, seal all cracks around the door and any vents into the room. Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

ADDITIONAL POSITIVE STEPS YOU CAN TAKE

Raw, unedited footage of terrorism events and people’s reaction to those events can be very

upsetting, especially to children. We do not recommend that children watch television news reports about such events, especially if the news reports show images over and over again about the same incident. Young children do not realize that it is repeated video footage, and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. However, listening to local radio and television reports will provide you with the most accurate information from responsible governmental authorities on what’s happening and what actions you will need to take. So you may want to make some arrangements to take turns listening to the news with other adult members of your household.

Another useful preparation includes learning some basic first aid. To enroll in a first aid and CPR course, contact your local American Red Cross chapter. In an emergency situation, you need to tend to your own well-being first and then consider first aid for others immediately around you, including possibly assisting injured people to evacuate a building if necessary.

People who may have come into contact with a biological or chemical agent may need to go through a decontamination procedure and receive medical attention. Listen to the advice of local officials on the radio or television to determine what steps you will need to take to protect yourself and your family. As emergency services will likely be overwhelmed, only call 9-1-1 about life-threatening emergencies.

FIRST AID PRIMER

If you encounter someone who is injured, apply the emergency action steps: **Check-Call-Care**. **Check** the scene to make sure it is safe for you to approach. Then check the victim for unconsciousness and life-threatening conditions. Someone who has a life-threatening condition, such as not breathing or severe bleeding, requires immediate care by trained responders and may require treatment by medical professionals. **Call** out for help. There are some steps that you can take, however, to **care** for someone who is hurt, but whose injuries are not life threatening.

CONTROL BLEEDING

- Cover the wound with a dressing, and press firmly against the wound (direct pressure).
- Elevate the injured area above the level of the heart if you do not suspect that the victim has a broken bone.
- Cover the dressing with a roller bandage.
- If the bleeding does not stop:
 - Apply additional dressings and bandages.
 - Use a pressure point to squeeze the artery against the bone.
- Provide care for shock.

CARE FOR SHOCK

- Keep the victim from getting chilled or overheated.
- Elevate the legs about 12 inches (if broken bones are not suspected).
- Do not give food or drink to the victim.

TEND BURNS

- Stop the burning by cooling the burn with large amounts of water.

- Cover the burn with dry, clean dressings or cloth.

CARE FOR INJURIES TO MUSCLES, BONES AND JOINTS

- Rest the injured part.
- Apply ice or a cold pack to control swelling and reduce pain.
- Avoid any movement or activity that causes pain.
- If you must move the victim because the scene is becoming unsafe, try to immobilize the injured part to keep it from moving.

BE AWARE OF BIOLOGICAL/RADIOLOGICAL EXPOSURE

- Listen to local radio and television reports for the most accurate information from responsible governmental and medical authorities on what's happening and what actions you will need to take.
- The Web sites referenced at the end of this brochure can give you more information on how to protect yourself from exposure to biological or radiological hazards.

REDUCE ANY CARE RISKS

The risk of getting a disease while giving first aid is extremely rare. However, to reduce the risk even further:

- Avoid direct contact with blood and other body fluids.
- Use protective equipment, such as disposable gloves and breathing barriers.
- Whenever possible, thoroughly wash your hands with soap and water immediately after giving care.

It is important to be prepared for an emergency and to know how to give emergency care.



Supplies for rescue workers are unpacked at the Pennsylvania crash site on Sept. 13. The Red Cross can provide necessities very quickly to almost any location for as long as they are needed.

MORE INFORMATION

All of these recommendations make good sense, regardless of the potential problem. For more information on how to get ready for disaster and be safe when disaster strikes, or to register for a first aid and CPR course, please contact your local American Red Cross chapter. You can find it in your telephone directory under “American Red Cross” or through our home page at www.redcross.org under “your local chapter.”

For information about your community’s specific plans for response to disasters and other emergencies, contact your local office of emergency management.

For information on what a business can do to protect its employees and customers as well as develop business continuity plans, see www.redcross.org/services/disaster/beprepared or request a copy of the *Emergency Management Guide for Business and Industry* and/or *Preparing Your Business for the Unthinkable* from your local American Red Cross chapter.

For more information about the specific effects of chemical or biological agents, the following Web sites may be helpful:

Centers for Disease Control and Prevention
www.bt.cdc.gov

U.S. Department of Energy
www.energy.gov

U.S. Department of Health
and Human Services
www.hhs.gov

Federal Emergency Management Agency
www.rris.fema.gov

Environmental Protection Agency
www.epa.gov/swercepp

Johns Hopkins University
www.hopkins-biodefense.org

Tsunami Safety Checklist

Tsunamis are a series of large ocean waves generated by major earthquakes beneath the ocean floor or major landslides into the ocean. When the waves enter shallow water, they may rise to several feet or, in rare cases, tens of feet, striking the coast with devastating force. People on the beach or in low coastal areas need to be aware that a tsunami could arrive within minutes after a severe earthquake. The tsunami danger period can continue for many hours after a major earthquake. A tsunami can occur during any season of the year and at any time, day or night.

Be aware of the signs of a tsunami:

- A strong earthquake lasting 20 seconds or more near the coast.
- A noticeable rapid rise or fall in coastal waters.

What is the best source of information in a tsunami situation?

The International Tsunami Warning System monitors ocean waves after any Pacific earthquake with a magnitude greater than 6.5. If waves are detected, warnings are issued to local authorities who can order the evacuation of low-lying areas if necessary. The National Oceanic and Atmospheric Administration (NOAA)'s National Weather Service operates two tsunami warning centers:

1. **West Coast/Alaska Tsunami Warning Center (WC/ATWC), Palmer, Alaska.** Serves Alaska, Washington, Oregon, California, the U.S. Atlantic and Gulf of Mexico coasts, Puerto Rico, the U.S. Virgin Islands and Canada.
2. **Pacific Tsunami Warning Center (PTWC), Ewa Beach, Hawaii.** Serves Hawaii and the U.S. Pacific territories, and as an international warning center for the Pacific and Indian oceans and the Caribbean Sea.

How can I prepare ahead of time?



Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas.

- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.
- Plan evacuation routes from your home, school, workplace and other places you could be where tsunamis present a risk. If possible, pick areas 100 feet (30 meters) above sea level or go as far as 2 miles (3 kilometers) inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference. You should be able to reach your safe location on foot within 15 minutes.
- Find out what the school evacuation plan is. Find out if the plan requires you to pick your children up from school or from another location. Telephone lines during a tsunami watch or warning may be overloaded and routes to and from schools may be jammed.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan makes the appropriate response more of a reaction, requiring less thinking during an actual emergency.
- If you are a tourist, familiarize yourself with local tsunami evacuation protocols. You may be able to safely evacuate to the third floor and higher in reinforced concrete hotel structures.

What should I do during a potential tsunami situation?



If you are in a coastal area and feel an earthquake that lasts 20 seconds or longer:

- Drop, cover and hold on. You should first protect yourself from the earthquake.
- When the shaking stops, gather members of your household and move quickly to higher ground away from the coast. A tsunami may be coming within minutes.
- Avoid downed power lines and stay away from buildings and bridges from which heavy objects might fall during an aftershock.

What to do during a tsunami watch

- Use a NOAA Weather Radio or tune to a Coast Guard emergency frequency station or a local radio or television station for updated emergency information.
- Locate household members and review evacuation plans. Be ready to move quickly if a tsunami warning is issued.

What to do during a tsunami warning

- If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once.
- Take your emergency preparedness kit. Having supplies will make you more comfortable during the evacuation.
- Take your pets with you. If it is not safe for you, it's not safe for them.
- Get to higher ground as far inland as possible. Watching a tsunami could put you in grave danger. If you can see the wave, you are too close to escape it.

What do I do after a tsunami?



- Continue using a NOAA Weather Radio or tuning to a Coast Guard station or a local radio or television station for the latest updates.
- Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Check yourself for injuries and get first aid as needed before helping injured or trapped persons.
- If someone needs to be rescued, call professionals with the right equipment to help. Many people have been killed or injured trying to rescue others.
- Help people who require special assistance—infants, elderly people, those without transportation, people with disabilities and large families who may need additional help in an emergency situation.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of floods.
- Use the telephone only for emergency calls.
- Stay out of any building that has water around it. Tsunami water can cause floors to crack or walls to collapse.
- Use caution when re-entering buildings or homes. Tsunami-driven floodwater may have damaged buildings where you least expect it. Carefully watch every step you take.
- To avoid injury, wear protective clothing and be cautious when cleaning up.
- Watch animals closely and keep them under your direct control.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site, available through redcross.org/safeandwell, to let your family and friends know about your welfare. You may also call **1-800-RED-CROSS (1-800-723-2767)** to register yourself and your family.

Volcanoes

Learn about your community's risk from hazards created by volcanic eruptions. While you may be located far from a volcano, the ash from an explosive eruption could affect your area. Contact your local emergency management office, local American Red Cross chapter, or state geological survey or department of natural resources. Ask about the type of volcano hazards that could affect your area and what you can do to prepare.

AWARENESS MESSAGES

Why talk about volcanoes?

Volcanoes produce a wide variety of hazards that can kill people and destroy property. Volcanic eruptions fall into two broad types: (1) explosive and (2) quiet. Hazards from large explosive eruptions include widespread ashfall (fine glass particles), pyroclastic flows (mixtures of hot gases and pumice blocks), and massive lahars (volcanic mud or debris flows) that can endanger people and property nearby as well as tens to hundreds of miles away. Eruptions can even affect global climate. Hazards from quiet lava flows include igniting fires and producing chlorine-rich gas clouds where lava pours into the sea. Since 1980, as many as five volcanoes have erupted each year in the United States. Eruptions are most likely to occur in Hawaii and Alaska. In the Cascade Mountain Range in Washington, Oregon, and northern California, volcanoes erupt on the average of one to two or more each century.

Volcanic ash can affect people and equipment hundreds of miles from the volcano. Inhaling volcanic ash can cause serious respiratory problems for people with heart and lung ailments.

Explosive eruption columns pose a serious hazard to commercial aviation. The ash column can grow rapidly and reach more than 12 miles (19 kilometers) above a volcano in less than 30 minutes, forming an ash cloud. During the past 14 years, about 80 commercial jets have been damaged by inadvertently flying into ash clouds, and several have nearly crashed because of engine failure. Many federal agencies, including the U.S. Geological Survey, the Federal Aviation Administration, and the National Weather Service, are working together to issue timely warnings of airborne ash to airports and airline pilots.

What are volcanoes, and what causes them to erupt?

A volcano is a vent through which molten rock escapes to the earth's surface. Unlike other mountains, which are pushed up from below, volcanoes are built by surface accumulation of their eruptive products—layers of lava flows, ash flows, and ash. When pressure from gases within the molten rock becomes too great, gases drive the molten rock to the surface and an eruption occurs.

What damages can volcanoes cause?

In the past few thousand years, the volcanoes of the Cascade Mountain Range, which stretches from northern California into British Columbia, have produced more than 100 eruptions, most of them explosive. However, individual Cascade Range volcanoes can lie dormant for many centuries between eruptions, and the great risk posed by volcanic activity in the region is therefore not always apparent. When Cascade Range volcanoes do erupt, high-speed avalanches of hot ash and rock (pyroclastic flows), lava flows, and landslides can devastate areas 10 miles (16 kilometers) or more away, and huge mudflows of volcanic mud and debris (lahars) can inundate stream valleys at speeds of 20 to 40 miles (32 to 64 kilometers) per hour and travel more than 50 miles (80 kilometers) downstream.

Most eruptions at Hawaiian volcanoes are not explosive and are characterized by the relatively quiet outflow of very fluid lava. These quiet eruptions can produce spectacular lava fountains or lava flows that creep across the land at the relatively slow speed of 10 miles (16 kilometers) per hour or so. The speed at which lava moves across the ground depends on several factors, including the type of lava erupted, the steepness of the ground, and the rate of lava production at the vent. Because the temperature of the lava can be 1000° to 2000° F (538° to 1093° C), lava flows destroy everything in their path, often causing dangerous fires. While most lava moves slowly enough that people can get out of the way, wildland fires can advance rapidly. Before and during an eruption, many small earthquakes occur as molten rock forces its way through the upper parts of a volcano's interior. Such quakes often provide early warnings of changes in eruptive activity.

Volcanic eruptions can be accompanied by other natural hazards: earthquakes, mudflows and flash floods, rockfalls and landslides, wildland fires, and (given certain conditions) tsunamis.

How can I protect myself from the ill effects of a volcanic eruption?

You need to know the volcanic hazards associated with active and potentially active volcanoes where you live and where you visit. You must determine the varying degrees of your own risk and take actions to stay safe and protect your property.

Learning your community's warning system, developing and practicing a household evacuation plan, and being prepared to shelter-in-place should be important parts of your plan.

What is the best source of information in case of a volcano watch or warning?

Local radio or television stations are the best sources of information in a volcanic eruption situation.

Volcanoes usually give warning that they will erupt, and U.S. Geological Survey (USGS) scientists have developed a forecasting system to alert public officials and the general public of such warnings. The USGS Volcano Hazards Program, in collaboration with federal, state, and local government agencies, universities, and the private sector, operates five volcano observatories to reduce the risk from volcanic activity. The five observatories are the Alaska Volcano Observatory, the Hawaiian Volcano Observatory, the Cascades Volcano Observatory, the Long Valley Caldera Observatory, and the Yellowstone Volcano Observatory.

ACTION MESSAGES

Be Prepared for a Volcanic Eruption Protect Yourself

CORE ACTION MESSAGES

- Determine your risk.
- Prepare household members.
- Keep goggles and dust masks handy.

For general preparedness, every household should create and practice a [Family Disaster Plan](#) and assemble and maintain a [Disaster Supplies Kit](#). In addition, every household should take volcano-specific precautions and plan for and practice what to do if a volcano erupts.

If you are at risk from volcanic activity, you should:

- **Learn about your community's warning systems and emergency plans.** Different communities have different ways of providing warnings and different response plans.
- **Keep handy a pair of goggles and a dust mask for each member of your household in case of ashfall.**
- **Develop an evacuation plan for volcanic eruptions** and make sure all members of your household know and practice it. (See "[Evacuation, Sheltering, and Post-disaster Safety](#)") Be sure to include your animals in your evacuation plan. Making plans at the last minute can be upsetting and wastes precious time.
- **Discuss volcanoes with members of your household.** Discussing volcanic eruptions ahead of time helps to reduce fear and lets everyone know how to respond.
- **Review landslide and mudflow safety and preparedness measures with members of your household.** (See "[Landslides](#)")
- **Talk to you insurance agent.** Find out what your homeowners' policy will or will not cover in the event of a volcanic eruption.

What to Do During a Volcanic Eruption

CORE ACTION MESSAGE

- Evacuate or take shelter.

You should:

- **Listen to a local station on a portable, battery-operated radio or television for updated emergency information and instructions.** If the electricity is out, this may be your main source of information. Local officials will give the most appropriate advice for your particular situation on local media.

- **Follow any evacuation orders issued by authorities, and put your Family Disaster Plan into action.** Although it may seem safe to stay at home and wait out an eruption, if you are in a hazard zone, doing so could be very dangerous. The best way to stay safe is to take the advice of local authorities.
- **If indoors, close all window, doors, and dampers** to keep volcanic ash from entering.
- **Put all machinery inside a garage or barn** to protect it from volcanic ash. If buildings are not available, cover machinery with large tarps.
- **Bring animals and livestock into closed shelters** to protect them from breathing volcanic ash.
- **If outdoors, take shelter indoors.** Your safest place is indoors, away from various hazards.
- **Stay out of designated restricted zones.** Effects of a volcanic eruption can be experienced many miles from a volcano.
- **Avoid low-lying areas, areas downwind of the volcano, and river valleys downstream of the volcano.** Debris and ash will be carried by wind and gravity. Stay in areas where you will not be further exposed to volcanic eruption hazards. Trying to watch an erupting volcano up close is a deadly idea.
- **If you are caught in an ashfall:**
 - Wear a dust mask designed to protect against lung irritation from small particles.
 - Protect your eyes by wearing goggles. Wear eyeglasses, not contact lenses.
 - Keep as much of your skin covered as possible.

What to Do After a Volcanic Eruption

CORE ACTION MESSAGES

- Stay inside.
- Protect your lungs and eyes.

You should:

- **Stay indoors and away from volcanic ashfall areas if possible.** The fine, glassy particles of volcanic ash can increase the health risks for children and people with respiratory conditions, such as asthma, chronic bronchitis, or emphysema.
- **Whether you are indoors or outdoors:**
 - Wear a dust mask designed to protect against lung irritation from small particles
 - Protect your eyes by wearing goggles. Wear eyeglasses, not contact lenses.
 - Keep as much of your skin covered as possible.
- **When it is safe to go outside:**
 - Clear roofs of ashfall. Ash is very heavy and can cause buildings to collapse, especially if made wet by rain. Exercise great caution when working on a roof.
 - Avoid driving in heavy ashfall. Driving will stir up volcanic ash that can clog engines and stall vehicles. Abrasion can damage moving parts, including bearings, brakes, and transmissions.

- **Keep animals away from ashfall and areas of possible hot spots.** Wash animals' paws and fur or skin to prevent their ingesting or inhaling ash while grooming themselves.

Media and Community Education Ideas

- Ask your local newspaper or radio or television station to:
 - Do a series on the dangers of volcanic eruptions, ashfalls, floods, etc.
 - Do a story featuring interviews with local officials about land use management in low-lying areas.
 - Highlight the importance of staying informed about local conditions.
 - Run public service ads about how to protect lives in the event of a volcanic eruption.
 - Feature an interview with a representative of the U.S. Geological Survey, talking about how this group determines the likelihood of a volcanic eruption.
 - Do a series on local volcanic hazards and how to recognize the warning signs of a possible volcanic eruption.
 - Publicize emergency evacuation routes.

Help the reporters to localize the information by providing them with the local emergency telephone number for the fire, police, and emergency medical services departments (usually 9-1-1) and emergency numbers for the local utilities and hospitals. Also provide the business telephone numbers for the local emergency management office, local American Red Cross chapter, and state geological survey or department of natural resources.

- Work with officials of the local fire, police, and emergency medical services departments; utilities; hospitals; emergency management office; and American Red Cross chapter to prepare and disseminate guidelines for people with mobility impairments about what to do if they have to evacuate.

Facts and Fiction

Fiction: Volcanoes erupt with regularity.

Facts: Volcanoes generally experience a period of closely spaced eruptions followed by long periods of quiet. Most volcanoes show no regularity, and thus on the basis of past history alone cannot be considered "overdue" or "ready to blow."

Fiction: Volcanoes are unpredictable, erupting at any time without warning.

Facts: Volcanoes usually give warning signs that they are going to erupt weeks to months or more in advance. Although we cannot predict when a volcano will start to be restless, once activity begins, scientists can make general forecasts about how soon an eruption will occur. A more difficult challenge for volcanologists is forecasting the size of an impending eruption.

Fiction: Lava flows are the most significant hazards from volcanoes in the United States.

Facts: Although this is true in Hawaii, the hazards differ at the more than 150 volcanoes in other parts of the United States. Principal hazards outside Hawaii include: (1) Volcanic ashfall resulting from explosive-style eruptions. Volcanic ash, the shattered remnants of volcanic rock, rises into the atmosphere, where it is a hazard to aircraft and affects large areas downwind when it falls back to earth. Where it falls in sufficient quantity, it can cause difficulties for vehicles, machinery, and utilities, and can be injurious to human health. (2) Volcanic mudflows (lahars) resulting from the sudden melting of snow and ice

during eruptions. Lahars can inundate river valleys tens of miles distant, destroying bridges, highways, and other types of development, as well as endangering people.

Fiction: Earthquakes cause volcanic eruptions.

Fact: Earthquakes indicate a geologically active landscape, but they are not the cause of volcanic eruptions. In rare cases, large tectonic earthquakes have triggered eruptions of nearby volcanoes that have been poised to erupt anyway. In the case of Mount St. Helens, a flurry of earthquakes under the volcano suggested potential eruptive activity.

Be Red Cross Ready

Wild Fire Safety Checklist

More and more people are making their homes in woodland settings, rural areas or remote mountain sites. There, residents enjoy the beauty of the environment but face the very real danger of wild fires. Wild fires often begin unnoticed. They spread quickly, igniting brush, trees and homes. In a wild fire, every second counts!

Supplies to take with you if you need to evacuate:

- Water—one gallon per person, per day (3-day supply)
- Food—non-perishable, easy-to-prepare items (3-day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Other essential items that could not be replaced if they were destroyed

What should I do to prepare ahead of time?



- Learn about wild fire risks in your area.
- Talk with members of your household about wild fires—how to prevent them and what to do if one occurs.
- Post emergency phone numbers by every phone in your home.
- Make sure driveway entrances and your house number or address are clearly marked.
- Identify and maintain an adequate water source outside your home, such as a small pond, cistern, well or swimming pool.
- Set aside household items that can be used as fire tools: a rake, ax, hand saw or chain saw, bucket and shovel. You may need to fight small fires before emergency responders arrive.
- Select building materials and plants that resist fire.
- Regularly clean roofs and gutters.

Plan ahead and stay as safe as possible during a wild fire.

- Plan and practice two ways out of your neighborhood in case your primary route is blocked.
- Select a place for family members to meet outside your neighborhood in case you cannot get home or need to evacuate.
- Identify someone who is out of the area to contact if local phone lines are not working.

What should I do if there are reports of wild fires in my area?



- Be ready to leave at a moment's notice.
- Listen to local radio and television stations for updated emergency information.
- Always back your car into the garage or park it in an open space facing the direction of escape.
- Confine pets to one room so that you can find them if you need to evacuate quickly.
- Arrange for temporary housing at a friend or relative's home outside the threatened area.

Limit exposure to smoke and dust.

- Listen and watch for air quality reports and health warnings about smoke.
- Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Use the recycle or re-circulate mode on the air conditioner in your home or car. If you do not have air conditioning and it is too hot to stay inside with closed windows, seek shelter elsewhere.
- When smoke levels are high, do not use anything that burns and adds to indoor air pollution, such as candles, fireplaces and gas stoves. Do not vacuum because it stirs up particles that are already inside your home.
- If you have asthma or another lung disease, follow your health care provider's advice and seek medical care if your symptoms worsen.

Returning home after a wild fire ...



- Do not enter your home until fire officials say it is safe.
 - Use caution when entering burned areas as hazards may still exist, including hot spots, which can flare up without warning.
 - Avoid damaged or fallen power lines, poles and downed wires.
 - Watch for ash pits and mark them for safety—warn family and neighbors to keep clear of the pits also.
 - Watch animals closely and keep them under your direct control. Hidden embers and hot spots could burn your pets' paws or hooves.
 - Follow public health guidance on safe cleanup of fire ash and safe use of masks.
 - Wet debris down to minimize breathing dust particles.
 - Wear leather gloves and heavy soled shoes to protect hands and feet.
 - Cleaning products, paint, batteries and damaged fuel containers need to be disposed of properly to avoid risk.
- Ensure your food and water are safe.
- Discard any food that has been exposed to heat, smoke or soot.
 - Do NOT ever use water that you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.

Let Your Family Know You're Safe

If your community has experienced a wild fire, or any disaster, register on the American Red Cross Safe and Well Web site available through 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.

III. Weather Preparations

Be Red Cross Ready

Heat Wave Safety Checklist

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

Know the Difference

Excessive Heat Watch—Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory—Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

How can I prepare?



- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.
- Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of power outages.
- Check the contents of your emergency preparedness kit in case a power outage occurs.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies.
- Ensure that your animals' needs for water and shade are met.

What should I do during a heat wave?



- Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not suffering from the heat.

Recognize and care for heat-related emergencies ...



- Heat cramps** are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.
- Heat exhaustion** typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.
- Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
 - Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.
 - If the person refuses water, vomits or begins to lose consciousness, **call 9-1-1** or the local emergency number.
- Heat stroke** (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.
- Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
 - Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through 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.

Thunderstorm Safety Checklist

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Know the Difference

Severe Thunderstorm Watch—Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning—Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.

How can I prepare ahead of time?



- Learn about your local community's emergency warning system for severe thunderstorms.
- Discuss thunderstorm safety with all members of your household.
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
- Make a list of items to bring inside in the event of a severe thunderstorm.
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches.
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home.
- Consult your local fire department if you are considering installing lightning rods.
- Get trained in first aid and learn how to respond to emergencies.
- Put together an emergency preparedness kit:
 - Water—one gallon per person, per day
 - Food—non-perishable, easy-to-prepare
 - Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
 - Extra batteries • First aid kit
 - Medications (7-day supply) and medical items
 - Multi-purpose tool • Sanitation & personal hygiene items
 - Copies of personal documents
 - Cell phone with chargers
 - Family & emergency contact information
 - Extra cash

What should I do during a thunderstorm?



- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

What do I do after a thunderstorm?



- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or disabled.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

If Lightning Strikes ...

Follow these steps if someone has been struck by lightning:

- Call for help. Call 9-1-1 or the local emergency number. Anyone who has sustained a lightning strike requires professional medical care.
- Check the person for burns and other injuries. If the person has stopped breathing, call 9-1-1 and begin CPR. If the person is breathing normally, look for other possible injuries and care for them as necessary. People who have been struck by lightning do not retain an electrical charge and can be handled safely.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through 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.

Be Red Cross Ready

Tornado Safety Checklist

A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornado intensities are classified on the Fujita Scale with ratings between FO (weakest) to F5 (strongest). They are capable of completely destroying well-made structures, uprooting trees and hurling objects through the air like deadly missiles. Although severe tornadoes are more common in the Plains States, tornadoes have been reported in every state.

Know the Difference

Tornado Watch

Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

Tornado Warning

A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately underground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

What should I do to prepare for a tornado?



- During any storm, listen to local news or a NOAA Weather Radio to stay informed about watches and warnings.
- Know your community's warning system. Communities have different ways of warning residents about tornados, with many having sirens intended for outdoor warning purposes.
- Pick a safe room in your home where household members and pets may gather during a tornado. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
- Practice periodic tornado drills so that everyone knows what to do if a tornado is approaching.
- Consider having your safe room reinforced. Plans for reinforcing an interior room to provide better protection can be found on the FEMA Web site at <http://www.fema.gov/plan/prevent/rms/rmsp453.shtm>.
- Prepare for high winds by removing diseased and damaged limbs from trees.
- Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.
- Watch for tornado danger signs:
 - Dark, often greenish clouds—a phenomenon caused by hail
 - Wall cloud—an isolated lowering of the base of a thunderstorm
 - Cloud of debris
 - Large hail
 - Funnel cloud—a visible rotating extension of the cloud base
 - Roaring noise

What should I do if a tornado is threatening?



- The safest place to be is an underground shelter, basement or safe room.
- If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
 - Mobile homes are not safe during tornadoes or other severe winds.
 - Do not seek shelter in a hallway or bathroom of a mobile home.
 - If you have access to a sturdy shelter or a vehicle, abandon your mobile home immediately.
 - Go to the nearest sturdy building or shelter immediately, using your seat belt if driving.
 - Do not wait until you see the tornado.
- If you are caught outdoors, seek shelter in a basement, shelter or sturdy building. If you cannot quickly walk to a shelter:
 - Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
 - If flying debris occurs while you are driving, pull over and park. Now you have the following options as a last resort:
 - Stay in the car with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.
 - If you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands.
 - Your choice should be driven by your specific circumstances.

What do I do after a tornado?



- Continue listening to local news or a NOAA Weather Radio for updated information and instructions.
- If you are away from home, return only when authorities say it is safe to do so.
- Wear long pants, a long-sleeved shirt and sturdy shoes when examining your walls, doors, staircases and windows for damage.
- Watch out for fallen power lines or broken gas lines and report them to the utility company immediately.
- Stay out of damaged buildings.
- Use battery-powered flashlights when examining buildings—do NOT use candles.
- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out of the building quickly and call the gas company or fire department.
- Take pictures of damage, both of the building and its contents, for insurance claims.
- Use the telephone only for emergency calls.
- Keep all of your animals under your direct control.
- Clean up spilled medications, bleaches, gasoline or other flammable liquids that could become a fire hazard.
- Check for injuries. If you are trained, provide first aid to persons in need until emergency responders arrive.

Let Your Family Know You're Safe

If your community experiences a tornado, or any disaster, register on the American Red Cross Safe and Well Web site available through 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.

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- Frostbite and hypothermia are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through 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.

IV. Preparing for Diseases **and Epidemics**

Be Red Cross Ready

Flu Checklist

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.

Know the Difference

Seasonal Flu—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Epidemic—The rapid spread of a disease that affects some or many people in a community or region at the same time.

Pandemic—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 (swine flu)—H1N1, referred to as “swine flu” early on, is a new influenza virus causing illness in people. In the United States, this new virus was first detected in people in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

It is important to stay informed about changes to guidance issued by the Centers for Disease Control and Prevention (CDC). The CDC Web site posts regular updates to public health recommendations regarding a number of public health threats, including H1N1 (swine flu).

H5N1 (avian flu)—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

What should I do to avoid getting sick?



Get your flu shot every year for the best chance of protection.

- Always practice good health habits to maintain your body's resistance to infection.
 - Eat a balanced diet.
 - Drink plenty of fluids.
 - Exercise daily.
 - Manage stress.
 - Get enough rest and sleep.
- Take these common sense steps to stop the spread of germs:
 - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
 - Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
 - Avoid touching your eyes, nose and mouth.
 - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
 - Stay away from others as much as possible when you are sick.
- Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).
- Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death. Two shots will be needed for the 2009 flu season - one for seasonal flu and one for H1N1 flu.

Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

Do I have the flu?



The flu usually begins with the rapid-onset of a high fever and body aches. Be aware of other common flu symptoms:

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*

Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

What should I do when someone is sick?



- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.

Terminology defined

Immunity to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

Quarantine is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

Isolation is a state of separation between persons or groups to prevent the spread of disease.

Social distancing is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

ZIKA: THE BASICS OF THE VIRUS AND HOW TO PROTECT AGAINST IT

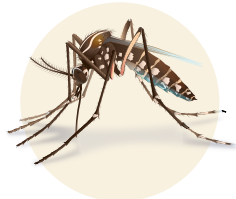


About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). Zika can also be passed through sex from a person who has Zika to his or her sex partners and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sex. This fact sheet explains who's most affected and why, symptoms and treatment, and how to protect against Zika.

How Zika Spreads

Protect yourself and family from mosquito bites all day and night, whether you are inside or outside. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people.



Zika virus can also spread:

- During sex with a person who has Zika to his or her sex partners.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).



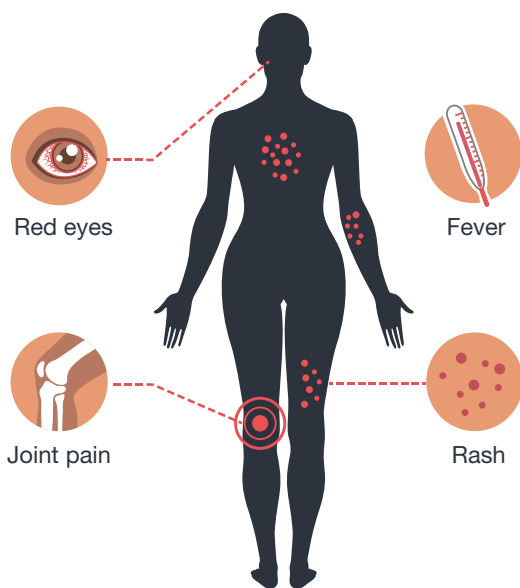
Current Zika Outbreak

Zika outbreaks are currently happening in many countries and territories. The mosquitoes that can become infected with and spread Zika live in many parts of the world, including parts of the United States.

[Specific areas where Zika virus is spreading](#) are often difficult to determine and are likely to change over time. If traveling, please visit the [CDC Travelers' Health website](#) for the most recent travel information.

Zika Symptoms

Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.



www.cdc.gov/zika



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Why Zika is Risky for Some People

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.



Microcephaly

How to Prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. **Here's how:**



- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes [inside and outside your home](#).
- Treat your clothing and gear with permethrin or buy pre-treated items.
- Use [Environmental Protection Agency \(EPA\)-registered](#) insect repellents. Always follow the product label instructions.
- When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.
- Do not use insect repellents on babies younger than 2 months old.
- Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- [Prevent sexual transmission of Zika by using condoms or not having sex.](#)

What to do if You Have Zika

There is no specific medicine to treat Zika. Treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

To help prevent others from getting sick, strictly follow steps to prevent mosquito bites during the first week of illness.



West Nile Virus

West Nile Virus (WNV) infection is an illness transmitted to humans primarily by mosquitoes. The pathogen that causes WNV infection is a virus that is known to infect birds and other animals as well as humans. Outdoor workers are at risk, particularly in warmer weather (when mosquitoes are more likely to be present). The following information below is designed to educate employers and workers on the virus and also offer ways to reduce the risks of infection.

What are the signs and symptoms of West Nile Virus?

In most cases, persons infected with WNV either show no symptoms or have very mild flu-like symptoms, called West Nile fever. These mild cases of West Nile fever normally last only a few days and are not believed to cause any long-term effects. The typical time from infection to the onset of signs and symptoms is 3 to 14 days. Signs and symptoms of the milder illness, West Nile fever, include tiredness, headache, fever, body aches, swollen lymph nodes, and/or a skin rash.

According to the Centers for Disease Control and Prevention (CDC), severe illness is reported to occur in about 1 of every 150 persons infected with WNV. Symptoms of severe disease may last several weeks and may have permanent neurological effects. The signs and symptoms of more severe infection (West Nile encephalitis or meningitis) include nausea/vomiting, headache, high fever, stiffness in the neck, disorientation (in very severe cases, coma), tremors and convulsions, and muscle weakness (in very severe cases, paralysis). Severe WNV infection is a medical emergency and persons who develop symptoms should seek immediate medical assistance.

How can workers become exposed?

Flooded areas, particularly in warm climates, provide the opportunity for mosquitoes to breed in stagnant water. Bites from infected mosquitoes may result in WNV.

What can employers do to reduce the risk to workers?

Employers should keep in mind that eliminating mosquito breeding grounds is a highly effective way of reducing mosquito populations and the number of mosquito bites. Mosquitoes lay eggs in standing water. Employers with workers who work outside, and in and around areas of stagnant water should:

- Be aware of working conditions, i.e., the presence of equipment or areas where water accumulates.
- Advise workers to inspect work areas and, where possible, get rid of sources of stagnant or standing water to remove a potential breeding ground of mosquitoes.
- Reduce or eliminate mosquito populations by disrupting mosquito breeding grounds (i.e., whenever possible, drain ditches, gutters, etc., to get rid of sources of stagnant or standing water).
- Advise workers to protect themselves from skin contact with dead birds. CDC recommends using gloves or an inverted plastic bag when handling dead birds.

What can workers do to protect themselves?

It may not always be possible to eliminate all potential mosquito breeding grounds. Knowing the key steps to take to minimize the risk of mosquito bites is important in reducing the risk of WNV infection. Workers who work outdoors should be aware that the use of personal protective equipment

and techniques is essential to preventing mosquito bites. Workers should:

- Cover as much of the skin as possible by wearing shirts with long sleeves, long pants and socks whenever possible. Use light weight clothing to minimize the potential for heat-induced illnesses.
- Use insect repellent containing an EPA-registered active ingredient (e.g., DEET, Picaridin) on exposed skin according to instructions on packaging. All of the EPA-registered active ingredients have demonstrated repellency however some provide more long-lasting protection than others.
- Avoid the use of perfumes and colognes when working outdoors; mosquitoes may be more attracted to individuals wearing perfumes or colognes.
- Choose a repellent that provides protection for the amount of time that you will be outdoors/in areas of concern. The more DEET a repellent contains, the longer time it can protect one from mosquito bites, with protection times ranging from 1 hour (4.75% DEET) to 5 hours (23.8% DEET).
- Spray insect repellent on the outside of one's clothing, as it is possible for mosquitoes to bite through thin clothing.

- Do NOT spray insect repellent on skin that is under clothing.
- Never apply insect repellents over open wounds or irritated skin.
- Do NOT spray aerosol or pump products in enclosed areas. Do NOT spray a pump or aerosol product directly on one's face. First spray on hands and carefully rub on face (do not allow insect repellent to contact one's eyes and mouth).
- After working in areas where mosquitoes are a concern, use soap and water to wash skin that has been treated with insect repellent.
- Be extra vigilant at dusk and dawn when mosquitoes are most active.

Additional Resources:

CDC West Nile Virus Home Page at <http://www.cdc.gov/ncidod/dvbid/westnile/>

CDC information on the use of insect repellents at http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm

OSHA at <http://www.osha.gov/dts/shib/shib082903b.html>

This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.



V. Preparing The Family

Are You READY!

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- First aid kit
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live
- Matches in a waterproof container (let a grown up handle these)
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery-powered or hand-cranked radio with extra batteries
- Flashlights with extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Local maps
- Pet supplies
- Baby supplies
- Books, games or puzzles
- A favorite stuffed animal or blanket

Remember, traffic lights will not work!

Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!



<http://www.ready.gov/kids>

Are You **READY!**

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

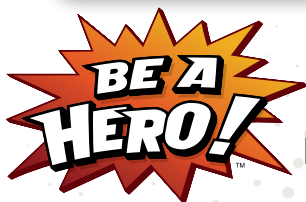
If a big storm is coming...

- ✓ Fill your car with gas
- ✓ Fill plastic bags with water and place them in the freezer
- ✓ Get extra cash out of the bank
- ✓ Fill prescriptions

Emergency Supplies List

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) <input type="checkbox"/> Can opener <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels <input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation <input type="checkbox"/> Water – at least a gallon per person, per day for drinking and hygiene <input type="checkbox"/> First aid kit <input type="checkbox"/> Prescription medication and glasses <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family <input type="checkbox"/> Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live <input type="checkbox"/> Matches in a waterproof container <input type="checkbox"/> Toothbrush, toothpaste, soap and other personal items <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Fire extinguisher <input type="checkbox"/> Wrench or pliers to turn off utilities <input type="checkbox"/> Dust mask, and plastic sheeting and duct tape, to help filter contaminated air <input type="checkbox"/> Battery-powered or hand-cranked radio and extra batteries <input type="checkbox"/> Flashlights and extra batteries <input type="checkbox"/> Cell phone with charger, extra battery and solar charger | <ul style="list-style-type: none"> <input type="checkbox"/> Whistle to signal for help <input type="checkbox"/> Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.) <input type="checkbox"/> Local maps <input type="checkbox"/> Cash or traveler's checks <input type="checkbox"/> Emergency reference material such as first aid book or information from www.ready.gov <input type="checkbox"/> Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container <input type="checkbox"/> Pet supplies <input type="checkbox"/> Infant formula and diapers <input type="checkbox"/> Paper and pencil <input type="checkbox"/> Books, games or puzzles (let your kids pick these out themselves!) <input type="checkbox"/> Your child's favorite stuffed animal or security blanket <input type="checkbox"/> Pet food and extra water for your pet |
|--|---|

Don't forget to think about infants, elderly, pets, or any family members with special needs!





BE SMART. TAKE PART. CREATE YOUR FAMILY EMERGENCY COMMUNICATION PLAN

Join with others to prepare for emergencies and participate in America's PrepareAthon! | ready.gov/prepare

Creating your *Family Emergency Communication Plan* starts with one simple question: "What if?"

"What if something happens and I'm not with my family?" "Will I be able to reach them?" "How will I know they are safe?" "How can I let them know I'm OK?" During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:



1. COLLECT.

Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.



2. SHARE.

Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.



3. PRACTICE.

Have regular household meetings to review and practice your plan.

**TEXT
IS
BEST!**

If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

The following sections will guide you through the process to create and practice your *Family Emergency Communication Plan*.



HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see *Be Smart. Know Your Alerts and Warnings* at <http://1.usa.gov/1BDloze>. For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

- Indoor:* If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building, or a tornado safe room or storm shelter.
- In your neighborhood:* This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
- Outside of your neighborhood:* This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.



- You cannot get home or to your out-of-neighborhood meeting place; or
- Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.



Make copies of your *Family Emergency Communication Plan* for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.



Enter household and emergency contact information into all household members' mobile phones or devices.



Store at least one emergency contact under the name "In Case of Emergency" or "ICE" for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.



Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.



Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.



Read *Be Smart. Know Your Alerts and Warnings* at <http://1.usa.gov/1BDloze> and sign up to receive emergency information.



Once you have completed your *Family Emergency Communication Plan*, made copies for all the members of your household, and discussed it, it's time to practice!

Here are some ideas for practicing your plan:



Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.



Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like "I'm OK. At library" are good.

- Talk about who will be the lead person to send out information about the designated meeting place for the household.
- Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation, such as public transportation, rail, and para-transit for all family members, including people with disabilities and others with access and functional needs.
- Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.
- To show why it's important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory—now ask them to think about doing this in the event of an emergency.
- Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.
- Review, update, and practice your *Family Emergency Communication Plan* at least once a year, or whenever any of your information changes.

To help start the conversation or remind your family why you are taking steps to prepare and practice, you may want to watch the 4-minute video, *It Started Like Any Other Day*, about families who have experienced disaster, at www.youtube.com/watch?v=w_omgt3MEBs. Click on the closed captioning (CC) icon on the lower right to turn on the captioning.

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates, remember to print new copies of the plan for everyone.

OTHER IMPORTANT TIPS FOR COMMUNICATING IN DISASTERS¹

- Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.
- Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.

¹ Federal Communications Commission, Public Safety and Homeland Security Bureau. (n.d.) *Tips for communicating in an emergency*. Retrieved from <http://transition.fcc.gov/pshs/emergency-information/tips.html>

-
- Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
- Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are Deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
- If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
- Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are Deaf or hard of hearing, or who have speech disabilities.

America's PrepareAthon! is a grassroots campaign for action to get more people prepared for emergencies. Make your actions count at ready.gov/prepare.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.

10 WAYS TO PARTICIPATE IN AMERICA'S *PrepareAthon!*



Access Alerts and Warnings



Test Communication Plans



Assemble or Update Supplies



Drill or Practice Emergency Response



Participate in a Class, Training, or Discussion



Plan with Neighbors



Conduct an Exercise



Make Property Safer



Document and Insure Property



Safeguard Documents

FAMILY EMERGENCY COMMUNICATION PLAN

HOUSEHOLD INFORMATION

Home #:

Address:.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:

Address:.....

Emergency/Hotline #:

Website:

Emergency Plan/Pick-Up:

**SCHOOL,
CHILDCARE,
CAREGIVER, AND
WORKPLACE
EMERGENCY PLANS**

Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

Name:
Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

Name:
Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

**IN CASE OF
EMERGENCY
(ICE) CONTACT**

Name: Mobile #:
Home #: Email:
Address:

**OUT-OF-TOWN
CONTACT**

Name: Mobile #:
Home #: Email:
Address:

**EMERGENCY
MEETING PLACES**

Indoor:
Instructions:
Neighborhood:
Instructions:

Out-of-Neighborhood:
Address:.....
Instructions:

Out-of-Town:
Address:.....
Instructions:

**IMPORTANT
NUMBERS OR
INFORMATION**

Police: Dial 911 or #:

Fire: Dial 911 or #:

Poison Control: #:

Doctor: #:

Doctor: #:

Pediatrician: #:

Dentist: #:

Hospital/Clinic: #:

Pharmacy: #:

Medical Insurance: #:

Policy #:

Medical Insurance: #:

Policy #:

Homeowner/Rental Insurance:

#:

Policy #:

Flood Insurance: #:

Policy #:

Veterinarian: #:

Kennel: #:

Electric Company: #:

Gas Company: #:

Water Company: #:

Alternate/Accessible Transportation:

#:

Other: #:

Other: #:

Other: #:



Ready

Family Emergency Plan



FEMA

Prepare. Plan. Stay Informed. ®



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____

Telephone Number: _____

Email: _____

Neighborhood Meeting Place: _____

Telephone Number: _____

Regional Meeting Place: _____

Telephone Number: _____

Evacuation Location: _____

Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			



Ready

Family Emergency Plan



Prepare. Plan. Stay Informed.

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____


NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES 

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:


Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES 

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES 

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES 

Emergency Supplies

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable Food** at least a three-day supply
- ✓ Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and **extra batteries** for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First Aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic sheeting** and **duct tape** to shelter-in-place
- ✓ **Important Family Documents**
- ✓ **Items for unique family needs**, such as daily prescription medications, infant formula or diapers
- ✓ **Cell phone and chargers**



If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including: important family documents.

Clothing and Bedding:

- ✓ A **jacket** or **coat**
- ✓ **Long pants**
- ✓ A **long sleeve shirt**
- ✓ **Sturdy shoes**
- ✓ A **hat** and **gloves**
- ✓ A **sleeping bag** or **warm blanket** for each person

(continued)

Below are some other items for your family to consider adding to its supply kit.

Some of these items, especially those marked with a * can be dangerous, so please have an adult collect these supplies.

- ✓ Emergency reference material such as a first aid book or a print out of the information on www.ready.gov
- ✓ Rain gear
- ✓ Mess Kits, paper cups, plates and plastic utensils
- ✓ Cash or traveler's checks, change
- ✓ Paper towels
- ✓ Fire Extinguisher
- ✓ Tent
- ✓ Compass
- ✓ Matches in a waterproof container *
- ✓ Signal flare*
- ✓ Paper, pencil
- ✓ Personal hygiene items including feminine supplies
- ✓ Disinfectant *
- ✓ Household chlorine bleach * - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ✓ Medicine dropper
- ✓ Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.



3 Be Informed

About What Might Happen

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit www.ready.gov.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

In addition to your personal preparedness, consider getting involved in neighborhood and community emergency preparedness activities. Assist emergency planners and others in considering the preparedness needs of the whole community, including people with disabilities and others with access and functional needs. Communities are stronger and more resilient when everyone joins the team. People with disabilities often have experience in adapting and problem solving that can be very useful skills in emergencies.

Preparing Makes Sense for People with Disabilities, Others with Access and Functional Needs and the Whole Community. Get Ready Now.

This information was developed by the US. Department of Homeland Security in consultation with AARP, the American Red Cross and the National Organization on Disability and updated by the FEMA Office of Disability Integration and Coordination.



Preparing Makes Sense For People With Disabilities, Others with Access and Functional Needs and the Whole Community.



Preparing Makes Sense. Get Ready Now.

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines commonsense measures individuals with disabilities, and others with access and functional needs, and the people who assist and support them can take to start preparing for emergencies before they happen. Preparing makes sense for people with disabilities, others with access and functional needs and the whole community.

Get Ready Now.



1 Get a Kit

Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to disaster assistance, a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival - food, water, clean air and any life-sustaining items you require to maintain your health, safety and independence. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- ▶ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ▶ Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- ▶ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ▶ Battery-powered or hand crank cell phone charger
- ▶ Flashlight and extra batteries
- ▶ First aid kit
- ▶ Whistle to signal for help
- ▶ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ▶ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ▶ Wrench or pliers to turn off utilities
- ▶ Local maps
- ▶ Pet food, extra water and supplies for your pet or service animal

Include Medications and Medical Supplies: If you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services at home such as home health care, meals, oxygen or door-to-door transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Depending on your needs, items for your Go Kit may include:

- Extra eyeglasses, hearing aids if you have them, or have coverage for them
- Extra batteries for hearing aids
- Battery chargers for , motorized wheelchairs or other battery-operated medical or assistive technology devices
- Copies of medical prescriptions, doctors orders, and the style and serial numbers of the support devices you use
- Medical alert tags or bracelets or written descriptions of your disability and support needs, in case you are unable to describe the situation in an emergency
- Supplies for your service animal
- Medical insurance cards, Medicare/Medicaid cards, physician contact information, list of your allergies and health history A list of the local non-profit or community-based organizations that know you or assist people with access and functional needs similar to yours.
- A laminated personal communication board, if you might need assistance with being understood or understanding others
- If possible, extra oxygen, insulin, catheters, or other medical supplies you use regularly
- If you use a motorized wheelchair, have a light weight manual chair available for emergencies. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- Even if you do not use a computer yourself, consider putting important information onto a portable thumb drive for easy transport in an evacuation.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security

number, charge and bank accounts information, and tax records. It is best to keep these documents in a waterproof container. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well, and also make sure that a trusted friend or family member has a copy of these documents. Include the names and numbers of everyone in your personal support network, as well as your medical and disability service providers. If you have a communication disability, make sure your emergency information includes instructions for the best way to communicate with you.

Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

- If you have allergies or chemical sensitivities, be sure to include items that you are able to use for personal hygiene and for cleanup.

2 Make a Plan

For What You Will Do in an Emergency

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require accessible transportation be sure your alternatives are also accessible. If you have tools or aids specific to your disability, plan how you would function without them. For example, if you use a communication device, mobility aid, or service animal, what will you do if these are not available? If you require life-sustaining equipment or treatment such as a dialysis machine, find out the location and availability of more than one facility. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, service providers and others in your personal support network.

Create a Personal Support Network: If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home, school or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Teach them how to use any lifesaving equipment or administer medicine in case of an emergency. If you use a wheelchair, oxygen or other medical equipment show friends how

to use these devices so they can move you if necessary or help you evacuate. Practice your plan with those who have agreed to be part of your personal support network.

Inform your employer and co-workers about the assistance you will need in an emergency. This is particularly important if you need to be lifted or carried. Talk about communication difficulties, physical limitations, equipment instructions and medication procedures. If you are deaf or hard of hearing, discuss the best ways to alert you in an emergency. If you have a cognitive or intellectual disability, be sure to work with your employer to determine how to best notify you of an emergency and what instruction methods are easiest for you to follow. Always participate in exercises, trainings and emergency drills offered by your employer.

Develop a Family Communications Plan: Your family may not be together when disaster strikes so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, sends a text message or e-mails the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members. You may have trouble getting through, or the phone system may be down altogether, but be patient. For more information on how to develop a family communications plan, visit www.ready.gov.

Deciding to Stay or Go: Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television radio internet or social media news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

Consider Your Service Animal or Pets: Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance or your service animal and pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that by law only service animals must be allowed inside. Plan in advance for shelter alternatives that will work for both you and your animals; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets in an emergency. For more information about pet preparedness, visit www.ready.gov.

Staying Put: Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors, also consider how a shelter designated for the public would meet your needs. Work with local emergency managers and others in your community on

preparing shelters in advance to meet the access and functional needs of children and adults with disabilities (go to www.fema.gov/about/odic to learn more about functional needs support services in general population shelters). If you have options and decide to stay put and shelter in place, consider that you may be without electricity, phone service and accessible roads for days or longer, depending on circumstances.

Evacuation: There may be conditions in which you will decide to get away or there may be situations when you may be ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, school, community organizations and other places you frequent. If you typically rely on elevators, work with others to develop back-up plans for evacuation in case they are not working.

Fire Safety: Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path. Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path, if there are aspects of preparing your home or workplace that you are not able to do yourself, enlist the help of your personal support network.

Contact Your Local Emergency Information Management Office: Some local emergency management offices maintain registries for people with disabilities. Some registries are only used to collect planning information, others may be used to offer assistance in emergencies. If you add your name and information to a registry, Be sure you understand what you can expect. Be aware that a registry is NEVER a substitute for personal preparedness. Even if the registry may be linked to first responders, assistance may not be available for hours or days in a disaster. Contact your local emergency management agency to see if these services exist where you live or visit www.ready.gov to find links to government offices in your area. In addition, wearing medical alert tags or bracelets that identify your access and functional needs can be a crucial aid in an emergency situation. When traveling, consider alerting hotel or motel workers if you will need help in a disaster situation, as a part of your plan.

Finances:

- Arrange electronic payments for your paycheck and federal benefits.
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks for people who don't have a bank account. Sign up is easy, call toll-free at (877) 212-9991 (phone), (866) 569-0447 (TTY) or sign up online at www.USDirectExpress.com. Signing up for direct deposit or the Direct Express card is a simple but important step that can help protect your family's access to funds in case the unthinkable were to happen. If you or those close to you are still receiving Social Security or other federal benefits by check, please consider switching to one of these safer, easier options today.



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready 



Federal Emergency Management Agency
Washington, DC 20472

PET EMERGENCY KIT CHECKLIST

Stock up on items your pet may need during a disaster. Below are some items to help you get started.

- Pet first aid kit
- Food
- Water
- Bowls
- Extra collar
- Extra leash
- Medical records
- Two-week supply of medications
- Crate or sturdy carrier
- Blanket
- Recent photos of your pets (in case you are separated and need to make "Lost" posters)
- Toys and bones
- Disposable litter trays
- Litter or paper toweling
- Disposable bags for clean-up



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

CS259306-C

VI. Your Home

Fire Safety Checklist for Homeowners and Renters

If there is a fire, you may have less than 3 minutes to get out of your home. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire.

Put a check in front of each statement that is true for your home.

Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.



Test your alarm regularly.
Your smoke alarm is working if it makes a noise when you press the “test” button.

Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.
- Pot handles are always turned toward the back of the stove.

Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
- Everyone knows where the safe meeting place is outside the home.
- Everyone living in the house practices the escape plan 2 times a year.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Candle Safety

- Candles are in sturdy fire-proof containers that won't be tipped over.
- Adults blow out all candles when leaving the room or going to bed.
- Candles are kept out of reach from children and pets.



Children are sometimes curious about fire.
If you have children in your home, lock up any items that can start a fire (matches, lighters, cigarettes, etc.) and make sure children cannot reach candles.

Home Safety Checklist



Smoke Alarms

- There is one smoke alarm on every level of the home and inside and outside each sleeping area.
- Smoke alarms are tested and cleaned monthly.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.

Cooking Safety

- Cooking area is free from items that can catch fire.
- Kitchen stove hood is clean and vented to the outside.
- Pots are not left unattended on the stove.

Electrical & Appliance Safety

- Electrical cords do not run under rugs.
- Electrical cords are not frayed or cracked.
- Circuit-protected, multi-prong adapters are used for additional outlets.
- Large and small appliances are plugged directly into wall outlets.
- Clothes dryer lint filter and venting system are clean.

Candle Safety

- Candles are in sturdy fire-proof containers that won't be tipped over.
- All candles are extinguished before going to bed or leaving the room.
- Children and pets are never left unattended with candles.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Smoking Safety

- Family members who smoke only buy fire-safe cigarettes and smoke outside.
- Matches and lighters are secured out of children's sight.
- Ashtrays are large, deep and kept away from items that can catch fire.
- Ashtrays are emptied into a container that will not burn.

Heating Safety

- Chimney and furnace are cleaned and inspected yearly.
- Furniture and other items that can catch fire are at least 3 feet from fireplaces, wall heaters, baseboards, and space heaters.
- Fireplace and barbecue ashes are placed outdoors in a covered metal container at least 3 feet from anything that can catch fire.
- Extension cords are never used with space heaters.
- Heaters are approved by a national testing laboratory and have tip-over shut-off function.

Home Escape Plan

- Have two ways out of each room.
- Know to crawl low to the floor when escaping to avoid toxic smoke.
- Know that once you're out, stay out.
- Know where to meet after the escape.
- Meeting place should be near the front of your home, so firefighters know you are out.
- Practice your fire escape plan.

U.S. Fire Administration
www.usfa.fema.gov



FEMA



Be Red Cross Ready

Fire Prevention & Safety Checklist

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty-five percent of home fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

- If a fire occurs in your home, **GET OUT, STAY OUT** and **CALL** for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.
- Talk with all household members about a fire escape plan and practice the plan twice a year.

Prevent home fires



Steps You Can Take Now

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.

Cooking Safely

- Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

Practice fire safety at home



Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach children what smoke alarms sound like and what to do when they hear one.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to **STOP, DROP** and **ROLL** if their clothes should catch on fire.

In case of fire ...



Follow Your Escape Plan!

- Remember to **GET OUT, STAY OUT** and **CALL 9-1-1** or your local emergency phone number.
- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
 - Crawl low under smoke.
 - Go to your outside meeting place and then call for help.
 - If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

Use Caution with Fire Extinguishers

- Use a portable fire extinguisher **ONLY** if you have been trained by the fire department and in the following conditions:
 - The fire is confined to a small area, and is not growing.
 - The room is not filled with smoke.
 - Everyone has exited the building.
 - The fire department has been called.
- Remember the word **PASS** when using a fire extinguisher.
 - **P**ull the pin and hold the extinguisher with the nozzle pointing away from you.
 - **A**im low. Point the extinguisher at the base of the fire.
 - **S**queeze the lever slowly and evenly.
 - **S**weep the nozzle from side to side.

Let Your Family Know You're Safe

If you experience a home fire or any disaster, register on the American Red Cross Safe and Well Web site available through 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.



BE SMART. TAKE PART. DOCUMENT AND INSURE YOUR PROPERTY.

Join with others to prepare for emergencies and participate in America's PrepareAthon! | ready.gov/prepare

Your home, your personal belongings, and your business are meaningful and valuable assets. If a disaster strikes, having insurance for your home or business property is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged. Yet, more than half of all homeowners in the United States do not carry adequate homeowner's insurance to replace their home and its contents should a catastrophic loss occur. Now, before a disaster strikes, take the time to:



DOCUMENT
YOUR PROPERTY



UNDERSTAND
YOUR OPTIONS FOR COVERAGE



ENSURE
YOU HAVE APPROPRIATE INSURANCE FOR RELEVANT HAZARDS

Not all insurance policies are the same. Coverage amounts, deductibles, and payment caps can vary significantly. Consult with your insurance professional to be sure your policy is right for you. It is also important to review your policy annually to remind yourself of your coverage and to make any updates based on new purchases, renovations, increases in property value, or increases in costs to rebuild or replace items.



DOCUMENTING YOUR PROPERTY AND SAFEGUARDING RECORDS

INVENTORY YOUR HOME OR BUSINESS.

Regardless of the type of coverage you buy, maintaining a detailed inventory of your property's contents will assist you if a disaster strikes. Your inventory will help you prove the value of what you owned, which could speed your claim processing, and will provide documentation for tax deductions you can claim for your losses. An up-to-date inventory can also help you to determine the correct amount of insurance to purchase.

You can take photos or videos to help you record your belongings, but be sure to also write down descriptions, including year, make, and model numbers, where appropriate. For valuable items, you may want to have an appraisal to determine the item's worth. Be sure to store your inventory somewhere it can be easily accessed after a disaster. Free inventory tools and software are available online at knowyourstuff.org.

KEEP VITAL RECORDS IN A SAFE PLACE.

Store paper copies in a waterproof and fireproof box, safe, or bank deposit box. Leave copies with trusted relatives or friends. Secure electronic copies with strong passwords and save them on a flash or external hard drive in your waterproof box or safe.

STORE POLICY NUMBER AND CONTACT INFORMATION NEARBY.

Keep your policy number, your insurance professional/company phone number, and claim filing instructions in a secure, convenient location.



UNDERSTANDING WHAT A POLICY COVERS

HOMEOWNER: A homeowner's policy generally provides the following areas of coverage:

- **Dwelling**—coverage for your house;
- **Other Structures**—coverage for structures such as garages, decks, and fences;
- **Personal Property**—coverage for items such as furniture, clothing, and appliances;
- **Loss-of-Use**—compensation if you need to relocate temporarily due to covered damage;
- **Personal Liability**—coverage for accidents occurring on your property; and
- **Medical Protection**—payments for a person who is injured on your property.

If you live in a manufactured home, in a condominium, or on a farm, there are policies specifically designed for these types of residences. For example, policies for condominiums primarily cover contents with a provision for the portions of your home that are your responsibility to maintain or repair, as stated by your condominium association.

Your bank or mortgage lender may have minimum insurance requirements as a condition of your loan, but be sure to carry enough coverage for **your** needs.

RENTER: Renter's insurance policies can include the following coverage types:

- **Personal Property**—coverage for items such as furniture and clothing;
- **Loss-of-Use**—compensation if you need to relocate temporarily due to damage;
- **Personal Liability**—coverage if sued due to accidental injury to others;
- **Medical Payments**—payments for a person who's injured on your property; and
- **Property Damage to Others**—coverage if you accidentally break or damage someone else's property.

Most responsible landlords and professional property management companies will require proof of renter's insurance when a lease is signed.

BUSINESS: If you own a business, you may need to purchase business (or commercial) insurance to protect your business property and employees. The size of your business (as measured in revenue and number of employees), the type of business, and your business location will determine the appropriate types of insurance. Note that home-based businesses may not be covered under homeowner's insurance policies, so having business insurance is critical if you run a small business out of your home.



UNDERSTANDING WHAT A POLICY COVERS (CONTINUED)

An insurance professional can help you customize your policy based on your particular needs, such as insuring specialized equipment. Standard business policies generally include the following types of coverage:

- **Property**—protection of your physical business location, such as a store, and its contents;
- **Liability**—payment for medical costs and other obligations if someone gets hurt on your business property or you or your employees cause property damage, including legal defense costs if you are sued; and
- **Business Interruption, or Business Income**—coverage for lost revenue in the event that a business needs to close due to fire, burglary, or another covered disaster; assistance making rent and utility payments; and coverage for operating your business from a temporary location.

An insurance professional can assist a business owner with these additional types of commercial coverage:

- **Business Vehicle**—automotive insurance specifically designed for business vehicle use;
- **Workers' Compensation**—coverage that provides cash benefits and/or medical care for employees who are injured or fall ill as a direct result of their job;
- **Flood Insurance**—coverage designed for damage to a business property and its contents caused by flooding, which is not typically covered under general business insurance;
- **Cyber Liability**—protection against cyber risks and costs, including data loss or corruption, identity theft, extortion, and reputation recovery; and
- **Terrorism**—coverage for buildings, equipment, furnishings, and inventory damaged or destroyed in a terrorist attack.

The insurance industry calls the cause of loss, such as fire or theft, a “peril.” Be sure to check for which perils your policy lists. A homeowner’s policy may provide coverage for different perils for the dwelling and for personal property. The policy may also have different deductibles based on the peril.

To have appropriate and adequate coverage for your home or business, it is important for you to consider the perils for your area. Homeowners, renters, and business owners who live in areas at high risk for losses from a particular peril may pay a higher cost for coverage. **Always** check your individual policy for details. In general, according to the [Insurance Information Institute](#), homeowner’s insurance policies cover the following potential perils:

- Civil unrest
- Explosions
- Falling objects
- Fires/Wildfires
- Hail
- Hurricanes, but not flooding
- Malfunctioning plumbing, air conditioning, heating, and sprinkler systems
- Theft
- Tornadoes, but not flooding
- Vehicular damage
- Volcanoes

Flood and Earthquakes: Most homeowner and business insurance policies **do not cover** damage from earthquakes and floods. Talk with your insurance professional if you are at risk for flooding or mudflows, including flooding caused by hurricanes

or earthquakes. Basic flood insurance covers structural damage to your home or business building, including your air conditioner, furnace, and water heater. Flood insurance also covers associated cleanup costs. Home and business owners can purchase additional coverage for the building's contents. Note that flood damage to your vehicle is typically covered by your auto insurance's comprehensive coverage. Other important information to know about flood insurance includes:

- Flood insurance is available to homeowners and renters through the National Flood Insurance Program in participating communities. Keep in mind that a policy purchased today will take 30 days to go into effect. For more information, visit [floodsmart.gov](https://www.floodsmart.gov) or call 1-888-4FLOODS.
- Separate policies are also needed for coverage against losses from earthquakes.

If you are unable to find an insurance company willing to offer a policy that meets your needs for the perils you may face, contact your state insurance department for information on what coverage is available in your state from an involuntary market/shared market or a state-backed plan.

KNOWING YOUR SETTLEMENT OPTIONS

Familiarize yourself with the settlement types available for your dwelling and personal property and choose the one that best meets your needs. The cost of your policy and the claim amount you receive will vary depending on the type of settlement you choose.

Replacement Cost: This is the cost to replace all belongings or rebuild your home at current market rates. "Guaranteed" or "extended" replacement cost policies account for pricing surges in supplies and labor after a major disaster. Homeowners can also purchase additional replacement cost coverage to account for the cost of complying with updated local building codes. For replacement cost coverage, it is important to have an accurate assessment of how much it would cost to rebuild your home or to replace your belongings. Replacement cost settlements may not be available for older homes.

Functional Replacement Cost or Market Value Coverage: This is the cost of repairs made with modern materials to provide the functional equivalent (e.g., a plaster wall is repaired with drywall), or if the damage is a total loss, the payment amount is the market value of the home.

Actual Cash Value: Your insurance company will reimburse you by estimating the current value of your home and belongings, including depreciation. For example, if you purchased a large high-definition television 5 years ago, you will receive the estimated value of a 5-year-old television.

Stated Value: This is a pre-determined, fixed amount listed in your policy.

QUALIFYING FOR DISCOUNTS

Ask your insurance professional about potential discounts on the cost of your policy. Some insurers offer discounts for the following:

- Purchasing home/renter's and auto insurance from the same provider;
- Installing smoke detectors, burglar alarms, sprinklers, or other improvements designed to mitigate particular hazards, such as wind shutters or reinforced roofing;
- Having a membership in a professional, alumni, or business group;
- Being a senior or retiree; and
- Being a long-term policyholder.

FILING A CLAIM

If you sustain damage to your home, property, or vehicle, take the following steps to help make the claim process go smoothly:

- **File Claims Promptly.** Many policies have time limits on when you can file a claim.
- **Save Receipts.** Keep receipts for any construction or hardware supplies you purchase, as well as hotel and restaurant expenses should you need to relocate temporarily.
- **Take Pictures and Video.** Record damage to your home, personal property, or vehicle. Keep copies for your records and to share with your insurer.
- **Work With Your Adjuster.** An adjuster will likely come to your home to survey damage. Cooperating with your adjuster can save time and assist you in receiving your settlement promptly.

ADDITIONAL INFORMATION

- Visit [ready.gov/prepare](https://www.ready.gov/prepare) to learn more about specific risks and what protective measures to take before, during, and after a disaster.
- For additional information about preparing your home to better withstand disasters, as well as recovering, repairing, and rebuilding following disasters, visit the Insurance Institute for Business & Home Safety at [disastersafety.org](https://www.disastersafety.org).
- To download a homeowner's guide to natural disasters, including ways to reduce potential damages and premiums, visit [flash.org/homeownersinsuranceguide](https://www.flash.org/homeownersinsuranceguide).
- For information on insurance regulations in your state, contact your state insurance commission. A map linked to each state's insurance commission website is available at [naic.org/state_web_map.htm](https://www.naic.org/state_web_map.htm).
- For insurance-specific questions, visit the Insurance Information Institute at [iii.org](https://www.iii.org).

America's PrepareAthon! is a grassroots campaign for action to get more people prepared for emergencies. Make your actions count at [ready.gov/prepare](https://www.ready.gov/prepare).

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



10 WAYS TO PARTICIPATE IN AMERICA'S PrepareAthon!



Access Alerts and Warnings



Test Communication Plans



Assemble or Update Supplies



Drill or Practice Emergency Response



Participate in a Class, Training, or Discussion



Plan with Neighbors



Conduct an Exercise



Make Property Safer



Document and Insure Property



Safeguard Documents



BE SMART. PROTECT YOUR CRITICAL DOCUMENTS AND VALUABLES

When disaster strikes, your immediate concern will be your safety and the safety of those you care about. Once the immediate danger passes, however, having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly. Taking time now to safeguard these critical documents will give you peace of mind, ensure you have access to essential medical and prescription information, and help you avoid additional stress during the difficult days following a disaster.

In addition, take the time now to think about the priceless personal items you would want to protect from damage or take with you if you had to suddenly evacuate your home.

The first step is to take an inventory of your household documents, contacts, and valuables. The checklist below will get you started. Then download the Emergency Financial First Aid Kit (EFFAK) at www.ready.gov/financialpreparedness for more complete checklists and guidance on collecting and safeguarding this important information.

Put a checkmark next to any item that you may need to collect and safeguard. Be sure to include emergency contact phone numbers or other contact information with your documentation for questions that may arise following a disaster.

HOUSEHOLD IDENTIFICATION

Think about the documents you would need to identify yourself and your household members, including children and pets, your relationships, or status. These may include:

- Vital records (birth, marriage, divorce certificate, adoption, child custody papers)
- Passport, driver's license, Social Security card, green card, military service identification, other
- Pet ownership papers, identification tags

FINANCIAL AND LEGAL DOCUMENTATION

If your home or income is impacted by a disaster, you will need documentation to request assistance from insurance providers and from government disaster assistance programs.

- Housing: lease or rental agreement, mortgage, home equity line of credit, deed
 - Vehicle: loan documents, VIN, registration, title
 - Other Financial Obligations: utility bills, credit cards, student loans, alimony, child support, elder care, automatic payments such as gym memberships
 - Financial Accounts: checking, savings, debit cards, retirement, investment
 - Insurance Policies: homeowners, renters, auto, life, flood, appraisals, photos, and lists of valuable items
 - Sources of Income: pay stubs, government benefits, alimony, child support
 - Tax Statements: Federal/State income tax returns, property tax, vehicle tax
 - Estate Planning: will, trust, power of attorney
-

MEDICAL INFORMATION

- Health/dental insurance, Medicare, Medicaid, VA health benefits
 - List of medications, immunizations, allergies, prescriptions, medical equipment and devices, pharmacy information
 - Living will, medical power of attorney
 - Caregiver agency contract or service agreement
 - Disabilities documentation
 - Contact information for doctors/specialists, dentists, pediatricians, veterinarians
-

EMERGENCY OR HOTLINE CONTACT INFORMATION FOR HOUSEHOLD

- Employers/supervisors
- Schools
- Houses of worship
- Social service providers
- Home Owners Associations
- Home Repair Services: utilities, plumber, roofer, carpenter, electrician

VALUABLES AND PRICELESS PERSONAL ITEMS

- Priceless personal mementos, family photos, and keepsakes
- Possessions with monetary value, including jewelry, art, and collectibles

PROTECT YOUR DOCUMENTS AND VALUABLES

Once you have gathered your financial, legal, and contact information, it is essential to safeguard this information.

- Consider storing *paper copies* of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative. If you are using a safe deposit box, you may want to ask your bank or check State laws to confirm who can and cannot access the safe deposit box if the lessee dies or is incapacitated.
- Store *electronic copies* of important documents in a password-protected format on a removable flash or external hard drive in your fireproof and waterproof box or safe, or consider using a secure cloud-based service. Visit www.us-cert.gov/ncas/tips/st04-019 to learn how to use electronic encryption to protect sensitive information.
- Think about where you store valuable belongings and ways to better protect these items. If you have valuable items stored in a basement, you may want to move them to a higher location and put them in waterproof containers to avoid water damage. Or you may want to keep small items in a flood/fireproof home safe. You may also want to secure items that are displayed on shelves or walls if your home may be subject to high winds or earthquakes.

Thank you for doing your part to prepare! Spread the word and encourage others to join the movement at www.ready.gov/prepare.

AMERICA'S
PrepareAthon!SM
BE SMART. TAKE PART. PREPARE.

ACTIVITY: PREPARING A CHECKLIST FOR GOING OFF GRID

Purpose: The purpose of this activity is to educate individuals and families on how to prepare for a utility outage.

Objectives:

- List the critical items to have and actions to take in a utility outage.
- Identify how to practice for a utility outage.

Preparation and Needed Materials: Prior to conducting this activity, you may want to:

- Gather information about local utility companies (phone numbers and Web sites) and where people can find information in the local area when utilities go out (radio stations, phone numbers of local emergency management offices, chapters of the American Red Cross, etc.).
- Try the suggested “Family Off the Grid Night” activity so you can share lessons learned with participants.
- Work with local merchants to get donations of essential items such as flashlights, batteries, appliance thermometers, etc.

Presentation Tips:

- Welcome participants to the session.
- Explain that by the end of the session, they will be able to take steps at home to prepare for utility outages.
- Ask the participants the following discussion questions: When was the last time the power went out? How often does it happen? How long does the average power outage last in this area? How long should you plan to take care of yourself until heat or power or water is restored?
- Acknowledge the answers and then present the following key points:
 - The length of power outages can really vary, from a few hours to several days. Severe weather can prolong them. Plan to get by without utilities for at least 3 days.
 - You can take steps ahead of time in your own home to make life off the grid easier. These basic steps are not time consuming or expensive. Many of the items you need may be found around your home.

ACTIVITY: PREPARING A CHECKLIST FOR GOING OFF GRID

Presentation Tips: (Continued)

- Distribute the Outage Checklist handout. Briefly review the items, and give the participants local numbers and information so that they may begin filling in the checklist.
- Suggest that families may want to plan a “Family Off the Grid Night” to practice the steps on a checklist before an actual outage occurs. Besides revealing things you haven’t considered, unplugging for the evening can be fun for the family as well. It is an opportunity to relate to one another without the distractions of phones, computers, and television.
- Optional Activity: If feasible, demonstrate how a “Family Off the Grid Night” might work.
 - Divide the groups into teams and have each one pick a type of outage. The outages can also be combined. For example, extreme cold weather or storms can cause electrical outages, which in turn can freeze pipes causing a water outage.
 - Ask them to discuss assessing their neighborhoods. How would they handle the tasks on their checklists in their households? Who would do what? What items do they need to find or purchase?
 - Reassemble the participants and review what they discovered in exploring the checklist.
 - If you’ve done the activity beforehand, share the lessons you learned with the group.
- Optional Demonstrations: If feasible, demonstrate where some of the utility cut-offs are in your meeting place and discuss what tools you might need to shut down service.
- Conclude the session by noting there are other diagrams and handouts they may find helpful. Ask participants if they have any questions about the items on the checklist. Thank the participants for attending the session.

Important Phone Numbers

- Electric company phone number/Web site: _____
- Natural gas company phone number/Web site: _____
- Water company phone number/Web site: _____
- Plumbing company phone number/Web site: _____
- Oil/gas heat service phone number/Web site: _____
- Telephone company phone number/Web site: _____
- For more information about outages and public shelters, listen to or contact: _____

If you use medical equipment that requires electricity to operate, register with your power company and health care provider to learn about alternatives.

Assess Your Neighborhood

- If there is a utility outage, who may need extra support because of their functional or medical needs?
- Does anyone in the neighborhood have special skills who can help others?

Electricity Outages

- Locate and label utility shutoff (see diagram at the end of this handout).
- Post instructions next to fuse box or circuit breaker.
- Are there enough flashlights on hand (at least one for each person in the house)? Are the batteries working? (Tip: Store batteries in the refrigerator for longer life.)
- Do not use candles. They are a fire hazard.
- Keep on hand ready-to-eat meals that don't require cooking or cooling.

Electricity Outages (Continued)

- Freeze water in plastic water bottles or old milk containers, leaving about an inch at the top for frozen water to expand. When placed in a refrigerator and freezer, they will keep food cold for several hours.
- Know where to get dry ice to keep food cold as necessary.
- Are there cordless phones that need electricity to run? If so, what can be used as a backup? (Standard telephone with cord, cell phone, etc.)
- Find a new or used battery-operated radio to get updates on information, shelters, etc.
- Is there an alternate heating source? Make sure it is properly vented and in good working order. Make sure all chimneys are clean and all flues are operational. Do you have enough wood, pellets, or heating fuel?
- If heating system involves an electronic ignition or fan, know who to call for service/restarting assistance.
- If there is an electric garage door opener, where is the manual release? Post instructions on how to use it and practice!
- When possible, keep car gas tanks at least half full. Gas stations need electricity to power the pumps.

When the power goes out . . .

- Are all the pots and pans off the stove? Are the stove range and oven turned off?
- If you have a space heater, make sure it's at least 3 feet away from furniture or other flammable objects. Keep it unplugged when not in use.
- In cold weather, maximize heat coming from the sun. Open shades, curtains, or louvers so that sun may heat the glass. Close them when the sun is no longer shining directly to hold in the heat. In hot weather, minimize heat by closing shades, curtains, and louvers.

POST THIS PAGE IN YOUR HOME!

Natural Gas Outages

- Locate and label gas shutoff valve(s). There may be more than one (see diagram at the end of this handout).
- Post shutoff instructions near the meter and make sure a nonsparking wrench is stored nearby.
- If your gas meter is located inside your home, you should only shut off gas flow when instructed to by local authorities.

Also see “Electricity Outages” above for more tips.

Water Outages

- Locate and label main water cutoff. Make sure any special tools needed are stored nearby. (Tip: The main water cutoff is usually on the outside wall of the house where the water meter is. With a well, the cutoff is usually on the well pump.)
- Have 3 days of drinking water stored (1 gallon of water per person per day).

If pipes may freeze . . .

- Wrap insulation, tape, newspapers, or rags around them.
- Store water in buckets or bathtubs to flush toilets.
- Leave water trickling out of the faucets.

If pipes do freeze . . .

- Remove any insulation or newspaper and wrap them in rags.
- Completely open all the faucets. If you can still heat water, pour hot water over the pipes, starting with where they are most cold. If you have electricity, try using a blow dryer.

If pipes burst . . .

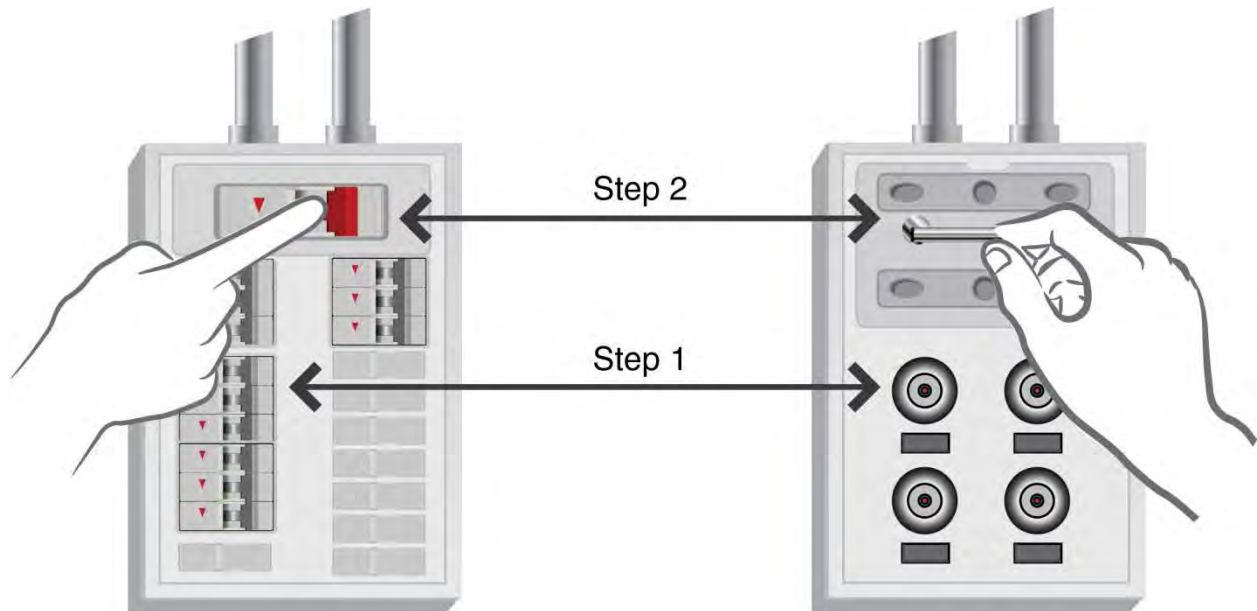
- Know where circuit breakers and fuses are and how to shut off the power. See “Electricity Outages” above.
- Never enter a flooded basement or walk through standing water to shut off electrical supply because water conducts electricity.

Phone Outages

- Have on hand a backup way to communicate (cell phone, computer via cable connection, etc.).

Shutting Off Electricity

Unscrew individual fuses or switch off smaller breakers first, then pull the main switch or breaker. When restoring power, turn on main switch or breaker, then screw in smaller fuses or turn on smaller breakers, one at a time.



Circuit Breaker Box With Shutoff

Shutoff steps:

Step 1: Shut off individual breakers.

Step 2: Shut off main breaker.

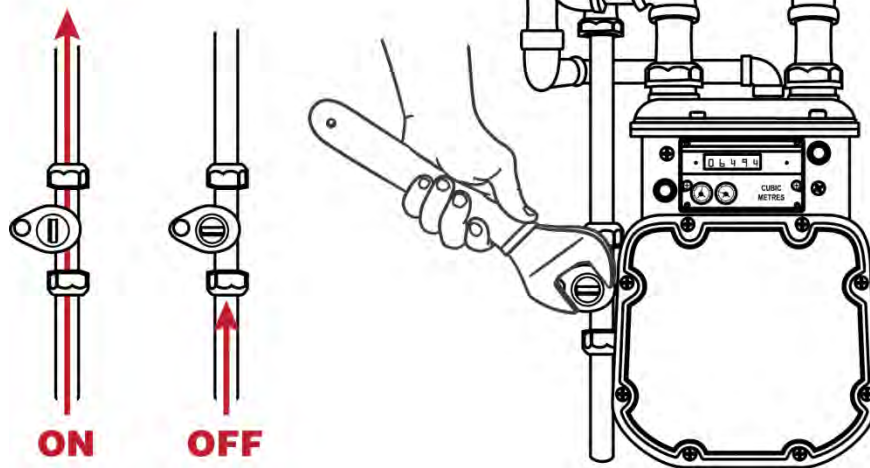
Fuse Box With Shutoff

Shutoff steps:

Step 1: Pull out individual fuses.

Step 2: Pull out main fuse.

GAS METER AND SHUT-OFF VALVE



Shutting Off Gas

The gas meter shutoff diagram indicates the shutoff valve location on the pipe that comes out of the ground. To turn off the valve, use a nonsparking wrench to turn the valve clockwise one-quarter turn. Remember that, in all cases, natural gas flow should only be turned on by a licensed technician.

Please note: Some gas meters have automatic shutoff valves that restrict the flow of gas during an earthquake or other emergency. These are installed by a licensed plumber, downstream of the utility point of delivery. If you are unsure whether your home has this shutoff device, contact your gas service company. If this shutoff device is closed, only a qualified professional should restore it.

Gas Meter in the Home

If you smell gas or see the dials on your meter showing gas is flowing even though appliances are turned off, you should evacuate the premises and call 911. Do not attempt to shut off the gas from inside the building if gas may be in the air.

Gas Meter Outside the Home

You should turn off the meter from outside the building if you smell gas or you see dials on the meter showing gas is flowing even though appliances are turned off. If there is a fire that you cannot extinguish, call 911 and turn off the gas only if it is safe to do so.

Keep the refrigerator and freezer doors closed. Food should be okay for around 4 hours. Refer to the chart below to know when to save food and when to throw it out.

FOOD IN REFRIGERATOR	Held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD: Any raw, leftover, or thawing. Also includes soy meat substitutes, salads, lunch meats, pizza, cans that have been opened, fish, or meat sauces.	Discard
CHEESE: Any soft cheeses, shredded cheeses, or low-fat cheeses	Discard
Hard cheeses such as cheddar, colby, swiss, parmesan, provolone, romano, or hard cheeses grated in can or jar	Safe
DAIRY: Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk, opened baby formula	Discard
Butter, margarine	Safe
EGGS: All eggs and egg products, such as puddings	Discard
CASSEROLES, SOUPS, STEWS	Discard
FRUITS: Fresh fruits, cut	Discard
Opened fruit juices or canned fruits, along with fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
SAUCES, SPREADS, JAMS: Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hours
Other sauces, including soy, barbecue, taco. Also peanut butter, jelly, relish, mustard, catsup, olives, pickles, and vinegar-based dressings.	Safe
Opened creamy-based dressings and opened spaghetti sauce	Discard
BREAD, CAKES, COOKIES, PASTA, GRAINS, PASTRY: Bread, rolls, cakes, muffins, quick breads, tortillas, waffles, pancakes, bagels, fruit pies	Safe
All other rolls, dough, cooked pasta, rice, potatoes, pasta salads, fresh pasta, cheesecake, cream-filled pastries or pie	Discard
VEGETABLES: Fresh raw vegetables or mushrooms, herbs, spices	Safe
All other pre-cut, pre-washed, cooked vegetables, tofu, opened vegetable juice, garlic in oil, potato salad	Discard

FOOD IN FREEZER	Still contains ice crystals and feels as cold as if refrigerated	Thawed; held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD	Refreeze. However, seafood will have some texture and flavor loss.	Discard
DAIRY: Milk and soft or semi-soft cheese	Refreeze. May lose some texture.	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Hard and shredded cheeses, casseroles with dairy products, cheesecake	Refreeze	Refreeze
FRUITS: Juices, packaged fruits	Refreeze. However, home or commercially packaged fruits will have texture and flavor change.	Refreeze. Discard if mold, yeasty smell, or sliminess develops.
VEGETABLES: Juices, packaged vegetables	Refreeze. Vegetables may suffer texture and flavor loss.	Discard after held above 40 °F for 6 hours
BREADS, PASTRIES: Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze. Some quality loss may occur.	Refreeze. Quality loss is considerable.
OTHER: Casseroles – pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts, waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meals	Refreeze	Discard

For more information, see <http://www.foodsafety.gov/keep/emergency/index.html>

Be Red Cross Ready

Power Outage Checklist

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

Energy Conservation Recommendations

- ❑ Turn off lights and computers when not in use.
- ❑ Wash clothes in cold water if possible; wash only full loads and clean the dryer's lint trap after each use.
- ❑ When using a dishwasher, wash full loads and use the light cycle. If possible, use the rinse only cycle and turn off the high temperature rinse option. When the regular wash cycle is done, just open the dishwasher door to allow the dishes to air dry.
- ❑ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

How do I prepare for a power outage?



To help preserve your food, keep the following supplies in your home:

- ❑ One or more coolers—Inexpensive Styrofoam coolers work well.
- ❑ Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- ❑ A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- (NOTE: Do not use candles during a power outage due to the extreme risk of fire.)**
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- ❑ If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.
- ❑ Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
- ❑ Keep your car's gas tank full.

What should I do during a power outage?



Keep food as safe as possible.

- ❑ Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- ❑ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ❑ Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- ❑ If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- ❑ Keep food in a dry, cool spot and keep it covered at all times.

Electrical equipment

- ❑ Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- ❑ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- ❑ Leave one light turned on so you'll know when the power comes back on.
- ❑ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

Using generators safely

- ❑ When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- ❑ If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

What should I do when the power comes back on?



- ❑ Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.

Throw out unsafe food.

- ❑ Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- ❑ Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- ❑ If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- ❑ If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

Caution: Carbon Monoxide Kills

- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ❑ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ❑ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through 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.

VII. Food and Water

Food and Water in an Emergency



FEMA



**American
Red Cross**



If an earthquake, hurricane, winter storm, or other disaster strikes your community, you might not have access to food, water, and electricity for days or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.



Emergency Food Supplies

Even though it is unlikely that an emergency would cut off your food supply for two weeks, consider maintaining a supply that will last that long.

You may not need to go out and buy foods to prepare an emergency food supply. You can use the canned goods, dry mixes, and other staples on your cupboard shelves. Be sure to check expiration dates and follow the practice of first-in, first-out.

PREPARING AN EMERGENCY FOOD SUPPLY

As you stock food, take into account your family's unique needs and tastes. Familiar foods are important. They lift morale and give a feeling of security in times of stress. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, water, special preparation, or cooking are best.

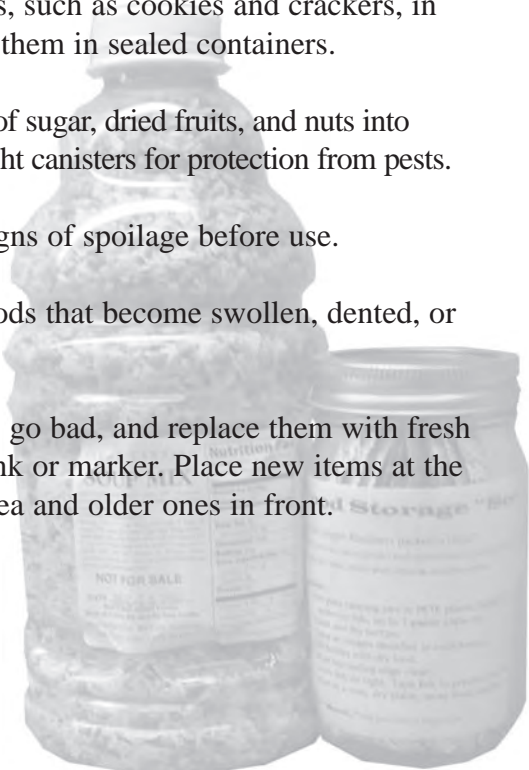


Individuals with special diets and allergies will need particular attention, as will babies, toddlers, and the elderly. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices, and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils. Don't forget non-perishable foods for your pets.

STORAGE TIPS

- ◆ Keep food in a dry, cool spot—a dark area if possible.
- ◆ Open food boxes and other resealable containers carefully so that you can close them tightly after each use.
- ◆ Wrap perishable foods, such as cookies and crackers, in plastic bags and keep them in sealed containers.
- ◆ Empty open packages of sugar, dried fruits, and nuts into screw-top jars or air-tight canisters for protection from pests.
- ◆ Inspect all food for signs of spoilage before use.
- ◆ Throw out canned goods that become swollen, dented, or corroded.
- ◆ Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.



SHELF LIFE OF FOODS FOR STORAGE

The following provides some general guidelines for replacement of common emergency foods.

Use within six months:

- ◆ Powdered milk — *boxed*
- ◆ Dried fruit
- ◆ Dry, crisp crackers
- ◆ Potatoes

Use within one year, or before the date indicated on the label:

- ◆ Canned condensed meat and vegetable soups
- ◆ Canned fruits, fruit juices, and vegetables
- ◆ Ready-to-eat cereals and uncooked instant cereals
- ◆ Peanut butter
- ◆ Jelly
- ◆ Hard candy and canned nuts
- ◆ Vitamins

May be stored indefinitely (in proper containers and conditions):

- ◆ Wheat
- ◆ Vegetable oils
- ◆ Dried corn
- ◆ Baking powder
- ◆ Soybeans
- ◆ Instant coffee, tea, and cocoa
- ◆ Salt
- ◆ Noncarbonated soft drinks
- ◆ White rice
- ◆ Bouillon products
- ◆ Dry pasta
- ◆ Powdered milk — *in nitrogen-packed cans*

IF THE ELECTRICITY GOES OFF ...

FIRST ...

Use perishable food from the refrigerator, pantry, garden, etc.

THEN ...

Use the foods from the freezer. To limit the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days. Check to make sure the seal on your freezer door is still in good condition.

FINALLY ...

Begin to use non-perishable foods and staples.



HOW TO COOK IF THE POWER GOES OUT

For emergency cooking indoors, you can use a fireplace. A charcoal grill or camp stove can be used outdoors. You can keep cooked food hot by using candle warmers, chafing dishes, and fondue pots. Use only approved devices for warming food. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label before heating. Always make sure to extinguish open flames before leaving the room.



WHEN FOOD SUPPLIES ARE LOW

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

If your water supply is limited, don't eat salty foods, since they will make you thirsty. Instead, eat salt-free crackers, whole grain cereals, and canned foods with high liquid content.

NUTRITION TIPS

During and after a disaster, it is vital that you maintain your strength. Remember the following:

- ◆ Eat at least one well-balanced meal each day.
- ◆ Drink enough liquid to enable your body to function properly (two quarts or a half gallon per day).
- ◆ Take in enough calories to enable you to do any necessary work.
- ◆ Include vitamin, mineral, and protein supplements in your stockpile to ensure adequate nutrition.

Emergency Water Supplies

Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least two quarts (half gallon) of water each day. People in hot environments, children, nursing mothers, and ill people will require even more.

You will also need water for food preparation and hygiene. Store at least one gallon per person, per day. Consider storing at least a two-week supply of water for each member of your family. If you are unable to store this quantity, store as much as you can.

If supplies run low, never ration water. Drink the amount you need today and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.



PREPARE AND STORE AN EMERGENCY SUPPLY OF WATER

To prepare the safest and most reliable emergency supply of water, it is recommended that you purchase commercially bottled water. Keep bottled water in its original container, and do not open it until you need to use it.



Store bottled water in the original sealed container, and observe the expiration or “use by” date.

If You Are Preparing Your Own Containers of Water ...

It is recommended to purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage.

If you decide to re-use storage containers, choose two-liter plastic soft drink bottles — not plastic jugs or cardboard containers that have had milk or fruit juice in them. The reason is that milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers leak easily and

are not designed for long-term storage of liquids. Also, do not use glass containers, because they are heavy and may break.

Preparing Containers

- ◆ Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.
- ◆ Additionally, for plastic soft drink bottles, sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart (1/4 gallon) of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers

- ◆ Fill the bottle to the top with regular tap water. (If your water utility company treats your tap water with chlorine, you do not need to add anything else to the water to keep it clean.) If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to each gallon of water.
- ◆ Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your fingers. Write the date on the outside of the container so that you know when you filled it. Store in a cool, dark place.
- ◆ Replace the water every six months if not using commercially bottled water.

HIDDEN WATER SOURCES IN YOUR HOME

Safe water sources in your home include the water in your hot-water tank, pipes, and ice cubes. You **should not** use water from toilet flush tanks or bowls, radiators, waterbeds, or swimming pools/spas.

You will need to protect the water sources already in your home from contamination if you hear reports of broken water or sewage lines or if local officials advise you of a problem. To shut off incoming water, locate the main valve and turn it to the closed position. Be sure you and other family members know beforehand how to perform this important procedure.

To use the water in your pipes, let air into the plumbing by turning on the faucet in your home at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the home.

To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve at the tank and turning on a hot-water faucet. Refill the tank before turning the gas or electricity back on. If the gas is turned off, a professional will be needed to turn it back on.

EMERGENCY OUTDOOR WATER SOURCES

If you need to find water outside your home, you can use these sources. Be sure to treat the water according to the instructions on the next page before drinking it.

- ◆ Rainwater
- ◆ Streams, rivers, and other moving bodies of water
- ◆ Ponds and lakes
- ◆ Natural springs

Avoid water with floating material, an odor, or dark color. Use saltwater only if you distill it first. You should not drink flood water.

WAYS TO TREAT WATER

The instructions below are for treating water of uncertain quality in rare emergency situations in the absence of instructions from local authorities when no other reliable clean water source is available and you have used all of your stored water. If you store enough water in advance, you will not need to treat water using these or other methods.

In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs, bacteria, and viruses) that cause diseases such as dysentery, typhoid, and hepatitis. You should treat all water of uncertain quality before using it for drinking, food preparation, or hygiene.

There are many ways to treat water, though none are perfect. Often the best solution is a combination of methods.

Boiling or chlorination will kill most microorganisms but will not remove other contaminants such as heavy metals, salts, and most other chemicals. Before treating, let any suspended particles settle to the bottom, or strain them through layers of paper towel, clean cloth, or coffee filter.

Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

Chlorination

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, colorsafe bleaches, or bleaches with added cleaners. Because the potency of bleach diminishes with time, use bleach from a newly opened or unopened bottle.

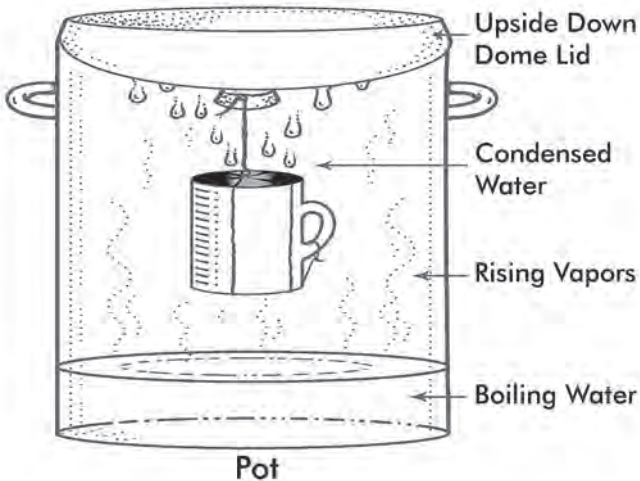
Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of bleach, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products (sold in camping or surplus stores) that do not contain 5.25 to 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Distillation

While the two methods described above will kill most microorganisms in water, distillation will remove microorganisms that resist these methods, as well as heavy metals, salts, and most other chemicals.

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt or most other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside down (make sure the cup is not dangling into the water), and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled. (See illustration.)



Disaster Supplies Kit

In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date.

A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster. Disaster supplies kit items should be stored in a portable container(s) near or as close as possible to the exit door. Review the contents of your kit at least once per year or as your family's needs change. Also, consider having emergency supplies in each vehicle and at your place of employment.

The Following Should Be Included In Your Basic Disaster Supplies Kit:

- ◆ Three-day supply of non-perishable food and manual can opener
- ◆ Three-day supply of water (one gallon of water per person, per day)
- ◆ Portable, battery-powered radio or television and extra batteries
- ◆ Flashlight and extra batteries
- ◆ First aid kit and manual
- ◆ Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)
- ◆ Matches in a waterproof container
- ◆ Whistle
- ◆ Extra clothing and blankets
- ◆ Kitchen accessories and cooking utensils
- ◆ Photocopies of identification and credit cards
- ◆ Cash and coins
- ◆ Special needs items such as prescription medications, eyeglasses, contact lens solution, and hearing aid batteries
- ◆ Items for infants, such as formula, diapers, bottles, and pacifiers
- ◆ Tools, pet supplies, a map of the local area, and other items to meet your family's unique needs

Learn More

The Federal Emergency Management Agency's Community and Family Preparedness Program and American Red Cross Community Disaster Education are nationwide efforts to help people prepare for disasters of all types.

For more information, please contact your local emergency management office or American Red Cross chapter. This booklet and the preparedness materials listed below are online at www.fema.gov and www.redcross.org. Other preparedness materials are available at these sites, as well as at www.ready.gov.

These publications are also available by calling FEMA at 1-800-480-2520, or writing:

FEMA
P.O. Box 2012
Jessup, MD 20794-2012

Publications are available from your local American Red Cross chapter.

- ◆ Are You Ready? An In-depth Guide to Citizen Preparedness (IS-22)
- ◆ Preparing for Disaster (FEMA 475) (Red Cross 658615)
- ◆ Preparing for Disaster for People with Disabilities and other Special Needs (FEMA 476) (Red Cross 658618)
- ◆ Helping Children Cope with Disaster (FEMA 478) (Red Cross 658619)

Local sponsorship provided by:

VIII. Other Helpful Information

Emergency Preparedness Checklist



**American
Red Cross**
Mile High Chapter

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This

checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.

Emergency Checklist

Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.

Also...

- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create an Emergency Plan

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.

- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places.
 - 1) A place near your home in case of a fire.
 - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members.

Emergency Plan

Out-of-State Contact

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Local Contact

Name _____

Telephone (Day) _____ (Evening) _____

Nearest Relative

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Family Work Numbers

Father _____ Mother _____

Other _____

Emergency Telephone Numbers

In a life threatening emergency, dial 911 or the local emergency medical services system number

Police Department _____

Fire Department _____

Hospital _____

Family Physicians

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Reunion Locations

1. Right outside your home _____

2. Away from the neighborhood, in case you cannot return home _____

Address _____

Telephone _____

Route to try first _____

Escape Plan

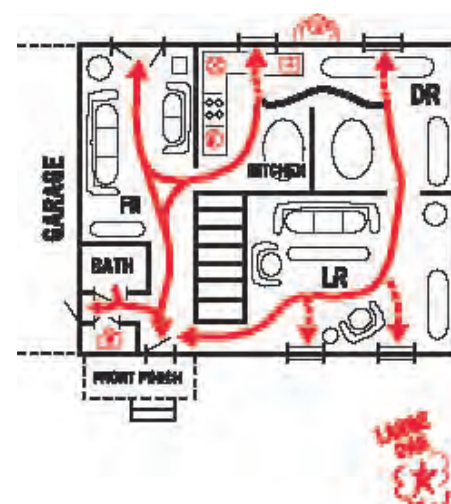
In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Example:

Floor one

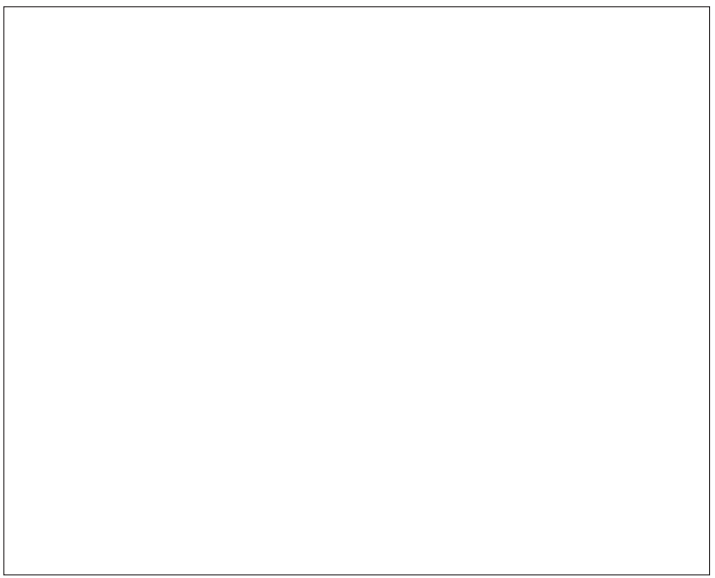


Floor Plan

Floor One



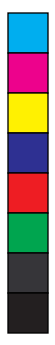
Floor Two



Normal Exit Route
 Emergency Exit Routes
 Fire Extinguisher
 Smoke Detectors

Disaster Supplies Kit
 Doors
 Collapsible Ladder
 Reunion Location (Outside)

Stairways
 Utility Shut Off
 Windows
 First Aid Kit



Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

If You Need to Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.

If you are sure you have time ...

- Shut off water, gas and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

Prepare an Emergency Car Kit

Include:

- Battery powered radio, flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter

- Maps, Shovel, Flares
- Tire repair kit and pump

Fire Safety

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

Information in this brochure was developed by the Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program.



American Red Cross
Mile High Chapter

www.denver-redcross.org
303.722.7474



LEADING HOSPITALS. TRUSTED CARE.

Hospitals

*The Medical Center of Aurora
North Suburban Medical Center
Presbyterian/St. Luke's Medical Center
Spalding Rehabilitation Hospital
Rose Medical Center
Slay Ridge Medical Center
Swedish Medical Center*

Facilities/Services

*AIRLIFE
Ambulatory Surgical Centers
Centennial Medical Plaza
Occupational Medicine & Rehabilitation Centers
Outpatient Diagnostic Imaging Centers
Outreach Services
Swedish Southwest ER*

Everyone knows the Red Cross helps people during emergencies. But you may not know that it's also part of our mission to help you help yourself! Becoming "Red Cross Ready" for an emergency means following our simple steps in advance to ensure you can weather a crisis safely and comfortably.

It's as Easy as 1-2-3

Getting prepared may sound difficult or time consuming but – with a little help from the Red Cross – its actually very doable.

1 - Get a Kit

Learn the essential supplies to put in your family's first aid and survival kits.

[Learn More »](#)

2 - Make a Plan

Plan effectively for you and your family in case of an emergency.

[Learn More »](#)

3 - Be Informed

Understand which disasters are likely in your area and what you must know to stay safe.

[Learn More »](#)

Then, when you're Red Cross Ready, browse our Emergency Resource Library (<http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies>) to learn what to do before, during and after the specific disasters and emergencies that can occur where you live.

Anyone Can Be Red Cross Ready

Need Help? That's Why We're Here!

Do you ever lie awake at night worrying about disasters that could strike your home and family? Being prepared may not prevent a disaster but it will give you confidence to meet the challenge. And the Red Cross will be at your side. Our interactive preparedness program will give you a great start.

Get Red Cross Ready. »

Think You're "Red Cross Ready"? Test yourself: can you agree with these statements?

1. I know what emergencies or disasters are most likely to occur in my community.
2. I have a family disaster plan and have practiced it.
3. I have an emergency preparedness kit.
4. At least one member of my household is trained in first aid and CPR/AED.
5. I have taken action to help my community prepare.

More Ways to Prepare

Try a 1-Minute Drill

Check out 5 important activities that your family can do in just minutes – you really can fit preparedness into your busy life.

[Learn More »](#)

Learn Hands-Only CPR

Watch our 2 minute video to learn how to give Hands-Only CPR to buy precious time for a person experiencing cardiac arrest.

[Learn Hands-Only CPR »](#)

Being Prepared Away from Home

Get tips on planning for emergencies away from home, including during your commute.

[Learn More »](#)

Preparation in the Digital Age

Learn how to prepare in advance for how you'll communicate, navigate, and keep your data safe, if you lose power or the internet during an emergency.

[Learn More »](#)



Learn Lifesaving Skills

Take a class and be ready to respond if an emergency strikes.

Know Important Information to Stay Safe

Learn the types of disasters or emergencies that may likely occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels. (Visit the Red Cross Store to shop for NOAA Weather Radios)

Know the difference between different weather alerts such as watches and warnings and what actions to take in each.

Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.

When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.

Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

Print one card for each family member.

Write the contact information for each household member, such as work, school and cell phone numbers.

Fold the card so it fits in your pocket, wallet or purse.

Carry the card with you so it is available in the event of a disaster or other emergency.

You can download an emergency contact card template [here](#).

Learn More

Be Red Cross Ready - Get a kit. Make a plan. Be informed. (PDF, 63KB)

Survival Kits | Emergency Preparedness Kit

- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags



BE SMART. TAKE PART. KNOW YOUR ALERTS AND WARNINGS

Join America's PrepareAthon! and take action to prepare for disasters. | ready.gov/prepare

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Local police and fire departments, emergency managers, the National Weather Service (NWS), the Federal Emergency Management Agency (FEMA), the Federal Communications Commission (FCC), the National Oceanic and Atmospheric Administration (NOAA), and private industry are working together to make sure you can receive alerts and warnings quickly through several different technologies no matter where you are—at home, at school, at work, or in the community.

For those with access and functional needs, many messages are TTY/TDD compatible and many devices have accessible accommodations. Review this fact sheet to make sure you will receive critical information as soon as possible so you can take action to be safe. Be sure to share this information with your family, friends, and colleagues. And remember to keep extra batteries for your mobile phone or radio in a safe place or consider purchasing other back-up power supplies such as a car, solar-powered, or hand crank charger.

IPAWS INTEGRATED PUBLIC ALERT AND WARNING SYSTEM

Organized by FEMA, the Integrated Public Alert and Warning System (IPAWS) is the Nation's alert and warning infrastructure. It provides an effective way to alert and warn the public about emergencies using the Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), NOAA Weather Radio All Hazards, and other public alerting systems from a single interface. IPAWS is used to send notifications for three alert categories—Presidential, AMBER, and Imminent Threat.

For more information on IPAWS, EAS, and WEA, visit www.ready.gov/alerts.

Using IPAWS, officials can send messages simultaneously through multiple pathways, including:

- EAS: used by alerting authorities to send detailed warnings to broadcast, cable, satellite, and wireline communication pathways;
- WEA: Free, 90-character emergency text messages sent by local alerting authorities to equipped mobile devices within range of cell towers broadcasting in the affected area. You do not have to sign up for WEA alerts. To find out if your mobile device is capable of receiving WEA alerts, contact your cellular service provider or visit www.ctia.org/WEA; and
- IPAWS compliant digital road signs, sirens, and other systems.

NOAA WEATHER RADIO ALL HAZARDS

The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. It is a comprehensive weather and emergency information service available to the public. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS notices.



A special weather radio receiver is required to receive NWR broadcasts. You can buy these receivers at many retail outlets such as electronics stores, department stores, big box stores, or online. Be sure to look for the Public Alert or NWR logo to ensure the radio meets technical requirements. Models identified as SAME, or Specific Area Message Encoding, receivers allow users to select alerts for specific geographic areas. For information on NOAA Weather Radio All Hazards, visit www.nws.noaa.gov/nwr.

LOCAL JURISDICTION EMERGENCY NOTIFICATION SYSTEMS

OPT-IN/SIGN-UP TEXT AND EMAIL SYSTEMS

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source for critical information. Small costs may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word "alerts"; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

ENHANCED TELEPHONE NOTIFICATION (ETN) SYSTEMS

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as a Reverse 911® system. Most systems include landline phone numbers, but some also allow for messages to Voice over Internet Protocol (VoIP) and mobile phones through an opt-in process—check with your local emergency management for information on this system and available features.

OUTDOOR SIRENS AND/OR VOICE ALERT SYSTEMS

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

LOCAL SCHOOL OR ORGANIZATION NOTIFICATION SYSTEMS

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in text and email systems similar to those used by local jurisdictions.

MOBILE APPS WITH LOCAL ALERT FUNCTIONS



FEMA APP

Stay updated with severe weather alerts from the National Weather Service for up to five locations across the U.S.; learn how to stay safe before, during, and after over 20 types of hazards; save a custom list of the items in your family's emergency kit; and locate and receive driving directions to open shelters and disaster recovery centers. You can also submit disaster-related photos to a public map using the Disaster Reporter feature. The FEMA App is also available in Spanish. Download the app to your mobile device or smartphone free on iTunes or Google Play. Learn more at www.fema.gov/mobile-app.



AMERICAN RED CROSS APP

The Red Cross Emergency app combines more than 35 different types of severe weather and emergency alerts. You can choose the alerts that are important to your location or the location of loved ones. The "Family Safe" feature allows you to notify loved ones that an alert has been issued in their area and check to see if they are safe. The app also offers information on what to do before, during, and after severe weather hits and how to find open Red Cross Shelters. All content is also available in Spanish. You can download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later) and Google Play (Android). Learn more at www.redcross.org/prepare/mobile-apps.



THE WEATHER CHANNEL APP

Tracks weather and provides local forecasts and push alerts of severe weather to your mobile device. Download the app to your mobile device or smartphone free on iTunes (Apple-iOS 6.0 or later), Google Play (Android), App World (BlackBerry), and Windows Phone at www.weather.com/apps.

SUMMARY OF ACTIONS

FOR INDIVIDUALS

- Confirm your mobile device can receive Wireless Emergency Alerts.
- Sign up for text and/or email alerts from your local jurisdiction.
- Consider purchasing a NOAA Weather Radio All Hazards.
- If you do not have a landline, check to see if your jurisdiction has options for VoIP and mobile phones to be connected to ETN systems such as Reverse 911®.
- Sign up for listservs and alerts for the workplace, schools, houses of worship, or other community organizations you'll want to hear from in an emergency.
- Download relevant hazard alerts and warnings apps.
- Create a list of all the alert systems available to you, and make sure everyone in the household receives the alerts as part of your household communication system.

FOR ORGANIZATIONS

- Test internal communication systems to ensure all individuals in the organization can be contacted.
- Designate individuals to be responsible for distributing alerts from official sources.
- Consider purchasing a NOAA Weather Radio All Hazards.
- Develop a list of all the alert systems available for your community and your organization as a guide for people in the organization.
- Encourage individuals to sign up for alerts and warnings, and assist them with finding any needed information.

America's PrepareAthon! is a grassroots campaign for action to get more people prepared for emergencies. Make your actions count at ready.gov/prepare.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



10 WAYS TO PARTICIPATE IN AMERICA'S PrepareAthon!



Access Alerts and Warnings



Test Communication Plans



Assemble or Update Supplies



Drill or Practice Emergency Response



Participate in a Class, Training, or Discussion



Plan with Neighbors



Conduct an Exercise



Make Property Safer



Document and Insure Property



Safeguard Documents

IX. Accreditations

This eBook was made possible with the material contributions from the CDC, FEMA, Homeland Security, OSHA, Red Cross, and Ready.gov as well as other governmental organizations. All information provided in this eBook can be found using the Freedom of information Act (FOIA).

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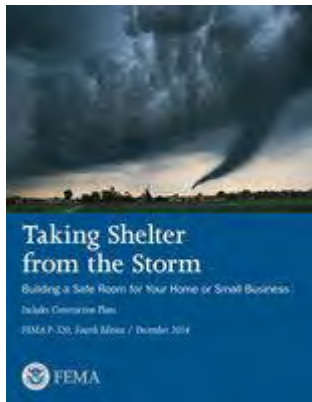
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FEMA P-320, Taking Shelter from the Storm: Building a Safe Room for Your Home or Small Business (2014)



Having a safe room built for your home or small business can help provide near-absolute protection for you and your family or employees from injury or death caused by the dangerous forces of extreme winds such as tornadoes and hurricanes. *Taking Shelter from the Storm, Building a Safe Room For Your Home or Small Business*, FEMA P-320, now in its fourth edition, helps home or small business owners assess their risk and determine the best type of safe room for their needs. FEMA P-320 includes safe room designs and shows you and your builder/contractor or local design professional how to construct a safe room for your home or small business. Design options include safe rooms located inside or outside of a new home or small business.

Are You Ready? An In-Depth Guide to Citizen Preparedness



The guide has been designed to help the citizens of this nation learn how to protect themselves and their families against all types of hazards. It can be used as a reference source or as a step-by-step manual. The focus of the content is on how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect people and their property. Also included is information on how to assemble a disaster supplies kit that contains the food, water, and other supplies in sufficient quantity for individuals and their families to survive following a disaster in the event they must rely on their own resources.