

Be Prepared for ANY EMERGENCY!

Emergencies come in all "shapes and sizes." It might be a flood, tornado, hazardous materials spill, airplane crash, train derailment, or a prolonged power outage. Many emergencies result in an evacuation; others will require that you remain in a "safe" place in your home.

If you are told to evacuate, be sure to take the following with you:

- Identification for all household members
- Money, checkbook, etc.
- Glasses, hearing aids, dentures
- Medications, including diabetes supplies
- Car and house keys
- Pets and their supplies

If you need to go to a shelter, you will also need to bring a sleeping bag or blanket and a pillow for each family member. Note: Shelters will only be opened if there is an identified need. The exact shelter site will be determined when and if the need arises.

Sheltering In-Place (for a hazardous materials spill)

Be sure to include a roll of duct tape and plastic sheeting or large trash bags in your emergency kit for sheltering in-place in your home.

If you are told to remain in your home and Shelter In-Place, do the following:

- Go inside, close all doors and windows
- Turn off all heat, air, vents, shut off furnace/air conditioner
- Go to upper level or inside room, shut door
- Put plastic sheeting on windows, tape shut
- Wet towels and push under door, tape around door
- Cover & tape any air vents in room (ex: if you are in the bathroom)
- Turn on battery powered radio-wait for instructions
- Stay away from windows
- When all clear, go outside, then open all windows and doors to air out building

Living Without HEAT

DRESS WARMLY, in layers of clothing. Use layers of blankets. Stay with one of your relatives if they have power and heat. Utilize a shelter if one is opened; remember to bring your emergency supplies kit and bedding with you.

Storing FOOD

Store at least a 3-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a supply of ready-to-eat canned meats, fruits, and vegetables. Don't forget your manual can opener! Rotate your emergency food kit supplies every 3-6 months.

If the Electricity Goes Off:

FIRST, use perishable food and foods from your refrigerator.

THEN, use the foods from the freezer. Make a list of what's in your freezer and post it on the freezer door. Open the door only when absolutely necessary and take out all items of food that you plan to use for your meal at one time. Frozen foods are usually safe to eat for the first three days of a power outage.

FINALLY, begin to use non-perishable foods and staples.

You will have to *throw out* any frozen or refrigerated foods if they have been in the freezer or refrigerator for 3 days without power.

Storing WATER

Store at least a 3-day supply of water for each person and pet in your household. Store your water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. Seal water containers tightly, label them and store in a cool, dark place. Rotate your emergency water supply every 3-6 months.

Emergency Kits

Everyone should always be prepared for three (3) days of no power or services.

Pack at least a three-day supply of food and water, and store it in a handy place. Choose foods that are easy to carry, nutritious and ready-to-eat. Don't forget disposable plates, cups, and utensils. In addition, pack these emergency items:

- Manual can opener (not electric)
- Medical supplies and first aid manual, money and matches in a waterproof container
- Hygiene supplies (see below)
- Portable radio, flashlights, extra batteries
- One complete change of clothing for every member of your household
- Infant and small children's needs, if appropriate (include diapers and formula)
- Shovel and other useful tools

Keep your emergency kit in a readily available place. Be sure everyone in the household knows where it's located.

First Aid/Hygiene Supplies

Pack what your family uses at home. Be sure to include adhesive bandages, safety pins, gauze pads, triangular bandages, small scissors, tweezers, antiseptic, etc. Include non-prescription medications such as non-aspirin pain relievers, antacids, anti-diarrhea medications, etc.

Hygiene supplies should include toilet paper, soap, feminine supplies, personal hygiene items, plastic bags with ties, disinfectant, and household chlorine bleach.

Excerpt from the Department of Homeland Security Citizen Preparedness Initiative:

? There are three initial steps that families can take to get more prepared to respond to a terrorist attack: 1) Assemble an emergency supply kit; 2) Develop a family communication plan, and 3) Learn more about the different kind of emergencies you could face.

1) Assemble an Emergency Kit

- All of us should be able to survive comfortably on our own for at least a three-day period. That's the amount of time you may need to remain in your home until the danger from a biological, chemical or radiological attack has passed. Obviously, you'll need a change of clothes, sleeping bags, food and water. A gallon of water per person per day should be enough. Canned and dried foods are easy to store and prepare. Our advice is to start now by gathering basic emergency supplies – a flashlight, a battery-powered radio, extra batteries, a first-aid kit, prescription medicines and toilet articles. Duct tape and heavy-duty plastic garbage bags can be used to seal windows and doors.

2) Make a Family Communication Plan

- Your family may not be together at home when an attack occurs. Make sure everyone knows how to get in touch. It may be wise to have everyone call an out-of-state friend or relative. Keep a list of emergency numbers near the phone. Select a "safe-room" where everyone can gather. The best choice is an interior room above ground with few windows and doors.

3) Learn More About Readiness

- ? Planning helps. If your family knows what to expect, all of you will be calmer in the aftermath of a terrorist event. For example, you should find out where to turn for instructions. Local authorities will broadcast information as quickly as possible concerning the nature of the emergency and what you should do next. Be sure to keep listening for updates.
- ? Beyond these actions, you and your family can get more information and educate yourselves on the different types of emergencies.

For further information check out the following web sites:

<http://www.ready.gov>

<http://www.dhs.gov/dhspublic/display?theme=36>