

What are You Going To Do?

Disasters can strike any time

Get involved

Take First Aid courses. Join Community Emergency Response Teams (CERT), Fire Department, Ambulance Association, Emergency Management Group.

Start preparing now. Create your own disaster plan, understand which supplies you need to keep on hand and help you prepare for specific disasters.

Design a plan to meet your needs. Consider the ages and special needs of your family. Consider pets, they are not always allowed in public shelters.

Decide which financial and medical records you will need to keep handy for emergency situations. A good place to store them is on that Thumb drive along with picture of the inside and outside of your home for insurance purposes. Also, a picture of that four legged friend.

Decide on essential information. Pick a place to meet if you have to leave home. Pick a place to go if you can not get back into your neighborhood because of wires down on the road trees down or the road is flooding.

You may not have phone or cell phone service either.

Okay, let's start

Fire

You need Two escape routes from each room. Also, choose a meeting place outside. Hold fire drills regularly and make sure every one in the family knows the escape plan. Replace batteries ever six months when the time changes in both fire and carbon monoxide alarms. This is also a good time to change the batteries in your emergency flashlight – you know, that one you keep in your bedroom for power outages.

Check that fire exchanger. Is the pressure still in the green? Take it out of the bracket, turn it upside down and give it a good shake to free up the powder inside.

Follow your escape plan. Never use an elevator in a fire. Stay low (smoke rises) Feel doors before opening. If cool and no smoke is seeping in, open slowly. Use another door or window if the door is warm or smoke is seeping in.

Go to your meeting place and stay there. **Do not go back inside your home (did you call 911?)**

Floods

Collect supplies you'll need, such as stored water and nonperishable food. Have a portable radio. I like the ones that can be cranked to recharge the batteries. Flashlight spare batteries may be a good idea, and having spare batteries for the kids toys or yours. Fill the car with gas. Grab the Emergency supply kit that you have made up, or go online to the Red Cross or Life Gear web site and buy one. If not, a list of what you need is presented below.

Take Action immediately

If you are on high **ground** stay inside and listen to local radio/TV station for evacuation routes and instruction if you need to evacuate. Turn off electricity, gas and water if you can and feel safe in doing so (remember gas must be turned back on by a professional who will check out your system before they do). Also lock all windows and doors. This helps keep honest people honest.

Watch out for wash- out if there is water over the road. It may be 5-6 foot deep. Do not try to cross flowing water in either the car or by foot.

Be prepared for flash floods which can happen with little warning at any time. Have a plan and act at once when authorities give you information. Also, do you have more than one route to get to your home or to work or the store. Remember that old saying, do not put all your eggs in one basket. Is very true here.

Storms

During a thunderstorm

If outside, get into a building, car or bus, truck. If in an open area, head for lower ground or crouch down. If a forest, pick a low area under thick, small tree. You want to be the smallest target out there.

If swimming or boating, get out of the water and find shelter immediately.

During a tornado

Go to the lowest level of the building and stay there in the center of the room. Go under sturdy furniture or stairs.

Do not stay in mobile or manufacture homes!

If you are away from home, take shelter in a steel framed or reinforced concrete building. Avoid buildings with large span roofs.

Winter Storms Dress in light weight, layered clothing, rather than one layer of heavy clothing. Add or remove layers to avoid getting chilled or overheated.

When outside, beware of ice, fallen trees and downed wires. You must think any wire down is live and can kill you. Avoid strenuous activity. Avoid driving if possible. Have an emergency kit in your car with blankets and some food if you go out.

When inside, never use unvented fuel-burning devices like grills or generators. These produce carbon monoxide, a deadly colorless gas that can build up quickly inside. Please buy a carbon monoxide detector for your house. Your furnace and or other heating sources can also create this gas in your home, if there is a problem with them like a blocked chimney.

During a Hurricane

If a Hurricane is approaching, board up the windows. Do not put tape on them. It is a waste of your time.

Move outdoor items inside, such as patio furniture, tools, trash cans or anything that can be moved. Fill cars with gas and put them in your garage, if you have one. It is hard to believe but there are more and larger trees then we had during the last big hurricane of 1938. We are going to lose 80% of the trees in a category 3 storm and a storm surge of maybe 10 to 30 feet above high tide. You may be without phone and electric power for 60-90 days or longer. Your Town's Fire, Ambulance, Police, Public Works Emergency Management office will be overwhelmed very quickly, as will other local towns.

Your family needs to get involve with the above agency to help both your family and your friends and neighbors. We would like to see each family have a person trained in first aid and more if they could. The State and FEMA will not assist smaller towns for 76-96 hours. We will be on our own. There will be shelters to be opened throughout the area to distribute supplies and food. Fallen trees will have to be removed from roads. You will need to have food and water for your family for more then 5 days, and be prepared to literally be on your own.

Listen to local radio/TV for emergency instructions. If you are told to get out please do it. This may save your life.

Pandemic

It has happened before

Know the Difference

Seasonal Flu—A contagious Respiratory illness caused by influenza (Flu) viruses occurring every year. It Affects an average of 5 to 20 percent of the U.S. population, causing mild to severe illness, and in some instances, death.

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 disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 Influenza (swine flu)—H1N1 influenza is a respiratory disease of pigs caused by the type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 influenza, but human infections can and do happen. H1N1 influenza viruses have been reported to spread from person-to-person.

Avian Influenza—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.

A flu vaccine is available in the U.S. every year. Get your flu shot as soon as it is available 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 sick people (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.

—Adopt business/school practices that encourage employees/students to stay home when sick.

—Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

Be aware of common flu symptoms:

- High fever
- Severe body aches
- 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
- 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.

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.

Key words Quarantine and Isolation again. You may need food and supplies to last you and your family for 7 or more days with out leaving home

Nuclear and Chemical disaster

A nuclear disaster Exposure to high amounts of radiation can cause serous illness or death.

Information and instructions about a nuclear power plant incident should be broadcast by local radio/TV stations learn your community's warning system.

If you are evacuating, don't leave your car in the break down lane stay in it with vents and windows closed wait for help to arrive the car will help shield you from radiation.

If you have been told to evacuate please do and stay away until the all clear has been sounded.

If told to shelter in place close all windows and door turn off A/C units if they take in out side air.

Chemical disaster

In a chemical disaster get inside. (if you are a vehicle, close all windows and turn off the A/C unit or heater and fan)

In the house go to the highest room if possible find a room that does not have windows if not close all windows and doors and turn off A/C or heating fans.

Follow official instruction on sealing off rooms with plastic sheeting and duck tape, or damp towels under the door again stay inside until told that it is all clear as been sounded.

Emergency Phone numbers

Police

Fire

health-Cars provider

Hospital/clinic

Pharmacies

List of medical supplies those you family uses

Insurance company.

Vet

Emergency Supply Kit

You need two kit one for grab and go and the large one for home use the grab and go could be used in the car if you have to go out in bad weather just in case you have to leave your Home.

The kit includes the following: this is for one person just to give an idea goes to Internet and type Emergency Supply kit. I like the Red Cross one and the Life Gear one

Food and Water:

6 Boxes of Aqua Blox Water Boxes - twice the amount of water as leading suppliers
6 - 400 Calorie Food Bars (2400 Calories) - 3 day supply of food with a 5-year shelf life
10 Water Purification Tablets - each tablet purifies 1 liter of water

Light and Communication:

Mini Scan Radio with Headphones and Batteries
Rechargeable Squeeze Flashlight - 3 LED flashlight which generates and stores power by squeezing the handle (NO BATTERIES NEEDED)
30 Hour Emergency Candle - can also be used as a mini stove
5-in-1 Survival Whistle - loud shrill whistle (travels over 1 mile) containing a flint starter, signal mirror, compass, and lanyard
Box of 50 Waterproof Matches
Bic Style Lighter

Shelter and Warmth:

Emergency Survival Sleeping Bag - recommended over outdated "space blankets"
Emergency Poncho with Hood

Tools:

16 Function Knife
N95 Respirator Dust Mask - NIOSH approved

Hygiene and Sanitation:

24 Piece Deluxe Hygiene Kit - toothbrush, toothpaste, 9 wetnaps, bar of soap, .34 oz shampoo and conditioner, dental floss pick, .25 oz hand and body lotion, deodorant gel, twin blade razor, 5" black comb, 4 maxipads, shaving cream packet, and washcloth.
3 Tempo Pocket Tissue Packs

First Aid:

42 Piece Portable First Aid Kit - contains 42 pieces - 10 spot bandages, 10 sheer junior, 5 sheer medium, 5 sheer strips, 2 antibacterial, 3 clear strips, 2 fabric strips, 1 extra large, 2 alcohol pads, and 2 gauze pads

Other:

Notepad
Pencil
Deck of playing cards for entertainment
Infectious Waste Bag

Emergency Survival Kit Information:

This survival kit was designed using advice from experts in the emergency preparedness industry. It follows guidelines given by government agencies and non-profit preparedness organizations. This 1-person essentials kit has a retail value of.

Thumb drive with your information on it and some spare cash remember that ATM needs electrical power to work.

Are You Ready? Home Kit

Assemble a Disaster Supplies Kit

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three to seven days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, you may have 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 need.

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

Kit Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.

Home	Work	Car
Your disaster supplies kit should contain essential food, water, and supplies for at least three days.	This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.	In case you are stranded, keep a kit of emergency supplies in your car.
Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.	Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an	This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.

Additionally, you may want to consider having supplies for sheltering for up to two weeks.	evacuation requires walking long distances.	
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Water

How Much Water Do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking. Remember the animals.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

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

Observe the expiration or “use by” date.

If you are preparing your own containers of water

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. 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 also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart 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 the tap water has been commercially treated from a water utility 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 the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a 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.

Food

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

Basic Disaster Supplies Kit

The following items are recommended for inclusion in your basic disaster supplies kit:

- Seven-day supply of non-perishable food.
- Seven-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 (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eyeglasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat.
- Long pants.
- Long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).

Be sure to account for growing children and other family changes. See Appendix B for a detailed checklist of disaster supplies. You may want to add some of the items listed to your basic disaster supplies kit depending on the specific needs of your family.

Maintaining Your Disaster Supplies Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed? Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit, as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.
- If you take a large zip lock plastic bag you can take the items like clothes put them in the bag sit on the bag to force out the air and then zip it closed it can cut the bag size in half or more works when you travel to so you can get more in that bag.

Sources

Essex Emergency Management

FEMA

Red Cross

Channing Bete Company Emergency Preparedness