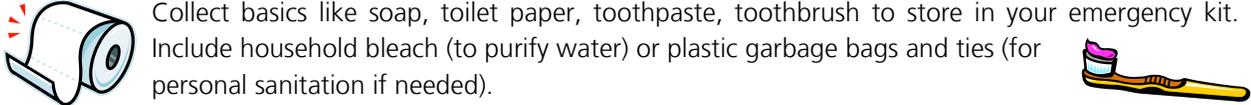


Disaster Preparedness Tips for Individuals and Families

<p>Why make an Emergency Plan?</p>	 <p>Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. A little advance planning can make the difference between tragedy and survival.</p>
<p>Start a Conversation</p>	<p>Right now is the perfect time. Talking things through can help create a sense of control and reduce stress in the event of an emergency. Involve family, friends, and neighbors. Consider possible events (disease, flood, fire, terrorism, severe weather) and possible responses to each.</p>
<p>Start Simply: Make A Kit</p>	<p>Collect these nine essential items to help you shelter-in place during an emergency:</p> <ul style="list-style-type: none"> • Water • Food • Clothes • Radio • Flashlight • Medications • Can Opener • First Aid Kit • Hygiene Items 
<p>Make a Plan</p>	<p>Gather critical information into one place and share it with your family. It will save precious time for when you need it most. Include things like, personal information for all family/household members (name, address, phones, birthdate), a local and an out of state contact and meeting places.</p>
<p>Medications</p>	<p>Include three days' worth of each prescription medication used by family members in your emergency kit. Make sure to keep prescriptions current.</p> 
<p>Nutrition</p>	 <p>Plan to use non-perishable foods that are high in calories and nutrition to store in an emergency kit.</p> <ul style="list-style-type: none"> • Consider foods that are not salty, high in fat or protein (when water is limited) • Consider liquid formula in case nursing mothers cannot nurse • Consider canned dietetic foods, juices and soups for ill or elderly
<p>Water Guidelines</p>	<p>As part of an emergency kit, collect one gallon of water per person per day for three days. Maintain water in clean, sealed, plastic containers and replace water, along with containers, every 6 months. Water should be stored in a cool dry place. In an emergency, use water for drinking, hygiene and cleaning as needed.</p> 
<p>Leave a Paper Trail</p>	<p>Duplicate important documents and keep them somewhere other than your house, like a safety deposit box or with someone you trust. Important documents include drivers license, passport, social security card, wills, deeds, financial statements, and insurance information.</p>
<p>Utility Shut-Off</p>	 <p>In some emergencies you may be required to shut off some utilities. To prepare for this type of event:</p> <ul style="list-style-type: none"> • Locate the electric, gas and water shut-off valves. • Keep necessary tools near gas and water shut-off • Teach adult family members how to turn off utilities. If you turn off the gas, a professional must turn it back. Do not attempt to do this yourself.
<p>Flashlight</p>	<p>Include a bright flashlight and extra batteries in your emergency kit. Try rotating extra batteries to ensure shelf life currency.</p> 
<p>Special Considerations</p>	<p>When making an emergency plan, remember to include any special needs for children, seniors, people with disabilities, and pets.</p>
<p>Radio</p>	 <p>Radios are available in a variety of price ranges and offer a variety of features. For an emergency kit, select a battery powered or crank radio since electrical power may not be available. Be sure to remember extra batteries for a battery powered radio!</p>

<h3>Food Supply Guidelines</h3>	<ul style="list-style-type: none"> Plan for family's unique needs and tastes when collecting food for 3 days or more. Use non-perishables, such as canned or packaged food Pay special attention to special diets, infants, toddlers and elderly Plan foods that require no refrigeration, preparation or cooking Store food in dry, dark, cool space Use plastic bags or tight containers to keep food covered at all times Eat food in order: refrigerator, freezer, cupboard 	
<h3>Food Supply Refresher</h3>	<p>Date all emergency foods, consider shelf life, and rotate as appropriate:</p> <ul style="list-style-type: none"> Six months: powdered milk (boxed); dried fruit, crackers in sealed containers One year: canned soup, fruit, vegetables, juice; peanut butter, jelly; hard candy, canned nuts; cereals in sealed containers Indefinitely (in proper containers): baking powder; salt; bouillon; instant coffee, tea, cocoa; dried corn, dry pasta, non-carbonated soft drinks, vegetable oils 	
<h3>Can Opener</h3>	<p>Include a manual can opener in your emergency kit. Rehearse using the manual can opener so you are aware of the hand strength required and you understand how the manual can opener works.</p>	
<h3>Clothes</h3>	<p>Include one complete change of clothing and one pair of shoes per person in your emergency kit. Evaluate size and seasonal needs by using smoke alarm battery replacement schedule (April, October). Consider including:</p> <ul style="list-style-type: none"> Rain gear (i.e. raincoat, umbrella) Long underwear and gloves Hat and sunglasses Blankets or sleeping bags 	
<h3>Emergency Plan Essential</h3>	<p>Designate an out-of-area contact person. Ideally, this person should be out of state, or at least far enough away to not be affected by the same disaster. Give the out-of-area contact person a list of the names and contact information for all the people you want them to inform about your situation. Make sure everyone in your family knows how to reach the out-of-area contact person and carries their contact information. If you are separated from your family during a disaster, all family members should check in with the out-of-area contact person.</p>	
<h3>Meet Up</h3>	<p>Pick a place to meet after a disaster. Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.</p>	
<h3>Hygiene Items</h3>	<p>Collect basics like soap, toilet paper, toothpaste, toothbrush to store in your emergency kit. Include household bleach (to purify water) or plastic garbage bags and ties (for personal sanitation if needed).</p>	
<h3>Revisit</h3>	<p>Go through your calendar now, and put a reminder on it—every six months—to review your emergency plan, update numbers and check supplies to be sure nothing has expired, spoiled, or changed. Also remember to practice your tornado, fire escape or other disaster plans.</p>	
<h3>First Aid Kit</h3>	<p>For an emergency kit, a first aid kit should be stored in a plastic bag and include:</p> <ul style="list-style-type: none"> Antiseptic Triangular bandages Non-latex gloves Scissors Cold Pack Wound items (adhesive bandages gauze pads, tap, roller gauze) Non-prescription drugs to treat pain, diarrhea, constipation, stomach upset 	
<h3>Eliminate Expense</h3>	<p>Preparing for emergencies needn't be expensive if you're thinking ahead and buying small quantities of food at a time. Keep a list of non-perishable food items in your purse or wallet and pick up a few items each time you're shopping and/or see a sale. Before you know it, you'll have built up a well-stocked supply of food items that can sustain each member of your family for at least three days following an emergency.</p>	
<h3>Pet Food Shelf Life</h3>	<p>If you have stored pet food in your emergency kit for a furry friend, don't forget that it has a shelf life and will need to be replaced eventually, much like food. Here are some approximate shelf-life estimates for different pet foods:</p> <ul style="list-style-type: none"> Dry Bagged Pet Food -- About 1 to 1-1/2 years (Note: If you store dry pet food in a container other than its original bag, be sure to wash the empty container with soap and water before adding food from a new bag. The residual fat that settles on the bottom of the container can become rancid beyond its shelf life. This spoiled fat may contaminate the fresh food added to the container, causing vomiting or diarrhea when fed to your pet.) Canned Pet Food -- 2 years Vacuum-Sealed Pet Food -- 5 years 	