

# **Recommended Personal & Family Disaster Preparations**

## **If you have an emergency call 911.**

If your phone is serviced by your TV cable company you will not have any phone service.

If you have a cell phone make sure that it is fully charged at all times. You can charge your cell phone in your car providing you have a phone charger for your car.

It is important to have a battery operated, or better yet, a hand crank portable radio as part of you emergency kit. Keep an extra set of batteries for all portable electronic items including any medical devices on hand.

## **Where are you located?**

Write down your address and list the nearest cross streets. Make sure you include your house number or apartment number. This will make it easier for people trying to rescue you. Keep this information in a sealed plastic bag and attach it to your refrigerator for easy access in case of emergency.

Think about your neighbors. Determine how you could help neighbors who have special needs, such as elderly or disabled persons.

## **Keep important names, phone numbers and medical information with you at all times.**

- Family members
- Doctors
- List of important prescriptions

## **Prepare your Kit!**

Review the following checklist and gather the supplies that are listed. You may need them if your family is evacuated or confined at home. Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.

To handle a lengthy stay in a shelter, you should have a 2-week supply of the following items: water, food, sanitation supplies, and any special foods or medicines needed by family members, such as insulin, heart tablets, diabetic foods or baby foods.

To make your stay in a shelter more comfortable, you will need to take some supplies from home: bedding, extra clothing, cooking and eating utensils as well as general emergency tools.

## **Supplies**

To be ready for a disaster, you need to stock six basics in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to carry container such as a large, covered trash container, a camping backpack or a duffle bag.

## **Food**

You should keep a 2-week supply of non-perishable food for shelter use. Since gas or electricity could be off during an emergency, select foods that require no refrigeration, preparation or cooking and little or no water. Rotate this food with newly purchased food supplies to ensure freshness. Since gas or electricity could be off during an emergency, stock food that needs little or no cooking. If you must heat food, pack a can of Sterno. If a food item requires refrigeration once it has been opened, make sure it is packaged in small containers so you will be able to consume what you have opened. Foods that are packaged in one meal sizes are convenient for this purpose. If there is snow on the ground, and you have a cooler, you can add snow to the cooler and pack your food in it. This only works at temperatures below 32 F or 0 Celsius.

Make sure you purchase foods that you and your family like, as well as foods that have a long shelf-life. You should also select foods that require little or no water for preparation. Because they contain water substitutes, canned fruit, vegetables and fruit juices are excellent choices.

Include a selection of the following foods in your disaster supply kit:

- Ready-to-eat canned fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples such as sugar, salt and pepper.
- High energy foods such as peanut butter, jelly, crackers, granola bars and trail mix.
- Vitamins
- Food for infants, elderly persons or those on special diets.
- Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee and tea bags.

## **Clothing and Bedding**

Include at least one complete change of clothing and footwear per person. Remember that air conditioners might be out; make sure your clothing is appropriate for high temperatures.

The following items are necessary for a stay at a shelter:

- Sturdy shoes or work boots

- Rain gear
- Blankets or sleeping bags
- Sunglasses

## **Entertainment (Don't laugh.)**

Emergencies that involve power outages as well as unforeseen problems add tremendous stress to families and individuals. Board games, reading material, a deck of cards and puzzle books can do a lot to reduce the anxiety level during a disaster. Story telling can also be a stress reliever especially in a limited shelter environment.

## **Portable Generators**

**NEVER USE A PORTABLE GENERATOR IN YOUR HOUSE OR GARAGE.** The fumes given off by the exhaust while running are carbon monoxide and are deadly. Keep your generator properly maintained and do not store it or gasoline in your house as this poses a fire hazard.

## **First Aid Kit**

Store your kit in a convenient place known to all family members. To protect active ingredients in prescription medications, ask your physician or pharmacist about storing them. Assemble a first aid kit for your home and one for each car. Keep items in your kit stored in air-tight plastic bags.

A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads
- 4-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch sterile roller bandages
- 3-inch sterile roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressors
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent or soap

- Latex gloves
- Sunscreen
- Non-prescription drugs such as aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid (for stomach upset)

## **Tools and Supplies**

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks
- Non-electric can opener
- Utility knife
- Small storage containers
- Aluminum Foil
- Plastic Wrap

## **Special Items for Adults**

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

## **Sanitation**

- Toilet paper, towelettes, soap, liquid detergent
- Feminine supplies
- Disposable diapers
- Personal hygiene items
- Plastic garbage bags and ties (for sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach (without scent)

## **Emergency Phone Numbers**

**Dial 911 in case of emergency.**

**The additional numbers are for information only and may not be available to the public during a disaster.**

Local Police	758-6300
Sheriff	758-6300/486-3800
State Police	876-4033
Ambulance	758-2171
Fire Department	758-2171
Red Cross	471-0200

**Tune into the following radio stations for disaster information regarding road conditions, shelter information as well as additional disaster related news.**

WTZA	WPDH
WGHQ	WDST
WKIP	WKNY

## **Important Family Documents**

Even if you do not need family records during an evacuation, you must prevent them from being destroyed by a disaster. Such records are difficult to replace and may delay an insurance claim or other important matters. Keep these records in a waterproof, fireproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards and immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Names, addresses and phone numbers of friends, neighbors and family members are very important.

# Guidelines for Emergency Household Pet Care

Although most states allow trained service dogs in emergency shelters, other pets are not allowed due to public health and safety reasons; therefore plan ahead for pet security. Advance planning is essential. It could save a pet's life and ease the pet owner's concerns during an emergency.

## **Is your pet prepared for an emergency?**

- Acquire a pet carrier (portable kennel) or crate for each house pet if the pets will be travelling. These carriers should be large enough for the pet to stand up and turn around in.
- Take time to familiarize the pet with the portable kennel. This can be a difficult experience. Kennel tops and bottoms can be separated to make a pet's bed. This helps them adjust to the kennel.
- Be sure the pet's vaccinations are up to date. This is especially important for pets that will be boarded. Most boarding facilities require proof of current rabies and distemper vaccinations.
- Be sure the pet wears a properly fitted collar with a current license (identification) and rabies tags at all times. Get a leash to have on hand to maintain control of the pet.
- Acquire ample quantities of pet food and kitty litter when purchasing other disaster supplies.
- Acquire plenty of newspaper, plastic bags, cleanser and disinfectants to properly handle pet wastes.

## **If your pet stays at home**

If the pet must be left behind when the home is evacuated during the storm, remember:

- Prepare an area for the pet to use inside the house away from windows, such as a utility room, garage, bathroom or other tiled area which can be easily cleaned.
- Bring the pet indoors well ahead of the disaster.
- Do not leave any pet outside or tied up during a storm or flood.
- Leave only dry-type foods that are relatively unpalatable to prevent overeating. Use sturdy food containers.
- Do not leave any treat-type vitamins or mineral supplements; overeating of these may cause salt poisoning if too much is consumed.
- Birds must eat daily to survive. Use special food dispensers if you must leave them behind.
- Water for pets should be left in bathtubs or other sturdy containers that will not spill.
- If animals are on special diets and medications, consult a veterinarian.
- Never leave a cat with a dog, even if the two are normally friendly.
- Confine and keep small pets (birds, hamsters, etc.) away from cats and dogs.
- Provide access to high places, such as counter tops, in case flooding occurs.

## **If your pet goes with you**

If the pet will be taken along during evacuation, prepare the following items:

- License or identification and rabies tags
- Steel or fiberglass crate, properly pet-sized
- Non-spill water and food bowls
- Newspapers and/or paper towels
- Leashes and obedience aids
- Dramamine sickness pills might be needed (i.e., Dramamine, a non-prescription drug, 1 mg. per pound given every 12 hours)
- Water in sanitized non-breakable containers
- Dried and packaged semi-moist foods
- Special medications

**Prepared by Dick Franklin 04/27/2010**