ARE YOU READY? PREPARING FOR THE UNEXPECTED……

If a disaster were to occur right now….right this very second, would you and your family be prepared? Would you know where to go to get help and how to navigate the maze of resources available?

Take a moment to answer the following questions…..

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does your family have a designated meeting place identified outside your home to meet in case of emergency?</td>
<td></td>
<td></td>
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<tr>
<td>Does your family have a designated meeting place identified outside of your community to meet in case of emergency?</td>
<td></td>
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<tr>
<td>Does your family have a designated friend or relative outside of the area identified to contact that you are alright in case of emergency?</td>
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<tr>
<td>If you had to evacuate your home immediately, would you be able to grab your necessary important papers and belongings all in one place?</td>
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<tr>
<td>If you were involved in an accident or had an emergency, in the absence of family or friends would others know anything about emergency contacts or vital health information about you?</td>
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<tr>
<td>Do you have an emergency plan for your pets?</td>
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</tbody>
</table>

If you answered no to any of the above questions, you’ve got some work to do.

More often than we think

When we think of natural disasters most people think of Hurricane Katrina, the wild fire evacuations in Eastern Oregon or earthquakes in Southern California. They happen infrequently, but they occur more times than you would think. In our area winter storms, forest fires and floods come to mind more than hurricanes and tornadoes. But emergencies occur and industrial accidents happen that release harmful substances and require thousands of people to leave their homes with very little notice.

Many times, seniors citizens are the forgotten victims in disasters because so many other emergency needs must be met first. According to an AARP commissioned survey, an estimated 13 million people ages 50 and older indicate they will need help evacuating in the event of a natural disaster. About half said they will need help from someone outside their households. (The Nation’s Health, “Emergency preparedness a challenge for older Americans,” April, 2007, pg 14.)

What about you and your family? Are you ready? Does your family know how to evacuate your home? Do you know how to evacuate the building you are in right now? Do you have a set communication plan to let others know you are alright? These are all questions you and your family can answer with a little preparation.
WHAT TO DO IN AN EMERGENCY

If a natural disaster or community emergency occurs it will be the local government that issues evacuation orders when disaster threatens, not the Red Cross. The local radio and television stations will be the ones to report when disaster threatens. Follow the instructions provided by the local authorities. Pay close attention to emergency advisories. Know where to turn to in your community. Leave when told to do so. Leave early enough to avoid being trapped by severe conditions.

If you are asked to leave the area, do so immediately. Now is not the time to stick around for spectacular video footage to impress your friends. Your choice to stay may jeopardize the lives of rescue workers who try to save your life when disaster strikes.

For peace of mind, during times of inclement weather, keep a full tank of gas. Pay attention to traffic advisories and follow recommended evacuation routes. An imminent emergency is not the time to try a shortcut.

If you don’t drive or have reliable transportation, make other arrangements. If you are an individual with mobility impairments, make arrangements ahead of time with others to assist you. If you live in a multi-floor apartment, purchase an escape chair and know how it is used. Be sure your apartment management is aware of your special needs. When staying in hotels/motels, identify yourself to registration desk staff as a person who will need assistance in an emergency, and state the type of assistance you may need.

You can help yourself and your family by being prepared. Keep a battery operated radio on hand with plenty of extra batteries. There are also hand crank radios and flashlights that can be used in place of battery operated equipment. If weather related, a NOAA (National Oceanic and Atmosphere Administration) Weather Radio is a good idea and can be found at sporting goods stores.

Learn how to shut off water, gas and electricity to your home at the main switches. Be sure that all family members know how to turn them off. Note: if you turn off natural gas service to your home, you will need to contact the gas service provider to have a professional restore service to your home.

Be sure to post all emergency numbers near all telephones within the home. Pre-program emergency numbers into phones with auto dial capabilities and identify them as ICE – In Case of Emergency numbers.

Learn what the emergency procedures are for your area. Find out if there are designated evacuation routes. Note what the community warning signals sound like and what to do when you hear them. The local phone book provides a great deal of information and contact agencies in the County Government section.

Evaluate your personal insurance coverage to ensure that you and your family will be adequately covered in the event of a disaster. Keep your basic first aid and CPR training up to date. Better yet, volunteer for your local chapter of the American Red Cross (www.redcross.org).
**Special Medical Needs**
If you require specialized medical devices, have a back-up plan in place. For example, extra wheelchair batteries, portable dialysis unit, extra insulin or catheter equipment. Make provisions for medication that may require refrigeration. Keep a list along with your important papers of type and model number of medical devices you require.

Wear a medical alert tag or bracelet to identify your disability. Know the location and availability of more than one facility if you are dependent upon dialysis or other life-sustaining treatments.

**HAVE A FAMILY EMERGENCY PLAN**

**Family Communication Plan**
Create an emergency contact list for your family. Identify someone outside the area to serve as a point of contact in case of emergency. Many times it’s easier to make a long distance call than it is to make a local call after a disaster. All family members should know to contact the designated person to report their location and condition. Once contact is made, the contact person can then relay messages to other friends and relatives outside the disaster area.

Have a completed communication plan posted in the home, with each member of the family, on file at work and at school, and in your family disaster supply kit.

**Meeting Place**
Discuss ahead of time where your family will meet in the event that you are separated in time of a disaster. Designate a place outside your home, a location in your near community and a meeting spot outside of the area at a friend or relative’s location.

**Emergency Supply Kit**
Develop an Emergency Supply Kit that can be stored in a safe place within the home. A location easily accessible, yet somewhat protected if something was to occur to your home. Check your supplies periodically throughout the year and replace items as needed.
- Tools and Equipment – these supplies will be needed if you must stay in your home for a period immediately after a disaster.
- Personal Items – including prescriptions, glasses and equipment for special needs such as medical equipment, baby items, and dietary needs.
- Food items – non-perishable food and water to supply your family for a minimum of three days and up to two weeks (some items may need to be replaced periodically).
- Family Documents – keep copies of important family documents and papers in a water-tight container.
- Pet Supplies – don’t forget your family pet and their needs as well.
Gr ã’ n’ Go Kit
Put together a “Grab ‘n’ Go Kit.” This may be a wheeled back pack or small suitcase that you can easily grab in case of emergency or evacuation. Be sure you have your name identified on your bag. In most cases, your “Grab and Go Kit” will have your family documents and important papers along with a few other emergency supplies to tide you over in case you have to leave your home. In addition, be sure to label any special equipment you might use and need to take with you.

AFTER AN EMERGENCY HAPPENS

Remember your personal safety after a disaster has occurred. Take prudent caution to protect yourself and your family. Don’t venture out until the immediate danger has passed. Check the area around you for hazards.

Unless you have to, avoid driving immediately after a disaster to leave the roads clear for emergency personnel. Likewise, avoid using the phone beyond initial contact with your family contact to leave the phone lines open for emergencies.

Listen to your radio or television station for instructions from local authorities. Information may change rapidly so listen for regular updates.

Remember to care for your personal emotional well being, as well as those of other family members. Many times healing involves more than just physical injuries. Disasters can stir up many different feelings and emotions, including fear, anger, paranoia, shock, depression, grief, and guilt to name a few. Watch for behavioral change in young children and older adults in times of great stress.

The American Red Cross has an excellent publication; “Picking up the Pieces after a Disaster” that goes into much greater detail with helpful information and resources.

Be Prepared
If an emergency strikes, it will provide you peace of mind to know that you and your family have a plan in place. Creating and communicating an emergency contact list, having a written plan for your family and having an emergency supply kit on hand are key for being prepared and maintaining control in times of crisis. Remain calm and avoid panic. Take time to heal both physically and emotionally.

Prepared by: Susan Busler, OSU/Lane County Extension Family & Community Development Faculty, September 2007
RESOURCES

AARP—www.aarp.org

American Red Cross—www.redcross.org
Emergency preparedness plans, recommendation for 72-hour supply kit, etc.

Publications
• “Picking up the Pieces After a Disaster,”
  http://www.redcross.org/services/disaster/0,1082,0_23_,00.html
• “Your Evacuation Plan,”
  http://www.redcross.org/services/disaster/beprepared/evacuation.html
• “Taking the Opportunity to Make Your Home Safe for You and Your Family”

Responsible for protecting and promoting U.S. agricultural health, administering the Animal Welfare Act, and carrying out wildlife damage management activities.

Centers for Disease Control—www.cdc.gov
Information on diseases, bio-terrorism (small pox, anthrax, etc.) and other public health matters.

David Baldwin’s Trauma Information Pages—www.trauma-pages.com

Department of Health & Human Services Administration on Aging—
http://www.aoa.gov/eldfam/disaster_assistance/disaster_assistance.asp

EDEN—www.agent.lsu.edu/eden/
Disaster related resources from partnering state Extension systems. Materials listed alphabetically with direct links to web pages.

Emergency Animal Rescue Service (EARS)—www.uan.or/ears/index.html
This site provides tips for animal owners and links to emergency shopping lists for owners of dogs, cats, birds, horses, reptiles, and amphibians.

Environmental Protection Agency—www.epa.gov
Describes EPA response to 9/11, as well as issues related to asbestos, effects of fine (airborne) particulates.

Federal Emergency Management Agency (FEMA)—www.fema.gov
Everything you ever wanted to know about emergency management including federal emergency plan.

FEMA—www.fema.gov
Publications
• “Individuals with Special Needs,” http://www.fema.gov/plan/prepare/specialplans.shtm

Homeland Security—ready.gov
National Voluntary Organization Active in Disasters—www.nvoad.org
Coordinates planning efforts by many volunteer organizations responding to disasters.

North Carolina State University Cooperative Extension
Publications
• “Disaster: Readiness, response recovery series,”
• “A Disaster Kit for Staying at Home,”

The Nations Health, “Emergency Preparedness a Challenge for Older Americans,”
April, 2007, pg 14.

Oregon Department of Agriculture—www.oda.state.or.us
Would have information regarding disasters related to farming/agriculture.

OSU/Lane County Extension Service—
http://extension.oregonstate.edu/lane/home_family/resources
Publications
• “Water Storage for Emergencies,”
• “Food Storage for Emergencies,”
  http://extension.oregonstate.edu/lane/sites/default/files/images/sp50833.pdf
• “Preparing Your Family for Emergencies,”
  http://extension.oregonstate.edu/catalog/pdf/em/em8736-e.pdf
• “When the Power Fails,”
• “Coping with Power Failures,”
  http://extension.oregonstate.edu/catalog/pdf/em/em8734-e.pdf

United States Department of Agriculture—www.usda.gov
Information about mad cow and foot and mouth diseases.

University of Illinois—www.ag.uiuc.edu/~disaster
An excellent resource that will help you to determine how much insurance you need,
provide instructions and resources on how to make your home inventory and determining
the value of your belongings.
Publication
• “Household and Personal Property Inventory Book,”
EMERGENCY SUPPLY KIT

This checklist gives you some ideas for items to be included in your “Emergency Supply Kit” for your family.

Tools and Equipment

- Flashlight – either a crank one or have extra batteries
- Radio - either a crank one or have extra batteries
- NOA (National Oceanic Administration) weather radio – extra batteries
- First aid kit
- Extra cash on hand or traveler’s checks
- Map of the area
- Car kit – blanket, tarp, water, food, matches, etc.
- Tool kit – shovel, crow bar, pliers, hammer, and wrench
- Matches in a waterproof container
- Whistle and signal flares
- Sanitation and hygiene items – hand sanitizer, moist towelettes, and toilet paper
- Disposable camera to document damage
- Fire extinguisher
- Tarp or plastic sheeting
- “Write in the rain” paper and pens/pencils
- Needle/thread and scissors
- Work gloves
- Rope, tape and tie downs
- Soap, disinfectant and household bleach
- Garbage bags
- Propane cook stove and bottled gas
- Portable generator if possible

Personal Items

- Prescription medication – copies of prescription, dosage directions, pharmacy and prescribing doctor
- Extra eyeglasses – with written prescription
- Medical equipment and devices – dentures, prosthesis, hearing aids, etc.
- Non-prescription drugs – aspirin or other pain reliever, anti-diarrhea medication, antacid, Syrup of Ipecac (used to induce vomiting if advised by Poison Control Center)
- Cell phone – fully charged with extra battery
- Extra change of clothes
- Clothes items for weather conditions, multi-layered, protective clothing – long sleeved shirt, long pants, and sturdy shoes
- Sleeping bag or bedroll
Food Items (food and water for 3 days and up to two weeks)
- Water – one gallon/per person/per day and enough for three days
- Non-perishable food items – ready to eat meals, meats, fruit and vegetables
- Juices – canned, powdered and boxed
- Soups, bouillon cubes and dried soup mixes
- Milk – powdered and canned
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix, dried fruits, nuts, and meats like jerky
- Food for infants, elderly or individuals with special dietary needs
- Bleach for purification purposes
- Coffee filters – to remove sediment before purifying water
- Manual can opener
- Hard candy
- Vitamins
- Mess kit of cups, plates, utensils, pans, and Ziploc bags

Family Documents
- Driver’s license or personal identification
- Social security card
- Passport
- Proof of residence – deed or lease
- Insurance policies
- Inventory of valuable household goods (see resource section) – written inventory, one room at a time with purchase price, date of purchase, and where purchased. Maintain a visual inventory as well with pictures, video or digital camera. Keep a list of brand names, model and serial numbers of high cost items.
- Birth, death and marriage certificates
- Stocks, bonds and other negotiable certificates
- Wills, deeds and copies of recent tax returns
- Check book, cash and credit cards
- Individual and collective photos of all family members
- Extra keys for house and cars
- Pre-paid long distance phone card
- Special Medical Information – allergies and sensitivities, communication difficulties you may have, preferred treatment, previous medical procedures, treatment medical providers, and important medical contact people
- Advanced medical directives

For Pets
- Medications, medical records and licenses
- Pet first aid kit
- Extra leash and collar
- Food and water
- Current photo in case they get lost
- Name and number of veterinarian
- Microchip or tattoo number
FAMILY COMMUNICATIONS PLAN
Post this page in a prominent area, i.e., near phone or refrigerator.
Retain this guide for future use. Keep a copy of this guide in your emergency kit.

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.

<table>
<thead>
<tr>
<th>Family members living at this address. Fill out the following information for each family member and keep it up-to-date.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
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<tr>
<td>Date of Birth:</td>
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<td>Name:</td>
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<td>Name:</td>
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<td>Date of Birth:</td>
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</tbody>
</table>

Pets

| Type: | Name: | | |
| Type: | Name: | | |

Other locations frequented by family members. Where they may be found in case of an emergency. Write down where your family spends most of their time: work, school, and other places. Schools, daycare providers, workplaces, and apartment buildings should all have site-specific emergency plans.

<p>| Home Address: | Work for ___________________________ (name of person) Address: | | |
| Phone #: | Phone #: | | |
| Neighborhood Mtg Place: | Evacuation Location: | | |
| Regional Mtg. Place: | | | |
| School for ___________________________ (name of person) Address: | Work for ___________________________ (name of person) Address: | | |
| Phone #: | Phone #: | | |
| Neighborhood Mtg Place: | Evacuation Location: | | |
| Regional Mtg. Place: | | | |
| School for ___________________________ (name of person) Address: | Other places you frequent Address: | | |
| Phone #: | Phone #: | | |
| Neighborhood Mtg Place: | Evacuation Location: | | |
| Regional Mtg. Place: | | | |</p>
<table>
<thead>
<tr>
<th>Emergency Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Out of Area Contact</strong></td>
</tr>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>State:</td>
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<tr>
<td>Day #:</td>
</tr>
<tr>
<td>Evening #:</td>
</tr>
<tr>
<td>Cell #:</td>
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<tr>
<td><strong>Local Contact</strong></td>
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<tr>
<td>Name:</td>
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<tr>
<td>Address:</td>
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<tr>
<td>State:</td>
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<tr>
<td>Day #:</td>
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<tr>
<td>Evening #:</td>
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<tr>
<td>Cell #:</td>
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<tr>
<td><strong>Nearest Relative</strong></td>
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<tr>
<td>Name:</td>
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<tr>
<td>Address:</td>
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<td>State:</td>
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<td>Day #:</td>
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<tr>
<td>Evening #:</td>
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<tr>
<td>Cell #:</td>
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<tr>
<td><strong>Know your location when using a cell phone</strong></td>
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<tr>
<td>Local Police #:</td>
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<tr>
<td>Fire Department #:</td>
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<tr>
<td>Hospital #:</td>
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<tr>
<td><strong>Family Physicians</strong></td>
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<tr>
<td>Name:</td>
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<tr>
<td>Phone:</td>
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