

ARE YOU READY? PREPARING FOR THE UNEXPECTED.....

Participant handout

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 many people to leave their homes with very little notice.

Many times, senior 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.

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.

	Yes	No
Does your family have a designated meeting place identified outside your home to meet in case of emergency?		
Does your family have a designated meeting place identified outside of your community to meet in case of emergency?		
Does your family have a designated friend or relative outside of the area identified to contact that you are alright in case of emergency?		
If you had to evacuate your home immediately, would you be able to grab your necessary important papers and belongings all in one place?		
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?		
Do you have an emergency plan for your pets?		

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

RESOURCES

EDEN— <http://eden.lsu.edu/>

Disaster related resources from partnering state Extension systems. Materials listed alphabetically with direct links to web pages.

Oregon State University Extension Service, online Publications and Multimedia Catalog <http://extension.oregonstate.edu/catalog/> Click on “Emergency Response”

- “Preparing Your Family for Emergencies,”
- “Coping with Power Failures,”

Oregon State University Extension Service, online resources <http://extension.oregonstate.edu/fcd/foodsafety/foodstorage.php>

- “Water Storage for Emergencies,”
- “Food Storage for Emergencies,”

Federal Emergency Management Agency (FEMA)—www.fema.gov

Everything you ever wanted to know about emergency management including federal emergency plan. Includes the publications:

- “Food and Water in an Emergency,”
- “Individuals with Special Needs,”

American Red Cross—www.redcross.org

American Red Cross Publications: <http://www.redcross.org/pubs/dspubs/genprep.html>

Disasters and Emergencies: 50 things You Should Know to Be Better Prepared. Laurie Slothower (2005). Title # 5393, ISBN 1-56885-393-9. Journeyworks Publishing, Santa Cruz, CA.

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 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, 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 – 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
- Sleeping bag or bedroll
- Extra keys for house and cars

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
- Manual can opener
- Hard candy
- Vitamins
- Mess kit of cups, plates, utensils, pans, and food-grade plastic bags that can be sealed/closed

Family Documents – copies of these items. Originals should be stored in a secure place.

- Driver's license or personal identification
- Social security card
- Passport
- Proof of residence – deed or lease
- Insurance policies, or numbers and contact information for company
- Inventory of valuable household goods – 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.
- Copies of birth, death and marriage certificates
- Copies of records or record of investments 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
- 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.

Family members living at this address. <i>Fill out the following information for each family member and keep it up-to-date.</i>	
Name/age:	Important Medical Info:
Name/age:	Important Medical Info:
Name/age:	Important Medical Info:
Name/age:	Important Medical Info:
Name/age:	Important Medical Info:
Pets	
Type:	Name:
Type:	Name:
Other locations frequented by family members. <i>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.</i>	
Home Address:	Work for _____ (name of person) Address:
Phone #:	Phone #:
Neighborhood Meeting Place:	Evacuation Location:
Regional Mtg. Place:	
School for _____ (name of person) Address:	Work for _____ (name of person) Address:
Phone #:	Phone #:
Neighborhood Meeting Place:	Evacuation Location:
Regional Mtg. Place:	
School for _____ (name of person) Address:	Other places you frequent Address:
Phone #:	Phone #:
Neighborhood Meeting Place:	Evacuation Location:
Regional Mtg. Place:	

Emergency Contact Information	
Out of Area Contact	Pharmacist
Name:	Name:
Address:	Phone:
State:	Medical Insurance
Day #:	Name:
Evening #:	Phone:
Cell #:	Utilities
Local Contact	Electric Co. #
Name:	Gas Co. #:
Address:	Water Co. #:
State:	Telephone Co. #:
Day #:	Cable TV Co. #:
Evening #:	Emergency Services
Cell #:	In a life-threatening emergency, dial 911
Nearest Relative	Safe Room Inside Your Home
Name:	Our safe room is:
Address:	Meeting Points Outside Your Home
State:	Location 1. Right outside your home.
Day #:	Location 2. Away from your neighborhood, in case you cannot return home.
Evening #:	Address: _____
Cell #:	Phone: _____
	Route to try first: _____
Know your location when using a cell phone	_____
Local Police #:	Homeowners/Renters Insurance
Fire Department #:	Name:
Hospital #:	Phone:
Family Physicians	Vet/Kennel for Pets
Name:	Name:
Phone:	Phone:
Name:	Name:
Phone:	Phone: