

PLAN.

PRACTICE.

PREPARE.



**OF PREPAREDNESS**

# PLAN

## FOUR STEPS TO EMERGENCY PREPAREDNESS

1. Create an emergency preparedness plan. This plan should include family and friends you can contact, where to store your emergency supply kit and how to evacuate safely.
2. Stay informed. Learn about the hazards in your area and determine how you can be alerted.
3. Learn about basic injury prevention and what steps you need to take to address your functional or access needs. Make sure that you write down how you need to be medically treated and find alternatives if you require care from facilities that may not be open during an emergency.
4. Find the most current resources that can assist you while planning for an emergency. Know the emergency plans for your workplace and community. Be sure you are involved in the planning at your workplace, including how you will be alerted and how you will be evacuated.

**DON'T FORGET  
TO PLAN  
FOR THE  
FOLLOWING:**

## MEDICAL NEEDS

- Make sure that you have copies of vaccination records and prescriptions, including eyeglasses, and serial numbers for pacemakers and medical equipment.
- Ask your doctor, pharmacist or insurance company about the process of getting an extra supply of your regular prescription drugs. Also find out from your pharmacist what procedures are provided for after hours and/or emergency access to your prescription medications.
- Ensure that medical ID bracelets are up to date.
- Develop a disaster checklist with the names, addresses and blood types of family members.

## FUNCTIONAL AND ACCESS NEEDS

- Have a trusted friend or family member you can call on to assist you during an emergency. This is particularly important if you have to evacuate to a shelter or some other unfamiliar surroundings.
- Decide on the proper way that you would like to be moved during an evacuation before an event occurs. For some, the “fireman’s carry” may be hazardous or uncomfortable. Make sure someone at work and home knows how you would like to be moved. If you use a wheelchair, show others how to operate and collapse it for transport.
- Make a list of your doctors and all medications that you must take, including how much and how often, and keep it in your wallet, purse or emergency supply kit. Share this list with close family members and caregivers who might assist you during an emergency.
- Create pre-printed signs with key messages that you can use to communicate with first responders and others during an emergency if you are deaf or non-English speaking.

## EVACUATION/SHELTERING IN PLACE

If you are planning to evacuate during an emergency, make sure all family members know where the meeting place is located. Remember to do the following:

- Decide on transportation and routes to take if separated.
- Have a basic emergency kit ready to take for travel.
- Write down the information for the utility companies you need to call to turn utilities off properly. (It is best to learn how to do this before an emergency occurs.)

People with medical or functional/access needs should make plans with health care providers and personal and community helpers for assistance prior to an emergency event. During emergencies a limited number of medical needs shelters will be opened; therefore, space within shelters is limited.

Visit [www.adph.org/disability](http://www.adph.org/disability) for more information about living with functional and access needs.

# PRACTICE

**Create a family preparedness plan and review and practice the plan every six months. Include the following in your plan:**

- Safe evacuation routes to nearby shelters.
- Determine the safest room in the house. The best place is a windowless, interior room at the lowest level of the home.
- Head injuries are common causes of death during tornadoes. The Centers for Disease Control and Prevention released a statement saying that if people choose to use helmets, the helmets should not be considered an alternative to seeking appropriate shelter. To avoid delay, helmets should be readily accessible in a location familiar to all family members.

**Disasters come in many forms. Pandemics can occur when a flu virus changes to a form that kills and spreads quickly. In this or similar situations, people will need to follow basic disease prevention and control measures to prevent the virus from spreading. Practice the following measures now so that you are familiar with them should they become necessary to use.**

### **HAND WASHING AND WOUND CARE**

- Wash your hands using warm, soapy water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Wash your hands before and after changing diapers, preparing food or going to the bathroom.
- Keep cuts, scrapes and wounds clean. If the injured area becomes red, swollen, or hot to touch, or you develop a fever, see your health care provider.

### **COUGHS AND SNEEZES**

Cover your mouth and nose with a tissue every time you cough or sneeze, and throw the tissue in a trash container. If you do not have a tissue, cough into your sleeve, and wash your hands afterwards.

### **FOOD PREPARATION AND STORAGE**

Natural or man-made disasters can sometimes cause power outages causing the protection of food supplies to become an issue. Practice the following to ensure that food is always prepared and stored properly.

- Rinse fruits and vegetables well using clean water. Use soap or disinfectant to clean areas where you have placed or cut raw meat.
- Do not eat any food that may have come in contact with contaminated water.
- Keep refrigerator doors closed as much as possible. Refrigerators will keep foods cool for approximately four hours if unopened. A full freezer will hold the temperature for approximately 48 hours if it is unopened.
- “When in doubt, throw it out.” Do not eat any food that has an unusual smell, color or texture. Never taste food to determine if it is safe.
- Do not eat food from cans that are dented, rusted or swollen, even it is smells okay.
- Cook meat and eggs thoroughly. Use a cooking thermometer to check temperatures.

# PREP

Assembling an emergency supply kit can help sustain you and your family during an emergency. Whether you are sheltering in place or evacuating, you and your family should store these 10 essential items.

- **WATER** – One gallon per person; per day.
- **FOOD** – Have a two-week supply of non-perishable food per person. Try to pack foods that require no refrigeration, preparation or cooking. Consider diets and special needs for infants, toddlers and the elderly.
- **CAN OPENER** – Make sure it is a manual can opener in case there is no electrical power.
- **MEDICATIONS** – Collect one month’s worth of all prescription medicines. Rotate stockpiled medicine to ensure shelf life.
- **FIRST AID** – Include basics, such as antiseptic, gloves, a variety of bandage sizes, thermometer and protective masks.
- **FLASHLIGHT** – It is best to get a lantern-style light for hands-free use. Also, remember to have extra batteries available.
- **RADIO** – Have a battery-powered radio for listening to news and weather. Other suitable options include crank-operated or solar-powered radios.
- **CLOTHES** – Collect extra clothing, socks and shoes per person.
- **PERSONAL CARE ITEMS** – Collect basic personal hygiene items such as toothbrushes, toothpaste, soap, shampoo, feminine products, baby wipes, diapers and hand sanitizer.
- **IMPORTANT DOCUMENTS** – Collect copies of driver’s licenses, photo IDs, social security cards,

birth certificates, deeds, titles, mortgage papers, insurance policies, bank account numbers and credit cards.

## PREPARATION FOR PETS

Most people do not consider how they will handle their pets during an emergency. One of the steps you can take is to create two supply kits for your pets. In one put everything your pet will need to stay home. The other kit should be a lightweight, smaller version you can take with you and your pets if you have to evacuate.

Pets will need the following items:

- Water
- Food
- Medicines
- Collar with ID tag and a leash
- First aid kit – Talk to your veterinarian about what is most appropriate for your pet.
- Crate/pet carrier
- Picture of you with your pet
- Familiar items/toys
- Important documents
- Sanitation items – Include newspaper, trash bags and paper towels.

To find out information about where your dog can stay during an emergency, contact local boarding kennels, or check with local animal shelters to see if they provide temporary emergency sheltering.

Visit [www.adph.org/get10](http://www.adph.org/get10) for more information about creating an emergency supply kit.



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