



## Emergency Self Care

Are You And Your Family Prepared For A Natural Disaster?

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## Introduction – Who We Are



Since 2004, Comfort Homesake has been preparing families, professionals, healthcare providers, and community members with engaging and effective advance health care planning trainings, programs, and services.



Comfort Homesake is a multi-generational, multi-cultural, multi-lingual, multi-faith 501c3 community based organization comprised of dedicated professionals and community members.



We have partnered with LISTOS, a California State Emergency Preparedness group to provide training for emergency life threatening situations during natural disasters.

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# Learning Objectives

Define Different Types Of Emergencies

Learn the 4 Steps to Emergency Preparedness

Establish & Embrace Emergency Comfort

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## Natural Disasters



Meteorite



Hurricane



Snowfall



Volcanic eruption



Tsunami



Storm



Flooding



Rain



Earthquake

- Fire
- Flood
- Hurricane
- Tsunami
- Explosion
- Earthquake
- Terrorist Attack

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What is Emergency Preparedness?

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Emergency Preparedness is the Ability to Survive on your own, without immediate rescuer assistance, after a natural disaster or terrorist attack.

Preparedness is Taking Steps to Respond to and Survive an Emergency

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What are the 4 Steps to being prepared in an Emergency?

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STEP 1: Find Your 5 Trusted Allies and Share Your Plan

STEP 2: Prioritize Your Health Needs and Create Lists

STEP 3: Create Your Emergency Supplies Kits

STEP 4: Plan How and When to Evacuate

- \* Complete STEP 3 on the website for your copy

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## Step 1: Find Your 5 Trusted Allies & Share Your Plan

Identify five people who will become your trusted allies during a disaster or emergency.

Your 5 trusted allies are people that will check on you and that you can communicate with before, during, and after a disaster or emergency so that they know you are safe or if you need help.

Your list of 5 people should have complete contact information with phone numbers, email and street addresses.

In some disasters or emergencies, phones may not be working. In that case, try to make contact through e-mail, text, social media, or in-person.

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## Step 2: Prioritize Your Health Needs and Create Lists

These are lists of your medication, disability-related supplies or equipment, and anything else you need daily.

Decide what medication and equipment you need every day to be independent.

Write down where you keep them and any information about them you may need during a disaster or emergency.

This information can be useful to your trusted allies, first responders, or shelter staff.

There may be phone apps that you can use to help develop these lists as well as having a written or printed list.

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## Step 3: Create Your Emergency Supplies Kits

Emergencies and disasters can occur at anytime and anywhere. Are you prepared for your important needs during an emergency or disaster no matter where you are? Pack emergency kits to have in different places.

Suggestions: Pack Backpack or rolling bag with

- a. Medications
- b. Sweater
- c. Flashlight /Radio/Cell Phone Charger
- d. Emergency Food Bars / Water Bottle
- e. Whistle



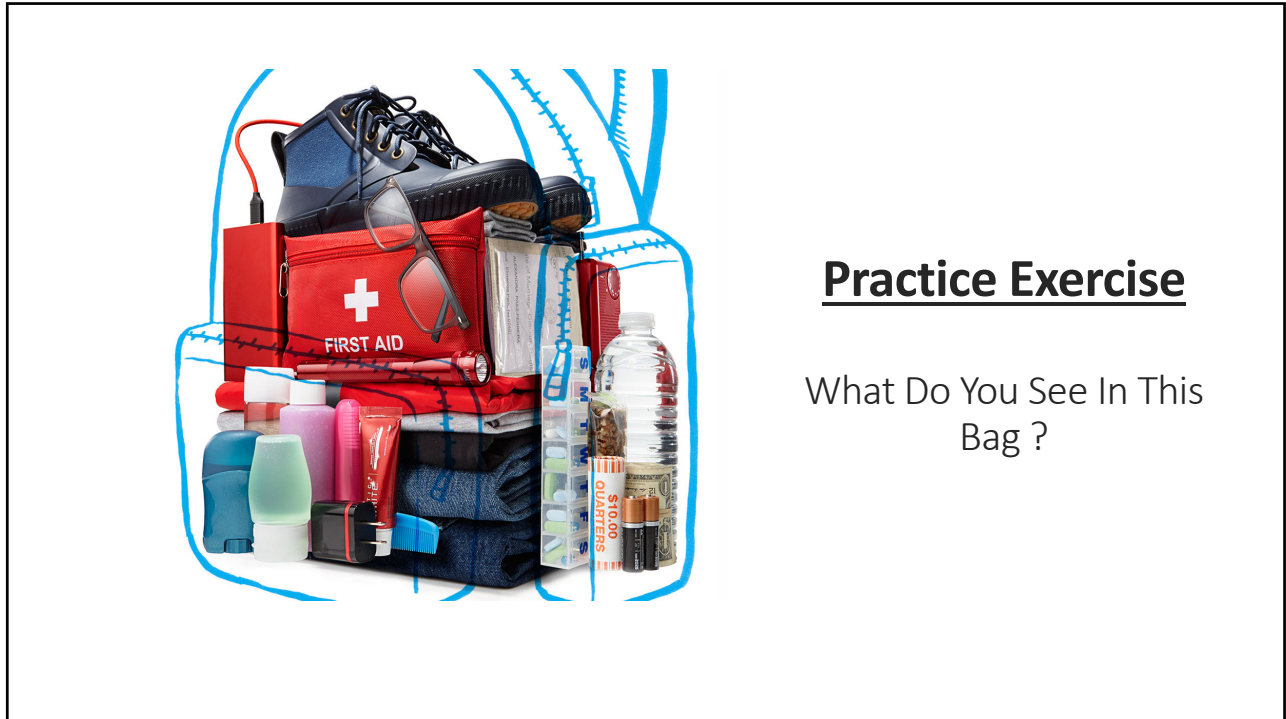
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## Step 4: Plan How and When to Evacuate

You do not need to evacuate in all emergencies. Make sure you know when to evacuate. Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.

**Make sure everybody in your plan knows the plan!**

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## Practice Exercise

What Do You See In This Bag ?

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## Emergency Self Care Reminders

- Ask for help
- Gather your center.
- Find a quiet place
- Make space for yourself & for others to express emotions.

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## Practice Exercise : Self Soothing Exercise

**Step 1** : Make your self comfortable, take three deep breathes.

**Step 2** : Bring your attention to any sensations or feelings in your body.

**Step 3**: Pay close attention, to any sensation, thought or feeling and guide friendly attention towards the area with every inhalation. . feelings. If it helps, tell yourself “ It is going to be okay,

**Step 4**: Take a moment, to slow wrap your arms around your chest and give yourself a gentle

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## What To Say When Helping Someone....

Are you in Pain?

How Much Can You Tell  
Me About How You Are  
Doing Right Now?



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## Before Help Arrives Find Out.....

Can we contact a loved one?  
Do you have an emergency kit?  
We are waiting for help...would you  
like for me to hold your hand?  
Is there anything you want me to  
know about your medical care?



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## What To Say When Someone Can Not Be Helped....

Is there something important to you right now?  
Your family and friends are probably searching for you. What should I tell them  
when they arrive?

**If you are safe and secure, be available for others...**  
**Comfort Them**  
**Give them a chance to speak.**

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## What To Say And Do When Someone Is Passing...

Minimal action may be required... Stay Calm and Realize You are a Witness

Gently Hold their hand

If the person is able to talk ask if there is any messages that they would like to convey to their loved ones

Ask ...Is there anything I can do for your now?

Ask if prayer is OK....If you need to pray give yourself permission to do so.

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## LISTOS Emergency Preparedness Resources

### Local Resources

**Listos**

<https://www.listoscalifornia.org>

**Pacific Health Institute**

Annita Metha

[www.centerondisability.org](http://www.centerondisability.org)

**TEXT: 211**

### National Resources

**Red Cross**

[www.redcross.org](http://www.redcross.org)

Disaster Preparedness for Seniors by Seniors

**AARP**

[www.aarp.org/Emergency/Preparedness](http://www.aarp.org/Emergency/Preparedness)

**FEMA**

[www.fema.gov](http://www.fema.gov)

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## Comfort Homesake Contact Information



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