

## DISASTER PREPAREDNESS

### What Your Family Needs To Know To Prepare For HURRICANES, TORNADOES, FLOODS, SEVERE STORMS, EARTHQUAKES AND OTHER NATURAL DISASTERS

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#### Is your family ready?

- What natural disasters occur in your area? Tornadoes? Snow? Hurricanes? Earthquakes?
- Make sure you have all the information you need to keep your family safe.
- Get information about your communities' evacuation routes and warning systems.
- Find out what special assistance is available in your area for special needs; elderly or disabled. Create a family emergency plan.
- Maintain a survival kit (food, batteries, check the expiration dates & battery dates every 6 months) – (Use and replace as needed).
- Remember your pets.

Being prepared means knowing what to expect when a disaster looms and having a plan in place for your family. Think about the type of disasters that occur in your area. To start; plan for those! Make certain you keep any of the items you may need immediately in a location any family member can get to if needed.

Things like flashlights, fire extinguishers, pet leashes should be readily accessible. Train your family how to use them. Every family should have a survival kit ready, or easily accessible should a time arise that it appears it may be needed. Remember it only takes a short time for things to go from bad to worse; but having a plan in place can help keep your family safe.



*We cannot stop natural disasters, but we can arm ourselves with knowledge;  
So many lives wouldn't have to be lost if there was enough disaster preparedness.*

*~Petra Nemcova*



*Home Is Where The Heart Is*



*Don't Risk Your Families Safety*

## **PREPARE** SOME THINGS TO THINK ABOUT WHEN PLANNING

Check with your local library or the fire department for more suggestions and programs available in your area. Find out if your place of work and children's school has formal disaster preparedness plans in place.

Remember your pets also need a plan, make certain you have the veterinarian information handy and that they have current shots and records.

Take time to talk to your family about your plan; make certain everyone knows what the plan is. Have a safe place to meet should you have to evacuate or leave your home. You should also have a place to meet other family members should you have to leave the area.

Remember: NEVER drink water from: your Auto Radiator, Boiler, Toilet Tanks, Water Beds or Swimming Pools (these all contain chemicals that are not potable and can be extremely toxic)

Remember: NEVER bring a Gas Grill or Charcoal Grill inside the house. Always do the cooking outside for your families' safety! Ventilation is key!

*Luck is a very thin wire between survival and disaster,  
and not many people can keep their balance on it.*

*~ Hunter S Thompson*



*Plan Your Escape Route in Advance*



*Keep Emergency Numbers Available.*

## **PREPARE**

### **SOME MORE THINGS TO THINK ABOUT WHEN PLANNING**

Your survival kit should contain supplies for each family member for a minimum of 3 days.

Always use extreme caution when using alternative indoor heating sources; these can be a frequent cause for another disaster!

In the event of a power outage keep these suggestions in mind: Refrigerated food can keep for about 4 hours / Frozen food can keep for up to 24 hours or longer. Plan on eating the items that may spoil the quickest, first!

Make certain you shut off any utilities when leaving your home for an extended period of time, especially during a mandatory evacuation.

Post emergency phone numbers in a visible location. Include: 911, Police, Fire, Family Physician and Loved Ones to notify.

When possible consider taking a CPR class and First Aid Training.

Keep all family records in a water and fireproof container. Take Insurance and Vital Records with you if possible.

**TIP**  
Each member of the family should carry a family photo with them for identification

*I beg you take courage.  
the brave soul can mend even disaster.*

*~Catherine the Great*



*Family Survival Kit*



*Include Non-Perishable Items In Your Food Supply*

## **BASIC SURVIVAL KIT**

### **WHAT DOES YOUR FAMILY NEED?**

Think about what your family needs; is there anything special your family can't do without? Here are some examples of things to include in your Family Survival Kit:

- Water (1 gallon per person, per day)
- Non-perishable packaged food (examples: Pasta, Beans, Canned Goods, Salt, Dry Milk, Cereal, Beef Jerky, Canned Tuna/Salmon, Honey [Honey no refrigeration needed])

#### **RESIST HOARDING**

- Manual can opener / Multipurpose Tool (i.e. Swiss Army Knife)
- Toilet Paper & Hygiene Items – **RESIST HOARDING**
- Matches [In waterproof container]
- Blankets / Sleeping Bags / Pillows
- First Aid Kit / Non-Prescription Drugs
- 2 Weeks of Prescription Drugs
- Extra pair eyeglasses / contact lens
- Flashlight, Portable Radio & **Batteries**
- Cellphone & **Charger**
- Whistle
- Toolkit (Hammer, Screwdriver, etc.)
- Extra Clothing (According to climate)
- Auto booster cables, flares, map, extra car keys & extra house keys

#### **TIP**

**Consult a professional to turn gas back on in your home**

**Always shut off individual circuits before the main circuit breaker**

*Trusting our intuition often saves us from disaster.*

*~ Anne Wilson Schaefer*

# HURRICANES

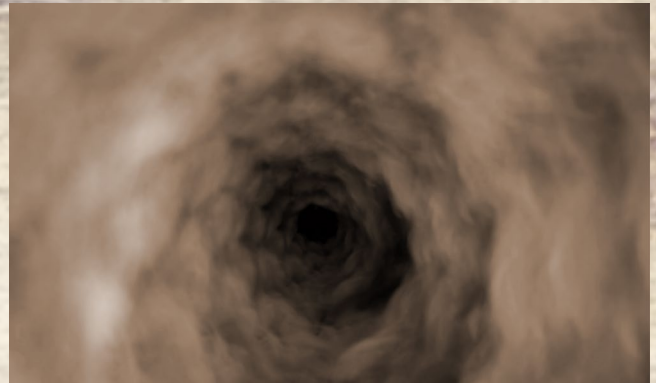
## BATON DOWN THE HATCHES BOARD UP THE WINDOWS

Listen to the radio or TV for community instructions. Keep your gas tank full if evacuation seems likely. Make arrangements with friends or local authorities if you do not own a car. Leave in enough time and plan for traffic & road barriers. Never take short-cuts they may be closed or blocked. Do not go near downed power lines.

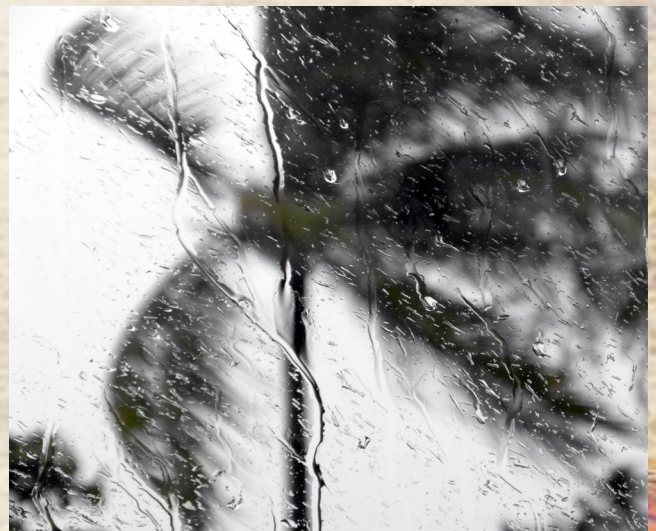
If you are unable to evacuate go to your “safe room” or stay indoors away from windows and glass doors. Keep doors closed and curtains, blinds closed. Use a small interior room to take refuge, hallways and closets on the lowest level of your home. Crouch under a sturdy object or lie on the floor under a table.

Be alert, weather changes may indicate the storm has passed but many times it is just the “eye” of the storm; be patient. Always let others know where you are going. Wear sturdy shoes and warm clothing that provides protection. Unplug all electrical equipment and utilize your portable radio.

Your family’s safety and health are your first concern. Consider possible safety issues and check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of further injury. **Call for help.**



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*Anyone who says they're not afraid at the time of a hurricane  
is either a fool or a liar, or a little of both.*

*~ Anderson Cooper*

## **TORANDOES** WHIRLING WINDS AND FLYING DEBRIS

Tune in your local radio or TV station to get the most up-to-date information for your area. Monitor for storm warnings and be alert to weather conditions.

Do you know the difference between Storm “Warnings” and a Storm “Watch”?

**WATCH** means a Tornado is possible in your area

**WARNING** means a Tornado has been sighted in your area and you should seek a safe place immediately.

These watches and warnings are issued by the county weather bureau and remain in effect until any danger has passed. Stay tuned for further updates.

During a storm watch for blowing debris and heightened sounds. Tornadoes are often described as the sound of a freight train. Do not go near downed power lines.

If a **WARNING** has been issued, stay inside and move away from glass windows and doors. Take refuge in your “safe place”. If you are outside take refuge in a cellar or lie flat in a low lying area or ditch. Protect yourself from high winds as they may contain flying debris. When it’s safe to return, use a flashlight to survey your home for damage.



*Watch for Storms in Your Area*



*Seek Shelter during a Warning or if you see a Funnel Cloud*

*Today, the technology is there to give early and normally ample warning when a powerful tornado approaches. When a tornado strikes, all of us are at risk.*

*~ Spencer Bachus*

## **FLOODING**

### **INTENSE RAINFALL CATCHES PEOPLE UNPREPARED**

Are you in a flood plain? Check and determine your flood risk. Being safe is first priority for your family. Do you know what the warning signs are? Do you know the difference between a “Watch” and a “Warning”?

WATCH means a Flood is possible for your location

WARNING means Flooding is already occurring in your location or will occur soon

Flash floods can be caused by several different things; intense rainfall over a short time, prolonged rainfall for days or a river or stream overflowing the banks can all be precursors to flooding. Heading for high ground will allow you to stay safely above the water levels.

Water moves extremely fast with more force than imaginable. It is dangerous to try and walk, swim or drive in flooding areas. **Move to higher ground.**

Listen to the local radio or TV stations for up-to-date information. Should you be told to evacuate, do so quickly. If a “warning” has been issued for your area it’s time to move to your “safe spot”. Do not drive around barricades when evacuating, they are for your safety and could be marking hazardous roads.



*Avoid driving in water, your car may stall*



*Flood waters move quickly, avoid walking or swimming*

*You know, we lose more homes every year to flooding  
than we do any other event in America.*

*~ Russel Honare*

## WINTER STORMS BLIZZARD CONDITIONS AND STORM WARINGS

Whether you are preparing for a major thunderstorm or a winter blizzard your family's safety is of primary concern. Your survival kit should contain the items necessary for your area of the country and type of storms that frequent by season.

Make certain you carry warm mittens, gloves, hats, scarfs and boots during the winter months, in your vehicle, as well as have extras on hand at home should you be stranded at home for a few days.

If you know a storm is brewing make certain your medications are filled and listen to the local radio or TV station for up-to-date forecasts. Be aware of what is heading your way. Do you know the difference between a "Watch" and a "Warning"?

STORM WATCH means a Winter Storm is possible

STORM WARNING means a Winter Storm is underway or headed your way shortly

BLIZZRD WARNING means dangerous wind chill, strong winds and blowing snow are likely. You should seek shelter if you are not at home.

Avoid travel unless absolutely necessary. It's better to stay safe, miss a day of work rather than be in or cause an accident.



*Avoid driving when conditions are bad*



*Barricades have been placed for your safety, don't drive around*

*We had discovered an accursed country.  
We had found the Home of the Blizzard.*

*~ Douglas Mawson*



## THUNDERSTORMS THUNDERHEADS, LIGHTNING AND MUD PUDDLES

They say lightning never strikes twice; I imagine no one would really want to find out. I do however know someone that has been struck twice; so not so rare!

Tune in your local radio or TV stations to keep up with the latest updates on approaching storm clouds. Be prepared to unplug your electronics and take cover should they become fierce.

Should you see flashes of light or increasing wind, look for darkening skies, this could signal you need to seek safety. Keep windows closed and avoid bathing, showering or running water for other purposes during a major storm. Cover windows and close curtains and blinds to protect your home should a window break.

Electrical appliances may experience power surges, so it's best to unplug computers, air conditioning equipment as a lightning strike could cause major damage and costly repairs.

If you are outdoors take shelter under shorter trees, if you are on the water get to land as quickly as possible. Stay away from metal sheds and poles of any type. **Watch for flooding.**



*Lightning loves electronics & computers; unplug yours*



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### TIP

**Should someone be struck by lightning  
Call for Help  
immediately! Check  
for burns at the  
location of the**

*A thunderstorm is God's way of saying  
you're spending too much time in front of the computer.*

*~ Unknown*

## **EARTHQUAKES**

### **ARE YOU CLOSE TO A FAULT LINE?**

Experts suggest certain steps to take during an earthquake. Whether you are at home, work or school the actions are the same. “Stop – Cover – Hold On”. These simple steps can help save lives and reduce your risk of injury. Take cover under a sturdy table or desk, hold on to the furniture and stay put until the shaking stops. If a table or desk isn’t available, cover your head and face with your arms and crouch in an inside corner of the building.

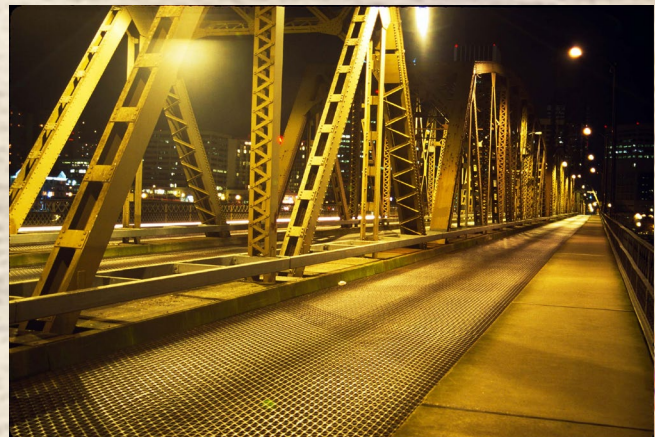
Once the shaking has stopped check yourself, others and your home for injury or damage. Be aware, many “after-shocks” take place in the hours and days after a quake. You could feel more in the days to come.

Stay away from heavy bookcases, file cabinets or mirrors that may fall over. Be alert of other heavy objects or hanging lights and plants that may fall. If it is nighttime and you are in bed, cover your head and stay there unless there is something hanging above you that could fall.

It’s safest inside; do not try to go out. Do NOT use the elevator if you are in a high-rise building. Stay against an interior wall under a table or desk.



*Watch for damaged buildings and falling debris*



*Pull off roads and bridges as quickly as possible*

**TIP**  
**Stay away from windows, doors, light fixtures and outside walls. These items could fall on you**

*Whenever an earthquake or tsunami takes thousands of innocent lives,  
a shocked world talks of little else.*

*~ Anne M Mulcahy*

## HEALTHCARE

### HOW TO PREPARE DURING A LOCAL OR NATIONAL ALERT

Meet with all household members and other relatives, to discuss what to do if a health alert is issued in your community and what each person's needs are.

Plan ways you can assist those who might be at greater risk for serious complications. It's possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. If you or your household members are at increased risk of complications, please consult with your health care provider.

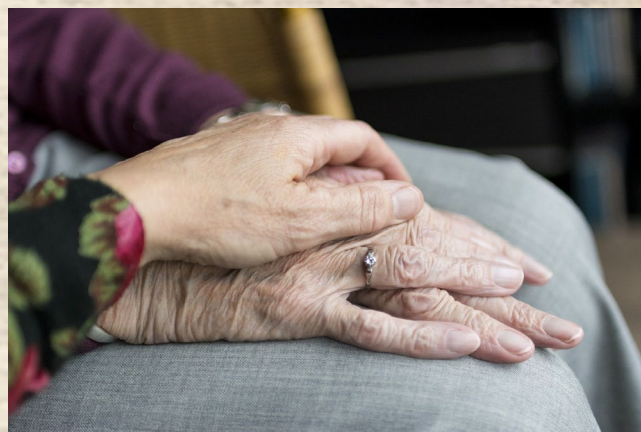
Get to know your neighbors. If your neighborhood or community has a website check often for updated information, and resources.

Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, health care providers, teachers, employers, the local public health department, and other community resources.



*Make certain you are following your healthcare providers recommendations.*



*Help others that may be in need..*

TIP

**FOLLOW ALL  
LOCAL OR  
NATIONAL  
RECOMMENDATIONS**

*Health is like money; we never have a true idea of its value until we lose it.*

*~ Josh Billings*

# EMERGENCY RESOURCES

MORE HELP FROM MORE PLACES

*It may take you months  
or even a few years  
to build up an adequate  
emergency savings fund.*

*That's okay.*

*~ Suze Orman*

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FEMA: Are you Ready?

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US Department of Homeland Security

<http://www.dhs.gov/>

CDC: Emergency Preparedness and Response

<http://emergency.cdc.gov/>

Flu Gov

<http://www.flu.gov/planning-preparedness/>

National Relief Network

<https://www.nrn.org/>

American Red Cross

<http://www.redcross.org/prepare/>