

Be Prepared: Tips for Emergency Preparedness

Disasters can happen anywhere at any time to anybody. Some disasters are acts of nature and others are manmade. Types of disasters may include ice/snow storm, tornado, flood, earthquake, hurricane, riot, fire, train derailment, power outage, gas leak, hostage event, water shortage, chemical emergency, explosion, terrorism, or school/work shooting. The best way to handle a disaster is by being prepared.



Disasters can cause a mix of emotions including panic and distress. A disaster may require you to stay in your home for an extended period of time or to evacuate your home. Planning in advance for a potential disaster can help relieve the anxiety of reacting to a disaster.

An **emergency plan** is a layout of important details to guide you through the process of dealing with a disaster. Recognize the different types of disasters that could happen in your area to plan more effectively. Your emergency plan should be easily accessible. Members of your household, your emergency contacts, and caregivers should be aware of your emergency plan.

Your emergency plan should include information on family or other support contacts; out-of-town contacts; escape routes; safe places; meeting place for household members; what do with pets; what to do if you need to evacuate; and what to do if you need to remain in your home.

An **emergency kit** is a bag or container holding items that can help you in case of a disaster. Your emergency kit should contain items that could be used in the event of needing to evacuate or having to stay inside the home. The kit should hold enough supplies for up to 3 days. Items that should be in your emergency kit include first aid supplies, personal items, sanitation supplies, non-perishable food and drink, and a small recreation activity.

Enclosed are two worksheets to help you begin emergency preparedness planning. *Be Prepared: My Emergency Plan* is for you to customize a plan that works for you. *Be Prepared: My Emergency Kit Checklist* lists several suggested items for your emergency kit. Check off the items as you add them to your kit. In the "Other" lines, add items that you need that are not found on the list.

Special Considerations for Emergency Preparedness

Some types of disasters may require you to shelter-in-place in your own home, but other disasters may require you to evacuate your home. You may seek shelter from family or friends, but you may also need to use a community shelter.

The American Red Cross operates community shelters in partnership with local organizations. A shelter has many amenities available, but they are also limited. Typically a shelter may be able to provide you with a cot and pillow, meals, and some types of first aid supplies. The length of time you use a shelter can vary greatly from days to weeks. Think about items you need to stay safe, healthy, and independent. Having your emergency kit ready with the supplies you need will be useful.

Transportation: If you do not have a vehicle, plan in advance how you will evacuate your home and who will provide your transportation to the shelter.



Prescription Medications: Have a list of your prescription medications readily available. Make sure that the list includes dosage amounts and lists any allergies. Some medications may not be available at a shelter but can be acquired if you have your list.



Visual Aids: Have an extra pair of eye glasses or contact lenses available. A magnifying glass can also be useful.



Hearing Aids: Make sure to bring your hearing aids to a shelter if you use them.

Equipment: It is recommended you label your equipment such as wheelchairs, canes, and walkers. Be sure to have extra batteries available for your medical equipment if needed.



Medical Alert Bracelets: Wear your medical alert bracelets or tags if you are going to a shelter.



Important: Public Health recommends reviewing your emergency plan and restocking your emergency kit twice a year, when you set your clocks forward or backward.

Be Prepared: My Emergency Plan

Types of disasters in my area:

- ice/snow storm
- tornado
- flood
- earthquake
- hurricane
- riots
- fire
- train derailment
- power outage
- gas leak
- hostage event
- water shortage
- chemical emergency
- explosion
- terrorism
- school/work shooting

If I need to LEAVE MY HOME:

My safe place: _____

I will call (name and number): _____

My nearest shelter: _____

Things to do:

- Turn off gas.
- Turn off electricity.
- Grab my Emergency Kit.
- Other: _____

If I need to STAY IN MY HOME:

My safe place: _____

I will call (name and number): _____

Things to do:

- Listen to radio or TV for instructions.
- Close all windows and doors if needed.
- Grab my Emergency Kit.
- Go to my safe place.
- Other: _____



For more information, visit www.ndcpd.org/health. Preparation of this material was supported by grant #1U59DD00095-01 from Centers for Disease Control and Prevention to the North Dakota Center for Persons with Disabilities.



Be Prepared: My Emergency Kit Checklist

- Backpack
- Flashlight
- Battery-operated radio
- Extra batteries
- Whistle
- Dust mask
- Moist towelettes
- Hand warmers
- Personal Hygiene
 - Deodorant
 - Lip Balm
 - Toothbrush
 - Toothpaste
 - Feminine Supplies
 - Sunscreen
 - Toilet Paper
 - Kleenex pack
- Garbage bags (grocery bags)
- Matches or lighter
- Flash Drive (family records, emergency contacts, health records)
- Pet Supplies (if service animal)
- Extra pair of glasses or contact lenses
- Handheld magnifier
- Cash
- Small first aid
 - Pain reliever
- Change of clothes
- Deck of cards or other small recreational activity, book
- Bottled Water
- Granola Bar
- Stuff to Grab on the Fly!
 - Health Insurance and ID Cards
 - Prescription medications
 - Cell phone
 - Chargers for chairs, hearing aids, phones
- Other

- Other

- Other

