

# Emergency Preparedness

Following certain disasters it may be a considerable amount of time before you can safely access certain life-sustaining materials. Have a large stockpile of basic essentials reserved specifically for emergency use for up to two weeks.

## **For effective “First response” prepare for Awareness and First Aid:**

All Hazards Radio with Weather Alert – approximately \$40.

Red Cross Emergency Preparedness First Aid Kit – under \$20



**Also consider First Aid and CPR training for yourself and your family members. Courses are offered by:**

**[American Red Cross Training](#) and [National Safety Council](#)**

## **Basic life and comfort essentials:**

**Water** - One gallon of water per person per day for drinking and sanitation. Store water in clean soda bottles and replace every 6 months.

**Food** - At least a three-day supply of non-perishable packaged or canned food and infant formula. Rotate food supplies every 6 months. Mess kits, paper cups, plates and plastic utensils, paper towels. Also have a hand operated can opener and pet food and extra water for pets as necessary.

**Medications** – Prescription drugs and ancillaries, eye glasses and a list of important information such as medical device model and serial numbers.

**Clothing** – Extra clothing for all family members, diapers, blankets, sleeping bags, rain gear and boots.

**Hygiene** – Personal hygiene products, moist towelettes, garbage bags and plastic ties for personal sanitation. Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

**Communications** - Cell phone and charger, air horn, whistle, Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.

**Lighting** – Flashlights and extra batteries. If you have a power generator, careful consideration should be given to planned storage of the generator and fuels and the location of operation of the generator away from the home to help avoid fire and CO2 hazards. Candles and kerosene lamps are not recommended because of the potential fire and CO2 hazards.

**Financial** – Important family documents such as copies of insurance policies, identification, bank account records, cash, travelers checks and change in a waterproof, portable container.

**Safety & other misc** – Fire Extinguisher, dust mask, to help filter contaminated air and plastic sheeting and duct tape to create shelter if necessary, matches in a waterproof container, wrench or pliers to turn off/on utilities, paper and pencil, books, games, puzzles or other activities for children.

**Additional Resources:**

<http://www.ready.gov/are-you-ready-guide>

## Create an Emergency Escape Plan

Certain emergencies such as a fire, natural or propane gas leaks, carbon monoxide, home invasion, etc. require action planning that is precise and practiced. While we certainly do not enjoy subjecting our families to even the thought of these possibilities, the lack of planning and proper action in emergency situations could prove to much worse.

Please consider the previous information and the following documents as a starting place for tailoring your specific plan.

# Escape Planning

**Plan Ahead. If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.**

## SAFETY TIPS

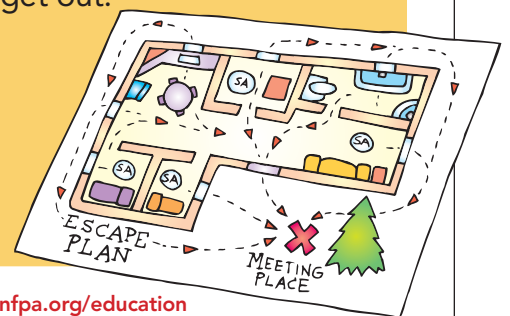
- »» DRAW a home escape plan and discuss it with everyone in your home.
- »» PRACTICE the plan at night and during the day with everyone in your home, twice a year.
- »» KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- »» HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- »» PRACTICE using different ways out.
- »» TEACH children how to escape on their own in case you can't help them.
- »» CLOSE doors behind you as you leave.

## IF THE ALARM SOUNDS...

- »» If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- »» If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- »» FEEL the knob and door before opening a door.
- »» CALL the fire department from outside your home.

## FACTS

- ! According to an NFPA survey, only **one in four** Americans have actually developed and practiced a home fire escape plan.
- ! While **66%** of Americans have an escape plan in case of a fire, only **35%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

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[www.nfpa.org/education](http://www.nfpa.org/education)

