



Preparing for the Unexpected

Are you prepared at home



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KK4SRF

Preparing for the unexpected: An Overview

- » Know your Environment (At home and work)
- » Do you have a Family Communication plan?
- » Stay Put (Shelter in place) – or do we GO
- » Do your Child or Adult care facilities have a plan? –
- » How do you fit into their plan?
- » What about your Pets?



Know Your Environment

- » Be aware of your Local Government's Emergency Plan. Many are available at your local library or online.
- » Do you have a map of your area? If not, get one from your local government administrative center.
- » What resources are near your home – Shelters, Hospitals, Public Buildings (libraries, government centers etc)



» Can you find the Emergency Broadcast Channel on the Radio?

“This is a Test. This is only a Test...”

The National Weather Service has a website that links to information regarding weather warnings and watches. It's worth checking out.
<http://www.nws.noaa.gov>



- » Check your county's web site to see if they have an Emergency Warning service. For example, Henrico County uses an Alert Network to immediately contact you during a major crisis or emergency.
<https://www.henricocalert.org>
- » The Henrico Alert System delivers important emergency alerts, notifications and updates to you on all your registered devices:
 - » email account (work, home, other)
 - » cell phone (via SMS)
 - » Pager, Smartphone



- » When a major crisis or emergency occurs, authorized senders will instantly notify you based on your group(s) selection using the Henrico Alert System Network. All users will receive emergency alerts that affect the public's safety. In addition to weather alerts, the Henrico Alert System is your personal connection to real-time updates, instructions on where to go, what to do, or what not to do, who to contact and other important information.



- » Henrico County Government does not charge a fee for use of this Emergency Notification System. However, by signing up to receive text alerts to your cell phone, please understand that your private cell phone provider may charge standard (text) message rates, depending on your service.
- » Sign up at: <https://www.henricocalert.org> Or where directed by your county's web site



» Where are the Gas and Electric shut offs in your home?



» Do you know how to shut off power or gas to your home in the event of damage?



- » If sheltering at home: What room will you stay in? Is that room warmer, or colder, than the rest of the house?
- » Just like closing doors on “unused” rooms can conserve energy, closing off those same rooms can conserve heat in winter time.
- » Also rooms with lots of windows and facing the sun will heat up quicker in the summer



- » Smoke and Carbon Monoxide detectors – Keep them working by changing the batteries in the Spring and Fall when the time changes for Daylight Savings Time
- » Newer models are ready to go with a 10 year battery.
- » Even the older models SHOULD BE REPLACED every 10 years
- » Generators, Kerosene Heaters, Gas Grills and Camping Stoves MUST be adequately VENTILATED to prevent Carbon Monoxide Poisoning – ALWAYS - regardless of the time of year.



» If your phones are out of service: Do you have a Cell Phone? Prepaid cell phones are a budget-wise option for emergencies.

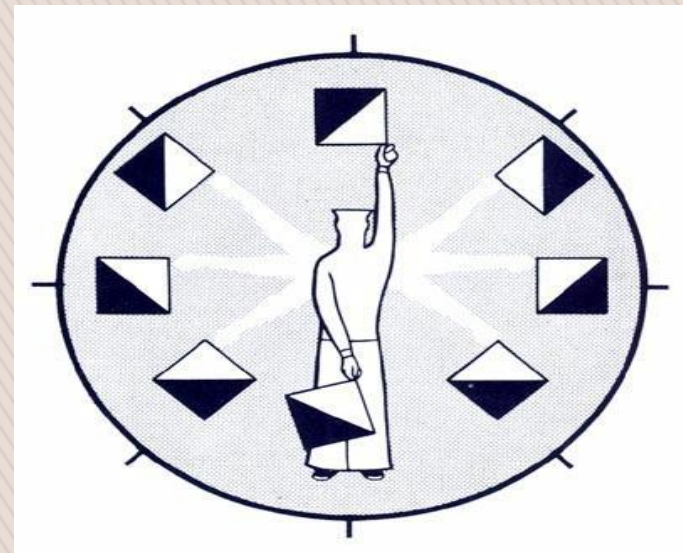
ALSO by Law – ALL Cellular Phones WILL connect to 911 even when there is NOT an active RATE PLAN. (Even an old phone can call 911)



- » If you are at work and your children are at school, where will you meet?
- » How will you communicate with each other – do you have a plan?
- » Talk with your family and make a plan NOW
- » Creating a plan is EASY – A Downloadable PLAN is available from <http://www.ready.gov>



- » Who is the Point of Contact?
- » How will you communicate?
- » How long will you wait before you respond to the meeting place – Do you need alternate locations depending on the Emergency?



- » Do you have a list of all important numbers: Cell numbers, Schools, Care Facilities, Doctor, work, etc...
- » Who will be responsible for the Emergency supplies, phone numbers
- » Other numbers and locations that are important to you and your family.



TIP – Update phone numbers at least yearly and keep a copy with you (in wallet or purse)

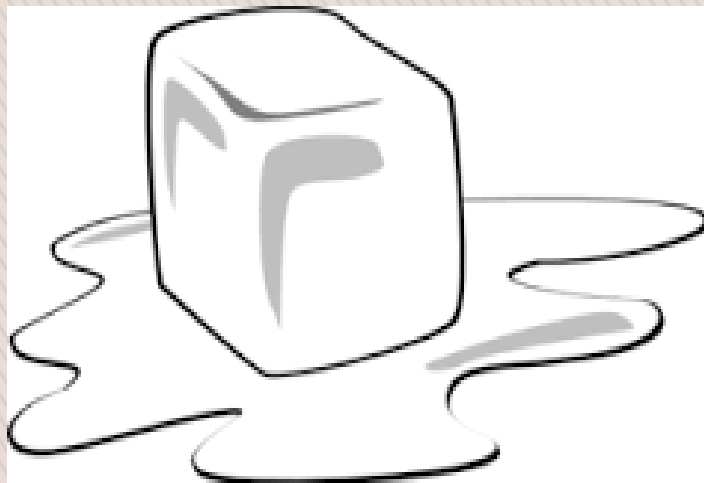


» Be aware of the Next of Kin Registry @
www.NOKR.org

NOKR is an emergency contact system to help if you or a family member is missing.

A free registration service. Information IS only available to YOU and EMERGENCY Response Agencies.





**Add ICE to your
CELLPHONE?!**



I.C.E. stands for In Case of Emergency

More than 80% of us carry a mobile phone – inserting ICE will help Police, Medical responders and Healthcare personnel know who to contact on your behalf in a situation where you can't make the call or give the information to them

EXAMPLE: John Smith - home

ICE John Smith - home





» Establish a SPECIFIC Meeting Place

A predetermined meeting place away from your home will save time and reduce confusion if your home or neighborhood is affected or evacuated.



» Does everyone in your family KNOW where it is?



One of the first things to go in many Emergencies is the power...

It is always a good Idea to keep a paper copy of your phone numbers and plan somewhere.

Vital Documents (Insurance papers, Birth certificates etc) should be in plastic (Large Gallon size - Zip lock bags work well)





Stay go, go stay - what should you do?

HVA – (Hazard Vulnerability Assessment)

FVA (Family Vulnerability assessment)



Depending on your circumstances and the nature of the event, the first important decision is whether to stay or go. You should have a plan for both

You should stay in contact with local authorities by listening to the radio, television, and perhaps text messages on your cell phone.



- » This may mean you can not leave work
- » You may not be able to leave your home
- » You may not be able to leave the store, your vacation spot, etc...



Shelter in Place



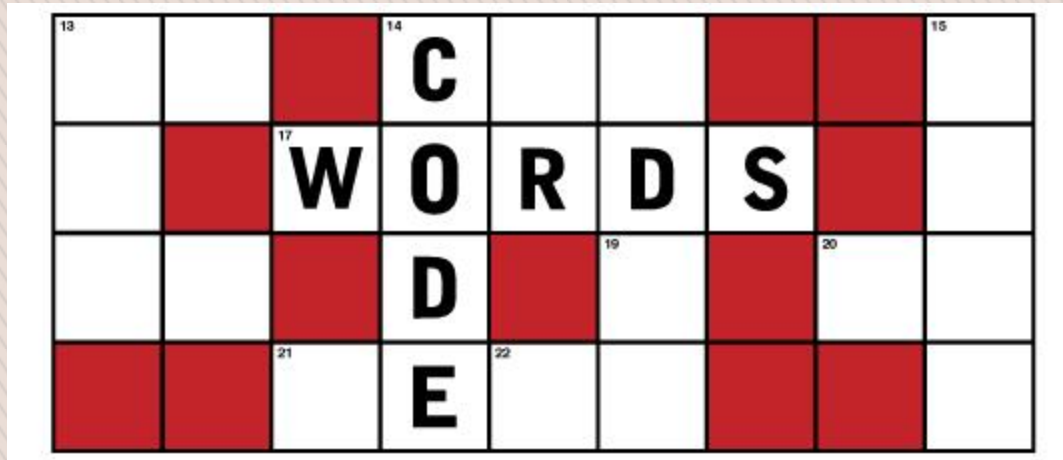
DOES YOUR CHILD OR ADULT CARE FACILITY HAVE A PLAN

- » Day Care
- » School – Public or private
- » Adult Care

Do They Have a Plan?
How will they contact you?
Do they have an alternate contact?



Do you have a Family code or special word



If someone else has to pick up your children how will YOUR CHILD know that it is safe



Many hotels and most shelters do not allow pets.

This is changing and varies by location.

Know before you go.

Be sure to plan accordingly



The ASPCA Suggests that you
plan the following:



GO Kit for Pets



- » Food
- » Water
- » Medicines and medical records
- » First aid Kit
- » Collar with ID tags, Harness or leash
- » Crate or other Pet carrier
- » Sanitation: kitty litter, newspaper, paper towels, plastic bags, chlorine bleach



- » Clothing – appropriate for your potential climates (home or vacation, seasonal)
- » Rain Poncho
- » Water – 1 gallon per person per day
- » Food – a three day supply
- » Battery powered radio or alternate powered radio (ex. hand cranked)
- » Flashlight (battery or cranked)

The Go Kit



- » Whistle – or other signaling devices
- » Dust masks - respiratory filter device
- » Moist Towelettes - for sanitation
- » Wrench or Pliers – to shut off utilities
- » Work Gloves - leather
- » Can opener – not electric
- » Plastic sheeting and duct tape (Shelter-in-Place materials)

The Go Kit



- » Infant formula and diapers (as applicable)
- » Garbage bags and plastic ties
- » Medication – both prescription and non-prescription



The Go Kit



» Medical equipment if needed

» Unique Family Needs

» Personal supplies: deodorant, soap, personal hygiene items, etc.



The Go Kit



- » Plastic cups, plates, utensils
- » Cash – travelers checks, change – in the event of a power outage – ATMs won't work!
- » Tools
- » Tape
- » Compass or GPS (Garmin, Tom-Tom etc)
- » Matches (water proof container)
- » Aluminum foil

The Go Kit



- » Zip lock bags (freezer thickness)
- » Paper, pencil
- » Needles, thread
- » Toilet paper, towelettes (baby wipes are great)
- » Liquid detergent
- » Disinfectant
- » Household chlorine bleach

The Go Kit



- » Basic supplies: bandages, gloves, anti-bacterial ointment
- » Non-prescription Drugs, Aspirin, Tylenol, Anti-diarrhea medications, Antacids, Ipecac, Laxative, Activated Charcoal, etc...
- **If a family member is allergic to a medication included in your kit LABEL it – ex. “NOT for John”
- *You will need dosing appropriate for all household members**

The First Aid Kit



WATER



- » 1 Gallon per person per day
- » Rotate water every 6 months
- » 2 quarts for consumption and 2 for sanitation

Food and Water



WATER

Alternate resources

- **Rainwater**
- **Streams, rivers and other bodies of water (if not contaminated from the event)**
- **Hot water tanks**
- **Pipes**
- **Ice cubes**
- **Toilet bowl reserve tank (if no chemicals added)**



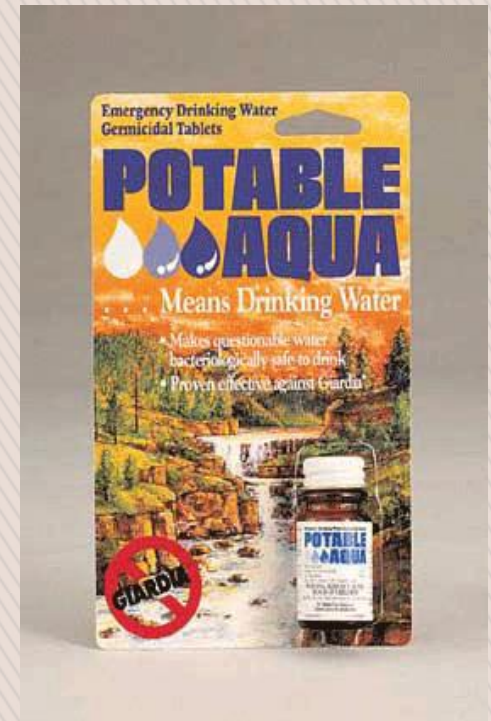
How to treat water

- Boiling is the safest method – After water begins to boil permit boiling for 3-5 minutes. Let the water cool before drinking
- Disinfection – Household CHLORINE bleach unscented 5.25 % sodium hypochlorite; 16 drops of bleach to one gallon of water, let stand for 30 minutes. “If the water does not have a slight bleach odor, repeat the dose and let stand another 15 minutes



- Water purification tablets may be found at camping/outdoor suppliers (like Dick's or REI)

Check with your family doctor to be sure the active ingredient in the tablets are safe for YOU and do not interact with your REGULAR MEDICATIONS



How to treat water



Shelf – Life of stored food

Six Months

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Food



One Year

- » Canned condensed meat and vegetable soups
- » Canned fruits, fruit juices and vegetables
- » Ready-to-eat cereals and uncooked instant cereals
- » Peanut butter
- » Jelly
- » Hard candy and canned nuts
- » Vitamin C



May be stored indefinitely

- » Wheat, Vegetable oils
- » Dried corn
- » Baking powder
- » Soybeans
- » Instant Coffee, tea and cocoa
- » Salt
- » Noncarbonated soft drinks
- » White rice
- » Bouillon products
- » Dry pasta
- » Powdered milk (in nitrogen-packed cans)





There are many Disaster Kits and foods on the Market. Be wary. Many disaster foods are high in sodium and sugars. If you purchase them make sure they are safe for you. Make sure to take into account your medical history and any dietary restrictions you or family members may have.



- » Test your Plan- “Practice makes perfect”
- » Inform your family and close friends that the plan exists – help them with their plan
- » Help your children understand why you need it (www.ready.gov has a ready kids section that is age appropriate)
- » Keep your family safe

Are you prepared at home



The best way to be able to help in a disaster to make sure you and your family are safe.



If you know your family is safe – you will not feel “stranded” while at work

Preparing for the Unexpected



LOOK And LISTEN for messages
that encourage preparedness

Take a First Aid class through your
local Red Cross Chapter

Consider Taking a C.E.R.T. Class
through your locality



- » www.redcross.org
- » www.henricolert.org
- » www.fema.gov
- » Ready Kids www.ready.gov/
- » <http://www.ready.gov/america/publications/allpubs.html>
- » Next of Kin registry: www.nokr.org

Resources

