

Disaster/Emergency Preparedness



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How to prepare for a disaster

www.ready.gov

Goals

- ❑ To familiarize you with the many levels of emergency and disaster preparedness that are available at local, state, and national levels
- ❑ To identify simple methods of Individual and Family Preparedness
- ❑ To identify necessary measures for Workplace Preparedness

Remember many are working to help us.



Types of Disasters

□ Natural

- Storms
- Floods
- Tornadoes
- Pandemic flu, etc.

□ Man-Made

- Chemical spill
- Radiation leak
- Terrorism, etc.



Step One – Get Informed

- Resources to help you gather information to create a plan.
 - Local emergency management office
 - Local American Red Cross Chapter
 - Policy and procedure

- Community Disaster Plans and Warning Systems
 - Community response plan
 - Community evacuation plan
 - Designated emergency shelters

- Special Assistance Programs

Step Two – Make a Plan

- Know expectations for emergency management and notifications
- Local emergency coordinator
- Emergency meeting locations
- Communications plan
- Escape routes and safe places
- Prepare for the unexpected

Step Two – Make a Plan

Special Considerations for People with Disabilities

- Power outages
- Medical alert systems
- Mobility needs
- Specialized equipment
- Special communication needs
- Extra special efforts

Step Three – Disaster Supply Kit

- ❑ Collection of basic items needed to be safe and comfortable in the event of disaster
- ❑ Portable
- ❑ Readily accessible
- ❑ Duplicate kit for vehicle

Step Three – Disaster Supply Kit

- ❑ 3 day supply of nonperishable food and manual can opener
- ❑ 3 day supply of water (1 gallon/person/day)
- ❑ Portable battery powered radio/TV and extra batteries
- ❑ Flashlight and extra batteries
- ❑ First aid kit and manual
- ❑ Sanitation and hygiene items (hand sanitizer, moist towelettes, toilet paper)

Step Three – Disaster Supply Kit

- ❑ Matches in waterproof container
- ❑ Whistle
- ❑ Extra clothing and blankets (may need to be adjusted with the season)
- ❑ Kitchen accessories and cooking utensils
- ❑ Photocopies of identification and insurances cards
- ❑ Medications (copy of current prescriptions – med boxes will need to be taken separately)

Step Three – Disaster Supply Kit

- Car kits may additionally include
 - Distress flags
 - Tire repair kit
 - Booster/jumper cables
 - Flares
 - Tire chains
 - Shovel
 - Sand
 - Windshield scraper

Step Four – Maintain Your Plan

- Drill
- Restock
- Test



Stay Calm and Focused



Taking Shelter

□ Shelter in Place

- Used to create a barrier between you and a potential contaminate outside
- Choose an interior room without windows if possible, use sheeting if warranted
- Bring individuals and pets inside
- Take emergency supplies to the room you plan to use
- Lock doors, close windows, close air vents, turn off air conditioning, forced air heating systems, etc.
- Seal area
- Listen to radio, TV, or check internet for instructions

□ Shelter in Place

- Do NOT go to the roads if told to shelter in place.
 - It may not be safe to do so
 - You will get in the way of first responders trying to reach victims



Taking Shelter

□ Evacuation

- Know your plan in advance for how you will assemble the people you support and where you will go
- Be aware of alternative destinations in the event that an identified shelter is not available
- Have current maps
- Always keep vehicle gas tank at least half full
- Know other means of transportation
- Take your emergency supply kit
- Lock door
- Listen to radio for instructions
- Make required contacts

□ If time permits:

- If instructed to do so, shut off water, gas and electric before leaving (know how to do this—a professional must turn gas back on)
- Leave a note telling others where you are going



Make a plan – In a moving vehicle

- If an explosion, or other incident occurs that makes it difficult to control the car, pull over, stop the car, set parking break
- If road is unstable, avoid overpasses, bridges, power lines, signs and other hazards
- If a power line falls on your car, you are at risk for being electrocuted, stay in the car until trained help arrives and removes wires
- Listen to the radio for information and instructions



For More Information

- www.ready.gov
- www.health.state.pa.us
- www.redcross.org
- www.nod.org/emergency
- www.fema.gov
- www.weather.gov/nwr