# Disaster/Emergency Preparedness

Adapted from 11/8/2007 presentation sponsored by PA DOH

How to prepare for a disaster <u>www.ready.gov</u>

2008

#### 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

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

- 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)

- 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)

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



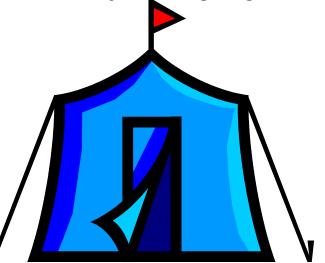
## Taking Shelter

#### 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 thisa 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