

# Disaster/Emergency Preparedness



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

How to prepare for a disaster

[www.ready.gov](http://www.ready.gov)

# Goals:

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- ❑ 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.

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# Types of Disasters

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- Natural
  - Storms
  - Floods
  - Tornadoes
  - Pandemic flu, etc.
- Man-Made
  - Chemical spill
  - Radiation leak
  - Terrorism, etc



# Step One – Get Informed

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- 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

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- 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

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## 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

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- 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

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- ❑ 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

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- ❑ 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

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- 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

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- Drill
- Restock
- Test



# Stay Calm and Focused

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# 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

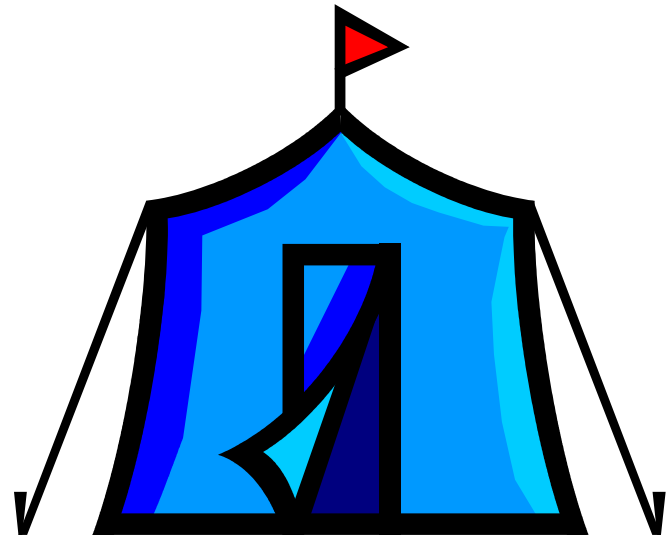
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## □ Evacuation

- 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



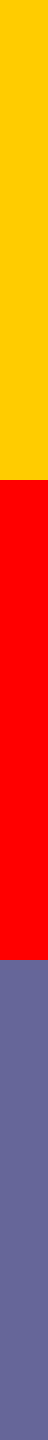
# Make a plan – In a moving vehicle

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- 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

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- [www.ready.gov](http://www.ready.gov)
- [www.health.state.pa.us](http://www.health.state.pa.us)
- [www.redcross.org](http://www.redcross.org)
- [www.nod.org/emergency](http://www.nod.org/emergency)
- [www.fema.gov](http://www.fema.gov)
- [www.weather.gov/nwr](http://www.weather.gov/nwr)