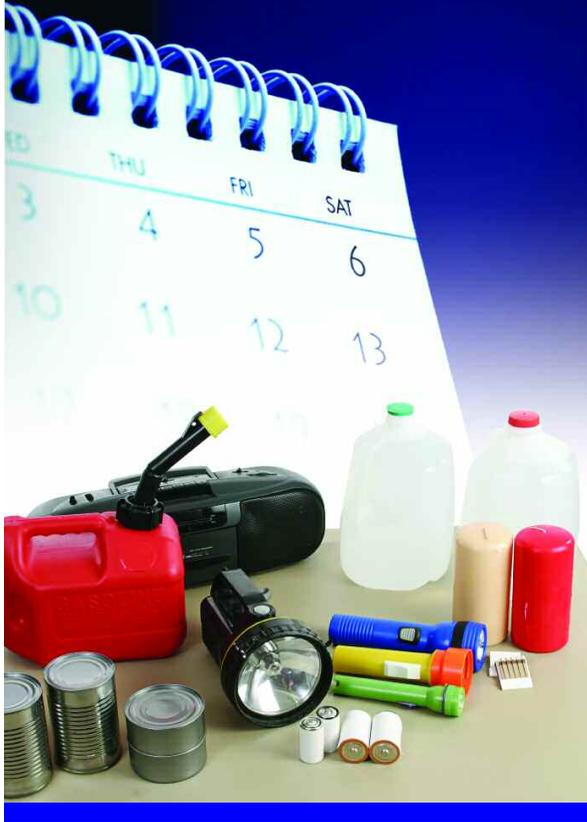


Disaster Preparedness

Preparation Guide for Emergencies



Emergency Preparedness

A few simple steps can help you protect yourself and your loved ones.

We can't prevent severe weather, power outages or other emergencies that disrupt our daily lives. But we can prepare for them to lessen their impact on our health and safety. Stocking up on some common household items and learning what to do in an emergency will help you and your family be ready, and give you peace of mind.

The U.S. Department of Homeland Security encourages Americans to be prepared. This brochure includes a timetable that will help you build a disaster supplies kit of food and other emergency supplies gradually over a period of weeks. It's easy to follow and adapt to your family's needs.

Homeland Security's "Ready" campaign recommends that each family create an emergency supply kit, develop a family emergency plan and learn more about potential threats.

You can learn about how to prepare for natural disasters and potential terror attacks by visiting www.ready.gov. Materials, including family communication plan templates, are available on the Web site.

The best time to deal with an emergency is before one happens.

Most importantly, if you're on any medications or have medical equipment vital to your health, please have a discussion with your physician about how to be prepared in an emergency.

Thompsonhealth

www.thompsonhealth.com

DISASTER SUPPLIES FIVE-MONTH CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change/replace perishable supplies (such as food and water) every six months.

■ Week One

GROCERY

- | | |
|---|--|
| <input type="checkbox"/> 1 gal. water* | <input type="checkbox"/> 1 large can juice* |
| <input type="checkbox"/> 1 jar peanut butter | <input type="checkbox"/> 1 can meat* |
| <input type="checkbox"/> Hand-operated can opener | <input type="checkbox"/> Permanent marking pen |

Also, pet food, diapers and baby food if needed.

To Do

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

■ Week Two

HARDWARE

- | | |
|---|---|
| <input type="checkbox"/> Heavy cotton or hemp rope | <input type="checkbox"/> Matches in water-proof container |
| <input type="checkbox"/> 2 flashlights with batteries | <input type="checkbox"/> Duct tape |

Also, a leash or carrier for your pet.

To Do

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

■ Week Three

GROCERY

- | | |
|--|---|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> Feminine hygiene supplies |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Aspirin or non-aspirin pain reliever |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Paper/pencil | |
| <input type="checkbox"/> Map of area | |

Also, 1 gallon of water for each pet.

To Do

- Be a part of a support network in your area to identify and obtain resources needed to cope effectively with disaster.

■ Week Four

HARDWARE

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids | <input type="checkbox"/> Signal flare |
| | <input type="checkbox"/> Compass |

Also, extra medications or prescriptions marked "emergency use."

To Do

- Encourage the network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, medical information, disability-related supplies and special equipment list, and personal disaster plan.

■ Week Five

GROCERY

- | | |
|--|---|
| <input type="checkbox"/> 1 gal. water* | <input type="checkbox"/> 2 rolls toilet paper |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Extra toothbrush |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Travel-size toothpaste |
| <input type="checkbox"/> 1 can vegetables* | |

To Do

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

■ Week Six

FIRST AID SUPPLIES

- | | |
|---|--|
| <input type="checkbox"/> Sterile adhesive bandages/assorted sizes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Gauze pads |
| | <input type="checkbox"/> Roller bandages |

Also, extra hearing aid batteries, if needed.

To Do

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

■ Week Seven

GROCERY

- | | |
|--|--|
| <input type="checkbox"/> 1 gal. water* | <input type="checkbox"/> 1 can vegetables* |
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> Sewing kit |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Disinfectant |

Also, plastic baby bottles, formula, diapers if needed.

To Do

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information within your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or a disaster.

■ Week Eight

FIRST AID SUPPLIES

- | | |
|---|--|
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Disposable wipes |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Needles |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Liquid antibacterial | <input type="checkbox"/> Two tongue blades |
| | <input type="checkbox"/> Hand soap |

Also, extra eyeglasses, if needed.

To Do

- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
- If blind, store a talking clock and one or more extra white canes.
- If blind, mark your disaster supplies in Braille or with fluorescent tape.

■ Week Nine

GROCERY

- | | |
|---|---|
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> 1 box heavy-duty |
| <input type="checkbox"/> Liquid dish soap | garbage bags |
| <input type="checkbox"/> Household bleach | <input type="checkbox"/> Antacid |

Also, saline solution and contact lens case, if needed.

To Do

- Agree on a signal with your network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

■ Week Ten

HARDWARE

- | | |
|--|--|
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Waterproof portable |
| <input type="checkbox"/> Wrenches needed to | plastic container |
| turn off utilities | for important papers |

To Do

- With your network, find the gas and water meter shutoffs of each home. Discuss when appropriate to turn these off.
- Attach a wrench next to the cutoff value of each meter so it will be there when needed.
- Make photocopies of important papers and store safely.

■ Week Eleven

GROCERY

- | | |
|--|---|
| <input type="checkbox"/> 1 large can juice* | <input type="checkbox"/> 1 box quick energy |
| <input type="checkbox"/> Large plastic food bags | snacks |
| <input type="checkbox"/> 3 rolls paper towels | <input type="checkbox"/> Medicine dropper |

To Do

- Test your smoke detector(s). Replace the battery in each detector that does not work. Replace any detector over 10 years old.

■ Week Twelve

ANIMAL CARE STORE

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Extra harness, leash | <input type="checkbox"/> Litter/pan |
| <input type="checkbox"/> ID tags, food for | <input type="checkbox"/> Extra water |
| your pets | |

VETERINARIAN

- Obtain current vaccinations and medical records of your animal(s)
- Medications

To Do

- Develop a pet care plan in case of disaster. Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra animal harness, leash and identification tags in your disaster supplies kit.

■ Week Thirteen

HARDWARE

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Perforated metal tape | <input type="checkbox"/> Whistle |
| (plumbers tape/strap iron) | <input type="checkbox"/> Pliers |
| <input type="checkbox"/> Screwdriver | <input type="checkbox"/> Hammer |
| <input type="checkbox"/> Crow bar | |

To Do

- Take first aid/CPR class.
- Strap your water heater to wall studs using perforated metal tape.

■ Week Fourteen

GROCERY

- | | |
|--|---|
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> 1 package paper |
| <input type="checkbox"/> 1 can meat* | cups |
| <input type="checkbox"/> 1 can vegetables* | <input type="checkbox"/> 1 pkg. eating utensils |

To Do

- Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.
- Practice using alternate methods of evacuation with your network.

■ Week Fifteen

HARDWARE

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

To Do

- Make arrangements to bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

■ Week Sixteen

GROCERY

- 1 can meat*
- 1 can vegetables*
- 1 box facial tissue
- 1 box quick energy snacks
- Dried fruit/nuts

To Do

- Develop a disaster supplies kit for your car or van.

■ Week Seventeen

GROCERY

- 1 box graham crackers
- Dry cereal
- Plastic containers with lids

FIRST AID SUPPLIES

- Antidiarrheal medicine
- Rubbing alcohol
- Plastic containers with lids

To Do

- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work during an emergency.

■ Week Eighteen

HARDWARE

- "Child-proof" latches or other fasteners for your cupboards
- Plastic bucket with tight lid
- Double-sided tape or Velcro® to secure moveable objects
- Plastic sheeting

To Do

- Install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

■ Week Nineteen

GROCERY

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

To Do

- Review your insurance coverage with your agent to be sure you are covered for the disaster that may occur in your area. Obtain additional coverage as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

■ Week Twenty

HARDWARE

- Camping or utility knife
- Work gloves
 Safety gloves- Disposable dust masks
- 2 blank videocassettes

SPECIALTY STORE

- Extra battery for motorized mobility aids

To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

**Purchase one for each member of household.*



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