

PERSONAL & FAMILY EMERGENCY PREPAREDNESS

MMRS/SMART MH SECTOR

JULY 9 2010

OVERVIEW

- ▶ What is a personal/family emergency plan?
- ▶ Planning and training
- ▶ Disaster supply kit
- ▶ Shelter-In-Place : What does it mean?
- ▶ Disasters: Before, during and after
- ▶ Pet Care
- ▶ Emergency Notification System
- ▶ Helpful Websites

WHAT IS A DISASTER

- ▶ A calamitous event, especially one occurring suddenly and causing great loss of life, damage or hardship.

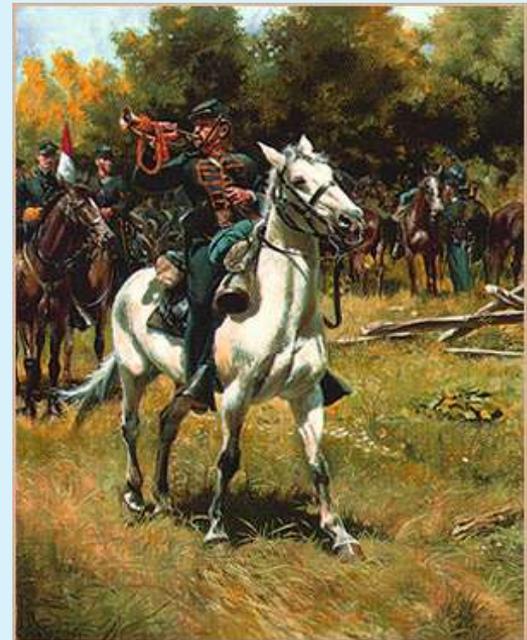
TYPES OF DISASTERS

- ▶ NATURAL
 - ▶ HUMAN CAUSED
 - ▶ TECHNOLOGICAL
-
- ▶ Can you give examples of each category?
 - ▶ Has anyone personally experienced any of these?



MYTHS

- ▶ The Cavalry is coming
- ▶ The government is here to help
- ▶ You have enough insurance
- ▶ Just fill out these papers and the check will be in the mail



REALITY

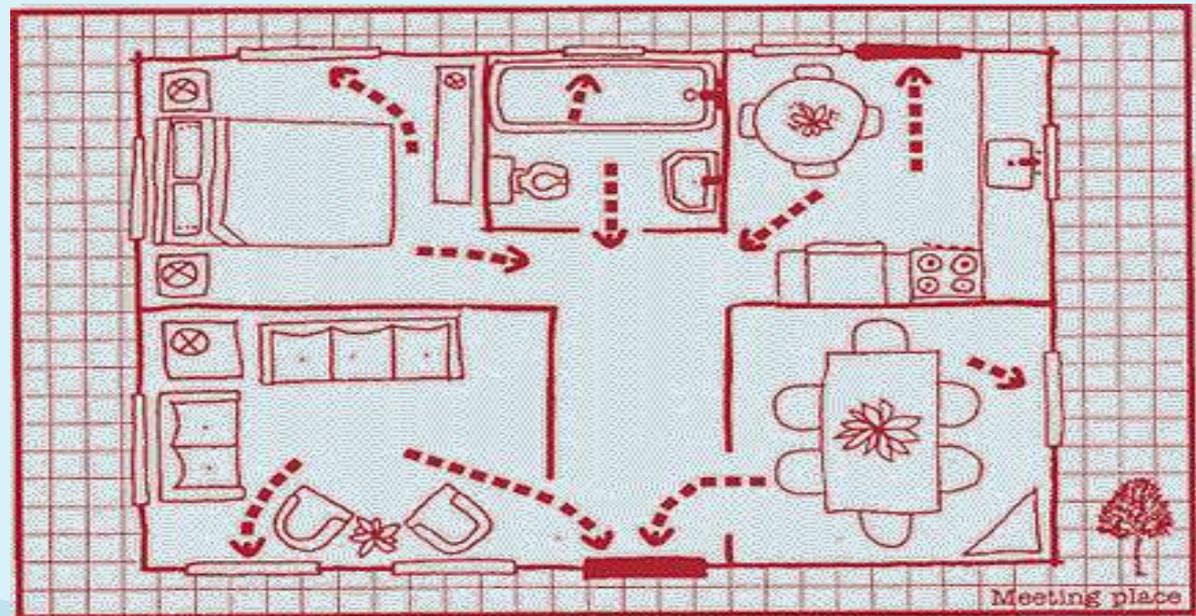
- ▶ All disasters start and end locally
- ▶ New York is a “home rule” state
- ▶ You are on your own until help arrives
- ▶ Plan for three–seven days self sufficiency

PERSONAL/FAMILY EMERGENCY PLANS

- ▶ A plan to help you and your family prepare before a disaster strikes
- ▶ Should be discussed and practiced by every family member
- ▶ Write the plan
- ▶ Draw evacuation routes
- ▶ Know work and school plans, too
- ▶ Fire/EDITH plan
- ▶ Assemble supplies
- ▶ Learn lifesaving skills
- ▶ ***PRACTICE*** makes perfect

RELEASING YOUR INNER PICASSO

- ▶ Draw a floor plan of your home
- ▶ Use a red marker to draw escape routes
- ▶ Designate alternative routes
- ▶ Designate an outside meeting place



IF YOU DON'T BUILD IT, IT WILL COME, ANYWAY...

- ▶ Adults provide a healthy, safe and secure world for their families
- ▶ Disaster planning can feel overwhelming
- ▶ Some people would rather not deal with it



Mark
30/13/09

WHY PREPARE?

- ▶ Protect yourself
- ▶ Protect your loved ones
- ▶ Assist in helping children feel safe
- ▶ Community recovery is faster
- ▶ Makes it easier to recover personally

INVOLVE EVERYONE

- ▶ Each person & family is unique
- ▶ Each municipality faces specific hazards
- ▶ Learn the hazards in your area
- ▶ Take into account needs of self and family
- ▶ Learn school/daycare/ work emergency plans
- ▶ Learn community plans/warning systems

WESTERN NEW YORK HAZARDS



DISASTER SUPPLY KIT

- ▶ One gallon water/person/day (pet water)
- ▶ Food: canned/packaged with opener (pets)
- ▶ Disposable flatware/dishes
- ▶ Credit cards/ preloaded/cash
- ▶ Personal ID (pets... chipped)
- ▶ Sleeping gear
- ▶ Extra clothing/ rain gear/cold gear
- ▶ Shovel/tools
- ▶ First aid kit/medical supplies (pets)
- ▶ Water proof fire starting supplies
- ▶ Generator

DISASTER SUPPLIES (CONT.)

- ▶ Toilet items
- ▶ Personal care items/work gloves/sturdy shoes
- ▶ Flashlights/glow sticks/lanterns/batteries
- ▶ Solar/crank radio with batteries NOAA
- ▶ Set of keys
- ▶ Duct tape/plastic sheeting
- ▶ Cell phone chargers/ disposable camera
- ▶ Toys/books/games (pets, too)
- ▶ Extra hearing and seeing items
- ▶ Vehicle/generator tanks filled
- ▶ Pet care items,... pet waste and disposal supplies
- ▶ Maps/contact phone numbers

IMPORTANT DOCUMENTS

- ▶ 2 Copies On hand in proper container/offsite
- ▶ Wills/Insurance policies
- ▶ Contracts/Deeds/Investments
- ▶ SS card/Passports/Drivers ID
- ▶ Immunization/Medical/RX records (pets, too)
- ▶ Bank accts./Credit Card numbers
- ▶ Household inventory written/ video
- ▶ Family records (birth, death, divorce, adoption)
- ▶ Recent picture of each person and pet
- ▶ Snip of hair in Ziploc baggies (from brush)
people & pets

THINGS TO KNOW BEFORE...

- ▶ How to use a fire extinguisher
- ▶ Location and shut off procedures for utilities
- ▶ What backup systems are needed for special needs
- ▶ Any hazardous materials inside/outside
- ▶ How to use smoke and carbon monoxide detectors
- ▶ What can you do to help your neighbor
- ▶ Out of state contacts / how will you communicate

WHEN DISASTER STRIKES

- ▶ Take deep breath, let out the universal phrase
- ▶ Regain your calm & put plan into action
- ▶ Listen to the radio
- ▶ Evacuate if told to do so
- ▶ Stay put if told to do so
- ▶ Check for injuries
- ▶ Check the utilities/assess for damage
- ▶ Check neighbor
- ▶ Watch for hazards

RESPONSE & RECOVERY

- ▶ Decide to stay or go
- ▶ Listen to radio for updates/directions
- ▶ Follow directions of officials
- ▶ Do not hide from officials(teach your kids)
- ▶ Stay out of unfamiliar place
- ▶ Keep pets/kids/wanderers in safe, secure place
- ▶ Do not use “live fire” in your home

SHELTER IN PLACE

- ▶ Bring people and pets inside
- ▶ Close and lock outside doors and windows
- ▶ If time... close curtains, blinds, shutters
- ▶ Turn off A/C, heating and ventilation systems
- ▶ Close fireplace/woodstove dampers
- ▶ Get to interior room with few or no windows. If chemical emergency keep out of basement
- ▶ If instructed to seal the room: Use duct tape and plastic sheeting to seal cracks and vents
- ▶ Outlets, hoods, dryer vents
- ▶ Object is to reduce flow of air into room
- ▶ Call for help
- ▶ Keep listening to radio
- ▶ When told it's safe... undo plastic
- ▶ Follow instructions from emergency authorities

AFTER IT'S OVER

- ▶ Be sure it's safe to venture out
- ▶ Hug each other
- ▶ Communicate with those worried & effected
- ▶ Hug each other again
- ▶ Check your neighbor
- ▶ Hug your neighbor
- ▶ Take pictures for insurance
- ▶ Remind yourself "it's only stuff"
- ▶ Focus the energy in positive manner
- ▶ Take care of psychological needs as well
- ▶ Utilize your Spiritual tools

HOW TO SUPPORT YOUR KIDS

- ▶ Don't get caught up in any "hype"
- ▶ Have a plan/teach your kids/practice
- ▶ Talk on child's level
- ▶ Give them appropriate information
- ▶ Keep to routines and regular schedules as much as possible
- ▶ Teach kids to recognize/accept help from emergency officials
- ▶ Do not lie, tell appropriate truths
- ▶ Let them help, get them involved in recovery

RESOURCES

SEE YOUR HANDOUT

ANY QUESTIONS ?

