

September is National Preparedness Month. Logan County Health District encourages all citizens to take these simple steps to prepare for emergencies in their homes, businesses and schools. The goal of the month is to increase awareness about the importance being prepared for emergencies and to encourage people to take action.

WHAT YOU CAN DO TO PREPARE FOR AN EMERGENCY?

1. Listen to the TV or radio for early warnings and information about emergencies
2. Ask local authorities about emergency evacuation routes.
Evacuation Guidelines
 - Keep full tank of gas in your car if evacuation seems likely
 - If time permits: Pack disaster supplies kit if there's time
 - Carpool as much as possible to reduce congestion
 - If time permits: Dress in protective clothing: sturdy shoes, long pants, long-sleeved shirt, hat or take those items with you in quick-carry kit
 - Listen to battery operated radio for evacuation instructions
 - If time permits: Close & lock doors, unplug electrical equipment (except refrigerators & freezers)
 - Leave early enough
 - Be alert for washed-out roads and bridges. **DO NOT DRIVE INTO FLOODED AREAS**
 - Stay away from downed power lines
3. Ask about your community's emergency plan, your employer's emergency plan, your child's school or day care emergency plan
4. Your Family Emergency Plan
 - Draw a floor plan of your home and identify two escape routes from each room and teach this to your children
 - Designate a place to meet: 1. near your home, 2. away from the immediate area
 - Make a family communication plan and create card for each member of your family to carry with them in purse, wallet or backpack
 - Include on it both a local and an out-of-state contact person, phone numbers and pre-identified neighborhood meeting place and phone number.
 - Shut off utilities: natural gas & water
 - Keep necessary tools near gas and water shut-off valves
 - If you turn off the gas, **DO NOT** attempt to turn it back on. Wait for a professional
 - Keep copies of important documents and extra cash/traveler's checks in a waterproof container:
 - Insurance policies (property, health, & life)
 - Inventory of home possessions
 - Deeds
 - Birth certificates
 - SS cards

- Credit cards
 - Identification cards
 - Drivers license
 - Include the steps to care for those with special needs or disability (hearing, mobility, non-English speaker, single parent, people without vehicles, chronically ill or diabetic)
 - Make a plan for your pet
 - Identify a pet shelter
 - Keep extra pet supplies on hand
 - Include a copy of current identification, license, & up-to-date veterinary records
 - Have a carrier or leash
5. Learn Safety Skills: Take a First Aid and CPR class. Know how to use a fire extinguisher and which type to use for the specific fire.
6. Sheltering in place
- Close and lock all windows and exterior doors
 - Turn off all fans & heating and air conditioning systems
 - Close the fireplace damper
 - Bring your disaster supplies kit to an interior room that is above ground level and without windows
 - If directed by local authorities on the radio use damp towels or duct tape to seal all cracks around door and any vents into the room. Tape plastic sheeting or garbage bags over any windows.
 - Listen to your battery-powered radio or TV for further instructions
7. If there is an explosion
- Take shelter against desk or sturdy table
 - Exit building immediately
 - Do not use elevators
 - Check for fire or other hazards
 - Take your quick-carry emergency supply kit if time allows
8. If there is a fire
- Exit building immediately
 - If there is smoke, crawl under the layer of smoke to the nearest exit and use cloth to cover nose and mouth
 - Use back of your hand to feel upper, lower & middle part of closed doors before opening
 - If the door is not hot, brace yourself against it & open slowly
 - If door is hot, do not open it. Look for another way out.
 - Do not use elevators
 - If your clothes catch on fire, STOP-DROP-AND ROLL to put out the fire. DO NOT RUN.

- Account for each family member. Carefully supervise small children
- GET OUT and STAY OUT. Never go back into a burning building.
- Call 9-1-1

9. Have an emergency kit in your home

- Water – 1 gallon per person per day (more for nursing mothers, hot temperatures, chronically ill, and injured) – For a basic emergency have 3 days worth of water on hand
- Food – Choose unsalted food, that does not require refrigeration, (include manual can opener) – For a basic emergency have at least 3 days worth
 - For an influenza pandemic have several weeks worth
- Portable, hand-crank generated or battery-powered radio or TV with extra batteries
- Hand-crank generated or battery-powered flashlight with extra batteries
- First aid kit and manual – include supply of non-prescription medications
- Sanitation & hygiene items (bucket with tight-fitted lid moist towelettes, toilet paper, unscented chlorine bleach, garbage bags & ties, personal hygiene items, feminine supplies, disinfectant, soap, liquid detergent)
- Matches in waterproof container
- Whistle
- Extra clothing and shoes for everyone
- Kitchen accessories (paper plates, cups, eating & cooking utensils)
- Copies of important documents, policies, birth certificates, papers and identification
- Cash & coins
- Special needs items: prescription medications, eye glasses, contact lens solution, hearing aid batteries, infant formulas, diapers, bottles, extra pet food)
- Jackets, coats, hats, mittens, scarves, blankets, sleeping bags
- Rotate items with expiration dates and replace every 6 months

10. Have an emergency kit in your car

- Bottled water
- Non-perishable high-energy foods
- Gloves
- Blanket
- Flashlight with extra batteries
- Booster cables
- Fire extinguisher (5 lb. A-B-C type)
- First aid kit and manual
- Maps
- Shovel
- Tire repair kit & pump
- Flares

11. Have an emergency kit at work

12. First Aid Kit should include

- 20 - adhesive bandages, various sizes
- 1 - 5" x 9" sterile dressing
- 1 - conforming roller gauze bandage
- 2 - triangular bandages
- 2 - 3 x 3 sterile gauze pads
- 2 - 4 x 4 sterile gauze pads
- 1 - roll 3" cohesive bandage
- 2 - germicidal hand wipes or waterless alcohol-based hand sanitizer
- 6 - antiseptic wipes
- 2 - pair large medical grade non-latex gloves
- Adhesive tape, 2" width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier such as a face shield
- First Aid Manual
- Non-Prescription and Prescription Drugs
 - Aspirin & non-aspirin pain reliever
 - Anti-diarrhea medicine
 - Antacid (upset stomach)
 - Syrup of Ipecac (to induce vomiting if advised by the Poison Control Center)
 - Laxative
 - Activated charcoal (if advised by Poison Control Center)
 - Prescription drugs as recommended by your physician and copies of prescriptions

13. Review emergency action steps with all family members

- Check the scene and the victim
- Call 9-1-1
- Care for the victim

14. Work with your neighbors

- Share you plans
- Find out if anyone has specialized training or equipment like a power generator or medical knowledge
- Decide who will check on elderly or disabled neighbors
- Make back-up care plans for children in case you can't get home during the emergency

15. Treating potentially contaminated water

- Filter water to remove solid particles using cloth or coffee filter
- Bring to rolling boil for one full minute to kill bacteria
- Chlorinate
 - Add 16 drops (1/8 teaspoon) liquid chlorine bleach per gallon of water.

- Stir to mix.
- Let stand 30 minutes.
- Sodium hypochlorite of the concentration 5.25-6% should be the only active ingredient in the bleach. There should NOT be any added soap or fragrances.
- If you can smell the chlorine, you can use it
- If you can't smell the chlorine, add 16 more drops (1/8 teaspoon) of chlorine bleach per gallon of water, let stand 30 minutes and smell it again.
- If you can smell the chlorine, you can use it.
- If you can't smell the chlorine discard it and find another source of water.
- Do NOT try to treat flood water. It may be contaminated with toxic chemicals.

16. Learn more

- Call **1-800-480-2520** to request a free copy of book "Are You Ready?"
- Visit www.ready.gov
- Visit www.redcross.org/pubs/dspubs/cde.html

EVERYONE SHOULD GET PREPARED:

1. Emergency Preparedness is multi-level
 - Citizen
 - Local Community
 - State
 - Federal Government
2. What citizens can do before?
 - Know the risks and danger signs
 - Purchase appropriate insurance (e.g., flood)
 - Develop a family communication plan in case you are separated during an emergency
 - Assemble a disaster supplies kit
 - Volunteer to help others especially elderly, disabled, single parents, or others in need
3. What citizens can do during?
 - Put your family emergency plan into action
 - Help others - neighbors, family, friends, disabled, elderly
 - Follow direction of officials in charge of the event
4. What citizens can do after?
 - Repair property damage, taking extra care with power tools you aren't used to using
 - Take steps to prevent or reduce future loss
5. Community and State Responsibilities
 - Identify potential hazards and assess local risks
 - Enforce building codes, zoning ordinances, land-use management programs
 - Coordinate emergency plans between agencies

- Fight fires & respond to hazardous materials incidents
- Establish warning systems
- Stock or locate emergency supplies and equipment
- Assess damage and identify needs
- Evacuation orders
- Care for injured
- Provide shelters
- Aid recovery efforts

6. Federal Government

- Provide public educational materials and guides
- Provide grant funding for equipment, training, exercise drills, personnel and programs
- Provide grants and loans to help communities recover from major disasters
- Research how to reduce losses from disasters
- Provide technical assistance to build stronger programs
- Provide medical equipment and medicines through the Strategic National Stockpile