

WEEK 17

Grocery Store

- 1 box graham crackers Plastic containers with lids
 Dry cereal

First Aid Supplies:

- Rubbing alcohol Antiseptic

To Do:

- Arrange for a friend to help your children if you aren't able to respond or are at work.

WEEK 18

Hardware Store:

- "Child proof" latches for cupboards Double-sided tape/Velcro to secure moveable objects
 Plastic bucket with lid Plastic sheeting

To Do:

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

WEEK 19

Grocery Store:

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

To Do:

- Review your insurance coverage with your agent to ensure you are covered for disasters that may occur in your area.

WEEK 20

Hardware Store:

- Camping/utility knife Disposable dust masks
 Work goggles 2 blank videocassettes
 Safety goggles

To Do:

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



EMERGENCY Preparedness Guide



Protect your family tomorrow by planning TODAY

www.loupbasinhealth.com

PREPARE NOW FOR FUTURE EMERGENCIES

This Emergency Preparedness Guide is intended to help you prepare for disasters before they happen. Disaster preparedness is no longer the sole concern of earthquake prone Californians and those who live in "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared, and may make all the difference when seconds count.

To best cope with unexpected emergencies, your family can prepare by developing a disaster supply kit. Once disaster hits, you likely won't be able to shop or search for supplies. Having these supplies gathered in advance will make it easier for your family to endure an evacuation or home confinement.

Preparing for a disaster:

- Review the checklist in this brochure.
- Gather the supplies that are listed in this brochure. You may need them if your family is confined at home or needs to evacuate.
- Develop a family communications plan, in case your family is not together when disaster strikes. Decide where to meet, and designate an out-of-state person (*someone who lives far enough away that they would likely be unaffected by the same disaster*) that all household members can contact. Keep in mind that cell phone communications will likely be disrupted in a disaster.

Disasters disrupt hundreds of thousands of lives each year. Being prepared can reduce fear, anxiety, and losses that accompany disasters.

For more information, contact:

**Loup Basin Public Health Dept.
934 I Street / PO Box 995
Burwell, Nebraska 68823
Phone: 308.346.5795**

ASSEMBLE AN EMERGENCY SUPPLY KIT

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



Items can be stored in easy-to-transport containers in case you need to evacuate. Possible containers include a large covered trashcan, a duffle bag, or a plastic container with a lid.

WEEK 1

Grocery Store:

- 1 gallon water* 1 large can juice*
 1 jar peanut butter 1 can meat*
 Hand-operated can opener Permanent marker

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 2

Hardware Store:

- Heavy cotton or hemp rope Duct tape
 2 flashlights with batteries Matches in waterproof container

Also, a leash or carrier for your pet.

To Do:

- Complete a personal assessment of your needs and resources in a changed disaster environment.

* Purchase one for each member of the household

WEEK 3

Grocery Store:

- | | |
|---|---|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> Feminine hygiene products |
| <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 and pencil | |
| <input type="checkbox"/> Map of the area | |

Also, 1 gallon 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 4

Hardware Store:

- | | | |
|--|--|----------------------------------|
| <input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids | <input type="checkbox"/> Signal flares | <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 the network: emergency information list, medical information, and personal disaster plan.

WEEK 5

Grocery Store:

- | | |
|--|---|
| <input type="checkbox"/> 1 gallon 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* | |

Also, special foods for diets, if needed.

To Do:

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

WEEK 6

First Aid Supplies:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages | <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 their disaster plans.

WEEK 7

Grocery Store:

- | | |
|--|--|
| <input type="checkbox"/> 1 gallon 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, extra plastic baby bottles, formula, and 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 disaster.

WEEK 8

First Aid Supplies:

- | | |
|--|---|
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Disposable wipes |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> 2 tongue blades |
| <input type="checkbox"/> Liquid antibacterial soap | <input type="checkbox"/> Needles |

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.

WEEK 9

First Aid Supplies:

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

Also, saline solution and a 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.

WEEK 10

Hardware Store:

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

To Do:

- With your network, find the gas and water meter shut-offs of each home. Discuss when it is appropriate to turn these off.
- Attach a wrench next to the cutoff valve of each meter
- Make photocopies of important papers and store safely.

WEEK 11

Grocery Store:

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

To Do:

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

WEEK 12

Grocery Store:

- | | |
|---|--|
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> 1 box quick energy snacks |
| <input type="checkbox"/> 1 can vegetables* | <input type="checkbox"/> Dried fruit/nuts |
| <input type="checkbox"/> 1 box facial tissues | |

To Do:

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

WEEK 13

Animal Care Store:

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

Also, obtain current vaccination and medical records of your animal(s)

To Do:

- Develop a pet care plan in case of disaster
- Make photocopies of all vaccination records and put them in your disaster supply kit.

WEEK 14

Hardware Store:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Plumber’s tape | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Crow bar | <input type="checkbox"/> Pliers |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Screwdriver |

To Do:

- Take a CPR/first aid class.
- Strap your water heater to wall studs using plumber’s tape.

WEEK 15

Grocery Store:

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

To Do:

- Practice using alternative methods of evacuation with your network.

WEEK 16

Hardware Store:

- | | |
|---|---|
| <input type="checkbox"/> Extra flashlight batteries | <input type="checkbox"/> Wood screws |
| <input type="checkbox"/> Extra battery for radio | <input type="checkbox"/> Labels for your equipment and supplies |
| <input type="checkbox"/> Assorted nails | |

To Do:

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