

DISASTERS AND YOU

BEING PREPARED IN OUR "ALL-HAZARDS" WORLD

To Our Friends and Families –

Being prepared for an emergency, whether personal, community or national, is a responsibility we all share. You as an individual can make a great difference in what happens both during and after an emergency or disaster.

This guide, with options for you to choose from so you can “stay” or “go” depending upon the nature of the emergency, is designed to get you started on your role in disaster planning, to help you over that initial hurdle that can, at first, seem overwhelming.

Being prepared doesn't need to be difficult. Much of this you already have in your homes or cars. Adding to your supplies can be as simple as filling a clean, empty plastic milk bottle with water that you date and set aside --or getting a few extra boxes of rice or oatmeal or canned goods each time you're in the grocery store (and storing them properly to keep them fresh and useful) --or having an extra supply of medications you need – and paying close attention to the expiration dates!

It also means learning the language of preparedness. A few important definitions:

- Shelter in Place – STAY WHERE YOU ARE
- Evacuate – GO (and know where you're going)
- Go Bag – A pre-packed bag with important supplies if you have to leave with little or no advance warning. Have one for your family and another for pets (including copies of medical records).
- Social Distancing – KEEP A HEALTHY DISTANCE AWAY FROM THE HARMFUL SUBSTANCE (whether it's germs or a toxic gas cloud or radiological dispersals)
- Self-Shielding – Staying where you are safe until it's safe to go elsewhere and strictly limit physical contact with other people
- Emergency Management – The leadership who will tell you what to do or where to go in an emergency. DO WHAT THEY TELL YOU TO DO.
- Medical Preparedness: Check with your doctors for their advice based on your medical condition(s). In a large-scale disease outbreak, if you feel ill, do NOT go to the hospital, the doctor's office or a clinic. Call medical personnel and get instructions as to what you should do. Don't spread infection!

THE DISASTER BIG SIX (What you MUST have)

Water (1 gal/person/day)

Food – non-perishable
Manual can opener
Flashlight
Battery-operated radio
Extra Batteries

FOOD SUPPLIES (options you choose depend upon your personal and family circumstances)

- Rice/barley/pasta
- Jarred or canned spaghetti sauce
- Dried soups/noodles (Ramen, etc.)
- Oatmeal or ready-to-mix cereal, dried cereals
- Boxed macaroni and cheese
- Peanut Butter
- Jelly and jams
- Canned, dried/dehydrated fruits and veggies (including tomatoes); canned fruit pie fillings
- Breakfast, nutrition/power bars, shakes
- Canned meats (tuna, beef, pork, salmon, Vienna sausages, Spam, etc.)
- Canned soups, chilis and stews
- Canned or boxed broths, bouillon cubes, concentrated broths
- Canned and dried beans (kidney, pinto, black, pork, baked)
- Canned pastas (Ravioli, spaghetti)
- Cheeses (jars, cans, wax)
- Jerky
- Cooking oils (peanut, olive, canola, sunflower)
- Mustard, ketchup, mayonnaise, salsa, other condiments
- Nuts, popcorn, chips, cookies, chewing candy, gum, chocolate
- Bottled drinks, juices, water, Gatorade, powdered drink mixes
- Canned/evaporated/storable non-fat dry milk
- Crackers
- Dried eggs
- Instant mashed potatoes
- Prepared mixes, especially those that don't need eggs (pancake, pie, cookie, bread, muffin, etc.)
- Instant mashed potatoes (whole fresh potatoes to grow more from the eyes)

FOOD PREPARATION SUPPLIES

- Baking powder, baking soda, corn meal, corn starch (for thickening)
- Flour (self-rising flour, flour tortilla mix, wraps and flatbread)
- Butter flakes and flavoring (Molly McButter/Crisco); real butter or margarine (keep frozen if possible)
- Mexican food ingredients and seasonings

- Corn masa de harina or corn tortilla mix
- Manteca (good in beans, substitute for bacon or salt pork, tortilla making, other uses)
- Salt, pepper, herbs and spices (especially garlic and onions)
- Bay leaves (insects avoid food supplies like flour when a bay leaf is stored in the bag/box)
- Honey, white/brown sugar or artificial sweeteners
- Sourdough starter
- Yeast
- Vanilla
- Pickles and relishes (not the refrigerator type)
- Vinegar (store extra because it can be mixed with bleach to use as a disinfectant)
- Chocolate syrup & other milk flavorings
- Coffee, tea, hot chocolate (instant)
- Coffee creamer
- Coffee filters (also useful for straining silt out of water)

SPECIAL NEEDS

- Baby food (can also be used for ill adults)
- Pet foods, treats and supplies (litter, flea prevention, extra water, animal-specific medications)

PLANNING AHEAD

- Non-hybrid herb and vegetable seeds
- Potting soil

HOUSEHOLD SUPPLIES

Whether we shelter in place or evacuate will determine what we need and where we need it — in our homes, in our go-bags, in our cars. The following are divided by categories — where they would be needed will depend upon your response to an emergency.

CASH in small bills, nothing larger than a \$10, plus change

Light, Heat and Cooking Sources

- Candles^{***}, tea lights, emergency lights, votives, flashlights and extra batteries
- Battery recharger and rechargeable batteries
- Camp cook stove with propane tanks (and adapter)
- Power inverter
- Compact fluorescent bulbs, light bulbs, solar bulbs
- Kerosene lamps and oil ^{***}
- Lanterns, oil, wicks^{***}
- Solar oven

- Grill, charcoal briquettes, charcoal lighter fluid, lots of matches (particularly the “strike anywhere” variety)
- Firewood, outdoor fire pit***
- Alternate source of heat (fireplace, wood-burning stoves, generators***)
- Extra sheets, blankets, pillows, sleeping bags
- Fuses for house (depending upon electricity source)
- Extra heavy-duty pots and pans (for cooking over open fires)

***** Fires and fumes of any kind are inherently dangerous. Familiarity with equipment and with risks is important before using or operating any tools for light, heat or cooking.**

Safety Equipment

- Fire extinguishers
- Smoke detectors, carbon monoxide detectors, radon detectors

Safety Equipment (continued)

- Emergency whistles
- Emergency flares
- Personal protection equipment
- Duct tape and plastic (to seal a room in the event of a chemical spill/cloud)
- Pocket knives
- Water hose (and sink adapter)

More on Protection

- 2x4 wood planks (to cover windows)
- Plywood (to cover windows)
- Rope and cord
- Plastic/vinyl tarps
- Shovel
- Regular and heavy duty extension cords

WATER— We cannot survive without it!

Water purification system (mechanical, bleach, purification tablets, etc.)

Communications — How will you learn what’s happening and what you might need to do?

- Battery operated radio (and TV if possible)
- Extra batteries
- Cell phone batteries
- Wind-up cell phone charger
- Walkie-talkies
- Ham radios (operators are critical in widespread emergencies!)

Paper/Kitchen Products

- Paper towels, toilet paper, paper napkins, paper bags, tissues

- Paper cups, plates, plastic eating utensils
- Plastic wrap, zip lock bags (all sizes), plastic storage containers
- Waxed paper, aluminum foil (LOTS of foil!)
- Plastic garbage bags, trash bags (all sizes)
- Ice chests

Cleaning & Laundry Products

- Bleach, disinfectant wipes, antibacterial spray
- Ammonia, glass cleaner
- Dish and laundry detergent
- Toilet/bathroom cleaners
- Antibacterial hand soap
- Mops, scrub brushes, brooms, sponges, towels, cleaning rags, plastic cleaning gloves
- Pails (with mop press), buckets, and low pans to clean shoes
- Clothesline and clothespins
- Plastic trash barrels and buckets
- Metal barrel for burning trash (55 gallon)
- Steel wool
- Spray bottles for disinfectants or cleaning supplies

Personal Care Items

- Toothpaste and toothbrushes, dental floss, mouthwash
- Shampoo (including waterless), "No Tears" baby shampoo, conditioner
- Combs and brushes
- Deodorants, soaps, liquid antibacterial soap, lotions
- Razors and shaving soap, razor blades, tweezers
- Cotton balls and cotton wipes
- Baby wipes, diapers
- Feminine hygiene products

Transportation (Try to keep the tank at least 1/2 full)

- Maps (of any area to which you might have to evacuate). Pre-plan alternate routes.
- Alternate means of transportation (bike, horse, etc.)
- Gasoline in appropriate containers; gasoline stabilizer
- Windshield wipers, wiper fluid
- Engine oil, filters
- Fix-a-Flat, tire pump
- Chains, tow rope

Medications and First Aid (Base this list on what you KNOW you need for all members of the family, including pets)

- Prescription refills and copies of your prescription orders

- Rubbing alcohol, alcohol wipes, hydrogen peroxide, Betadine antibacterial solution, iodine
- Thermometer, blood pressure cuff, stethoscope,
- Over-the-counter pain medications (i.e., ibuprofen, acetaminophen, aspirin, etc.)
- Over-the-counter allergy medications (benadryl, etc.)
- Nasal spray, sinus decongestant
- OTC flu medications (i.e., Nyquil, Theraflu, etc.)
- OTC stomach and bowel meds (i.e., Pepto bismol, kayopectate, imodium, milk of magnesia, antacids, enemas—child and adult, etc.)
- Eye drops and eye droppers
- Pedialyte or Gatorade for electrolyte replacement
- Cold and cough medications (suppressants and decongestants)
- Vaseline, triple antibiotic cream, anti-itch creams, Epsom salts
- Band-aids and other bandages, gauze, medical tape, Q-tips, butterfly bandages
- Examination gloves
- Hand basin, bed pan and urinal, portable bed-side toilet
- Foot-operated trash bin with liner
- Plastic sheet for bed, extra linens
- Notebook for recording medical information), pens, pencils
- Masks or goggles (protection needed depends upon the nature of the disaster)
- Needles, thread, safety pins, diaper pins
- **Back-up wheelchairs, walkers, oxygen supplies, catheters, equipment for guide or service animals; list of the style and serial numbers of medical devices such as pacemakers.**

All medications should be reviewed by your doctor, including over-the-counter, and should be based on your medical condition.

Important Papers

Regardless of the type of disaster, there are important documents that you cannot be without. COPIES should be where you can get to them fast – and in one place. The following are just a basic suggestion:

- Birth certificates;
- Drivers' licenses;
- Powers of attorney,
- Advanced medical directives,
- Wills;
- Insurance policies and beneficiary lists;
- Copies of medical prescriptions;
- Deeds,
- Stocks and bonds;
- Immunization records;

- Bank account and credit card numbers (plus contact phone numbers)

These are suggestions to help you consider what you might need in an emergency. Become familiar with the different types of disaster and learn what you need to do.