

FAMILY PREPAREDNESS BROCHURE



The Reading Hospital Trauma Center
www.readinghospital.org



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DISASTERS HAPPEN ANYTIME AND ANYWHERE. AND WHEN DISASTER STRIKES, YOU MAY NOT HAVE MUCH TIME TO RESPOND. A HIGHWAY SPILL OF HAZARDOUS MATERIAL COULD MEAN INSTANT EVACUATION. A WINTER STORM COULD CONFINE YOUR FAMILY AT HOME. AN EARTHQUAKE, FLOOD, TORNADO OR ANY OTHER DISASTER COULD CUT OFF BASIC SERVICES—SUCH AS GAS, WATER, ELECTRICITY AND TELEPHONES—FOR DAYS.

AFTER A DISASTER, LOCAL OFFICIALS AND RELIEF WORKERS WILL BE ON THE SCENE, BUT THEY CANNOT REACH EVERYONE IMMEDIATELY. YOU COULD GET HELP IN HOURS, OR IT MAY TAKE DAYS. WOULD YOUR FAMILY BE PREPARED TO COPE WITH THE EMERGENCY UNTIL HELP ARRIVES?

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The Basics

YOUR FAMILY WILL COPE BEST BY PREPARING FOR DISASTER BEFORE IT STRIKES. ONE WAY TO PREPARE IS BY ASSEMBLING A DISASTER SUPPLIES KIT. ONCE DISASTER HITS, YOU WON'T HAVE TIME TO SHOP OR SEARCH FOR SUPPLIES. BUT IF YOU'VE GATHERED SUPPLIES IN ADVANCE, YOUR FAMILY CAN ENDURE AN EVACUATION OR HOME CONFINEMENT.

There are six basics you should stock in your home:

1. Water
2. Food
3. First aid supplies
4. Clothing and bedding
5. Tools and emergency supplies
6. Special items.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container—such as a large, covered trash container, camping backpack, or a duffel bag.



Water

A NORMALLY ACTIVE PERSON NEEDS TO DRINK AT LEAST TWO QUARTS OF WATER EACH DAY. HOT ENVIRONMENTS AND INTENSE PHYSICAL ACTIVITY CAN DOUBLE THAT AMOUNT. CHILDREN, NURSING MOTHERS, AND ILL PEOPLE WILL NEED MORE.

- Store water in plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)
- Keep at least a three-day supply of water for each



Change your stored water supply every six months so it stays fresh.



Food



STORE AT LEAST A THREE-DAY SUPPLY OF NON-PERISHABLE FOOD. SELECT FOODS THAT REQUIRE NO REFRIGERATION, PREPARATION, OR COOKING, AND LITTLE OR NO WATER. IF YOU MUST HEAT FOOD, PACK A CAN OF STERNO. SELECT FOOD ITEMS THAT ARE COMPACT AND LIGHTWEIGHT AND THAT YOUR FAMILY WILL EAT INCLUDING:

- Ready-to-eat canned meats, fruits and vegetables
- High energy foods – peanut butter, jelly, crackers, granola bars, and trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Canned juices, milk, soup
- Staples – sugar, salt, pepper

*Rotate your stored food
every six months.*



First Aid Supplies

ASSEMBLE A FIRST AID KIT FOR YOUR HOME AND ONE FOR EACH CAR. A FIRST AID KIT SHOULD INCLUDE:

■ Kit Contents:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

■ Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first aid manual to include with your first aid kit.



Clothing and Bedding



INCLUDE AT LEAST ONE COMPLETE CHANGE OF CLOTHING AND FOOTWEAR PER PERSON.

■ Fabrics:

- Hat and gloves
- Thermal underwear
- Sunglasses
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags

■ Sanitation:

- Toilet paper, towelettes
- Soap and liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Rotate clothing for seasonal needs or changes in size.



Tools and Supplies

CHECK BATTERIES IN RADIOS AND FLASHLIGHTS EVERY YEAR AND REPLACE IF NECESSARY. FOLLOW INSTRUCTIONS FOR MAINTAINING YOUR FIRE EXTINGUISHER.

■ Kit Contents:

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench (to turn off household gas and water)
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Show family members how to use a fire extinguisher and where it is kept.



Specialty Items



REMEMBER FAMILY MEMBERS WITH SPECIAL NEEDS, SUCH AS INFANTS AND ELDERLY OR DISABLED PERSONS.

■ **For a Baby:**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

■ **For Adults:**

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment - games and books

■ **Important Family Documents:** Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates)

Ask your physician or pharmacist about storing prescription medications..



Extra Information

WHAT TO DO DURING AN EVACUATION

Several types of disaster may force you to evacuate your home. If you are told to evacuate, take the following steps:

- Listen carefully to instructions given by local officials.
- Grab your Disaster Supply Kit; make sure that you include any prescription medicine that you will need.
- Wear appropriate clothing and sturdy shoes.
- Use travel routes outlined by local officials. DO NOT TAKE SHORT CUTS. THEY MAY BE UNSAFE.

If you go to a shelter, notify staff of any special needs you may have.

WHAT TO DO DURING A SHELTER-IN-PLACE

Sheltering-in-place means staying inside a building. Local authorities may issue a shelter-in-place order during the release of hazardous material that may threaten air quality.

If you are told to shelter-in-place, take the following precautions:

- Take children and pets indoors immediately. Cover your nose and mouth with a damp cloth.
- Close all windows and doors, as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems and any other ventilation.
- Go to an above ground room—not the basement—with the fewest doors. Take a radio with you.
- Wet towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags over the door, windows, exhaust fans, vents, and electrical outlets.
- Minimize the use of elevators as they pump air through a building.

Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.

Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

WATER IN AN EMERGENCY

You can minimize the amount of water your body needs by reducing activity and staying cool. Avoid any water with floating material, an odor, or dark color. DO NOT DRINK FLOOD WATER. Be sure to purify the water before drinking it. Sources of water during an emergency include:

Indoors

- Melted ice cubes
- Water drained from an undamaged water heater
- Water from the flush tank (not the bowl) of a home toilet

Outdoors

- Rainwater
- Streams and rivers
- Ponds and lakes
- Natural Springs

FOOD IN AN EMERGENCY

If activity is reduced, healthy people can survive on half the usual food intake for an extended period of time, and without any food for several days. If your water supply is limited, avoid eating food that is high in fat, protein, and salt. Instead, eat salt-free crackers, whole grain cereals, and canned food with a high liquid content.

If the electricity goes off, use perishable items from the refrigerator first. Then, use the food from your freezer. In a well-insulated freezer, foods will usually still have ice crystals in their centers for three days (meaning it is safe to eat). Minimize the number of times you open and close the refrigerator and freezer doors.

Finally, use non-perishables and staples. For emergency cooking, use a fireplace indoors or a charcoal grill or camp stove OUTDOORS ONLY. You can also heat food with candle warmers, chafing dishes, or fondue pots. Canned food can be eaten right out of the can.

ANIMALS IN AN EMERGENCY

Since your pets depend on you for their well-being, you need to include them in your family disaster plan. If you must evacuate, do not leave pets behind—there is a chance they will not survive or get lost before you return.

Be sure your pet has proper identification tags securely fastened to the collar. Make sure you have a secure pet carrier or leash. Pets may need to be restrained during tense emergencies.

With the exception of service animals, pets are not permitted in emergency shelters. Find out which motels allow pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current. Only some animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use family and friends or keep them with you, if possible.

Remember, wild or stray domestic animals can pose a danger during many types of disaster. Never corner an animal. It may feel threatened and may endanger itself or you. If an animal must be removed, contact your local animal control authorities.



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