

**2015 November Newsletter**

In this newsletter, there are Disaster Preparedness ideas for you to consider, as well as the names of several documents and books with Internet links, which might help you to stay out of harm's way.

This is not a complete list and situations might cause you to choose other options, so this newsletter is meant to start the discussion of disaster planning among your fellow Rotarians, family, friends and neighbors.

We hope it helps and encourage you to provide feedback, additions, corrections and experiences, to help others.



**When Disaster Strikes**

Damages caused from natural disasters might affect all aspects of a neighborhood, community, town, city or region, by limiting or overwhelming Public Services, Businesses and People. Safety, Necessities for Living, Transportation, Communications and Utilities might all be compromised partially or totally.

- ❑ **T**herefore, prior to a disaster, people need to be prepared to provide their own Shelter, Food, Water, First Aid, Communications, Electricity, Warmth, Shade, etc., for themselves, their families, their pets, their animals and a maybe a little extra for others too.
- ❑ **D**epending on the type, severity and probable duration of the disaster, be prepared either to shelter or to evacuate.
- ❑ **D**evelop an evacuation plan and a sheltering plan for yourself, your family, and others in your household. Review the plans and make sure that everyone understands them. If you haven't already done so, put together an emergency supply kit.

The preparations you make today might have an enormous impact on how well you might avoid or survive a disaster.

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# BEING PREPARED – THINK – PLAN

**“Chance favors the prepared mind.”** Chance also favors those who plan for survival. The operative word here is **“PLAN.”**

## **So make a plan.**

The first step in making a plan is to think about the kinds of risks and situations that you and your family may face. Disasters come in all sizes and are usually unexpected. If you review your potential for disasters in various situations and create a plan accordingly then you will be better able to respond better and with greater safety and speed.

## **Review and discuss with your family the following what and what-ifs:**

What are the most likely disasters that might impact me/us? (fire and accidents are the most likely anywhere). **Have a fire extinguisher and first aid kit at home and in your car! Learn basic first aid and CPR.**

## **What if....?**

**We are at home.** What do we need that we do not have on hand?

I am at work and my family is elsewhere. How do we get in contact? Do we have an established rally point? Do we have an out of area phone contact that we all know and have the phone number?

**We are traveling.** If in our car what should we always have in our car to provide for our safety and security?

**The kids are at school.** Do we know the school’s procedures for disaster scenarios? Do we have a plan that everyone in the family knows.

**Are we going to shelter in place or go somewhere else?** If elsewhere how do we let the rest of our immediate family know where to find us?

## **Once you have a plan discuss it at least several times a year.**

**Exercise the plan** at different times during the year. Role play a disaster scenario and learn how to improve your plan. This can be done as a fun family exercise.

**The pages that follow** are designed to provide a general guide to assist you in planning to better survive various types of disasters. These can all be expanded.

**Think about what you might include in your go bag that is not included in the sheet that follows.** For example if not at home have something to help pass the time and reduce stress

**Certain items should be considered for your car** and, if traveling, checked baggage. These include a Swiss style army knife, a cell phone charger that works with a car or battery pack, a small LED flashlight, and at least five days of any medications that do not require refrigeration.

In addition the following items for your car(s) might be considered: emergency flares, a 10x10 waterproof tarp, a roll of duct tape, about 50 feet of ¼” rope, waterproof matches, one or two blankets and some emergency, high energy food and water.

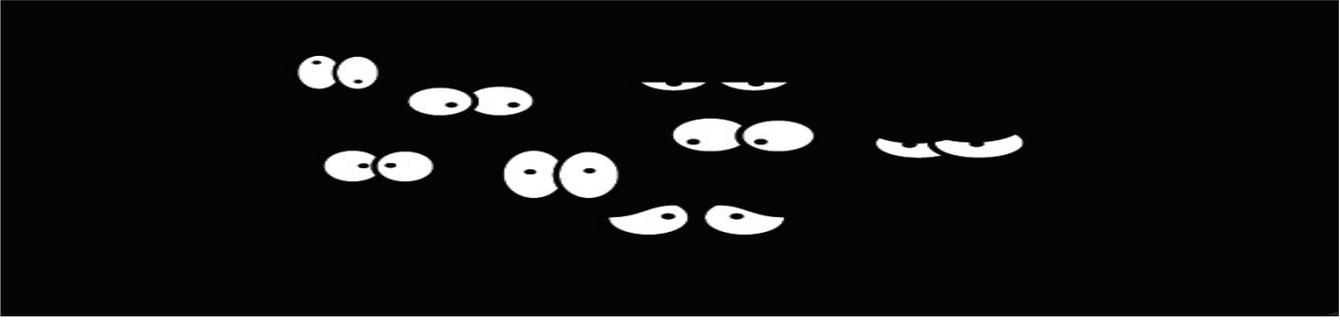
## **So make a plan. Failure to Plan, is a Plan for Failure!**



## Emergency Supplies / 'Go Bag'

An 'Emergency Supply Kit' or 'Go Bag' might include the following:

- ❑ Water—at least a 3-day supply; one gallon per person per day
- ❑ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- ❑ Flashlight
- ❑ Battery-powered or hand-crank radio
- ❑ Extra batteries, cell phone chargers.
- ❑ First aid kit and manual
- ❑ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- ❑ Sanitation and personal hygiene items
- ❑ Baby supplies (bottles, formula, baby food, diapers)
- ❑ Copies of personal documents recorded on a flash drive storage unit (i.e., a 'Digital Go Kit for cars) including photos (for insurance) of every room in the home, photos of collectable art or other collectable items, photos of valuable furniture, and of course scanned copies of wills, deeds, and other important documents like marriage licenses, passports, birth certificates, baptismal records, AND a list of your bank accounts and **PASSWORDS**
- ❑ Copies of personal documents (medication list and pertinent medical information including copies of prescriptions, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ❑ Cell phone
- ❑ Family and emergency contact information and 'safe place' location
- ❑ Extra cash
- ❑ Tools/supplies for securing your home/shelter
- ❑ Multi-purpose tools for cutting, digging, sawing, etc..
- ❑ For winter conditions, have sand, rock salt or non-clumping kitty litter, to make walkways and steps less slippery, and try to always keep your gas tank at least half full
- ❑ For winter conditions, have warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- ❑ Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves
- ❑ Manual (nonelectric) can opener, knife, matches in dry container.
- ❑ Sturdy shoes
- ❑ Respiratory (breathing) protection
- ❑ Eye protection (goggles)



## Extended Power Outages

### Preparations might include:

- ❑ Buy one or more coolers and ice (if possible)—Inexpensive Styrofoam coolers work well.
- ❑ A digital quick-response thermometer— With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.
- ❑ If you have a power generator, store plenty of fuel in an inflammable containers, outside and away from your home.

### Once the power outage occurs:

- ❑ Turn off lights and computers when not in use.
- ❑ Put your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged blackout.
- ❑ Keep refrigerator and freezer doors closed as much as possible. Use perishable food first. An unopened refrigerator keeps foods cold for about 4 hours.
- ❑ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ❑ Lastly use your non-perishable foods.
- ❑ Keep food in a dry, cool spot and keep it covered at all times.
- ❑ Turn off and unplug all electrical equipment, including sensitive electronics. (When power comes back on, surges or spikes can damage equipment.)
- ❑ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out.
- ❑ Leave one light turned on so you'll know when the power comes back on.
- ❑ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.
- ❑ If you have a power generator, only use it outdoors, in a well ventilated area away from the home and away from flammable items.
- ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are: carbon monoxide poisoning, electric shock and fire.
- ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.



## Cyclones/Hurricanes

### HURRICANE SURVIVAL MATERIALS

- Water (7 gallons per person)
- Nonperishable foods; canned meat, fish, fruit and vegetables
- Bread in moisture-proof packaging, cookies, candy, dried fruit
- Canned soups, juices, milk
- Powdered or evaporated milk
- Cereal bars, peanut butter
- Instant coffee and tea
- Pet Food, Pet Meds, Leashes, Carriers, etc.
- Flashlights and spare batteries\*
- Weather Radio
- Battery-operated TV/radio/ alarm clock
- Portable cooler and ice
- Waterproof lighter & Butane lighter

### COOKING EQUIPMENT

- Sterno Fuel
- Portable camp stove or grill, and an extra propane tank
- Charcoal, lighter fluid
- Manual can opener
- Paper plates and cups
- Plastic eating utensils
- Napkins and paper towels
- Aluminum foil
- Oven mitts

### DOCUMENTS

- Photocopies of prescriptions
- Photo identification
- Proof of occupancy of Residence (utility bills)
- Medical history and information
- Water and fireproof container for document storage
- Backup disks of your home computer files
- Camera and film

### BABIES

- Disposable diapers/wipes
- Formula, food and medication

### MEDICAL EMERGENCY SUPPLIES

- First Aid Kit including pain meds, antibiotic cream, antacids
- Prescriptions (one month's supply)
- Mosquito Repellent
- Sunscreen
- Mosquito netting
- Fire extinguisher
- Cash
- Bleach or water purification tablets

### PERSONAL SUPPLIES

- Toilet paper
- Entertainment: books, magazines, cards, etc.
- Soap and detergent
- Toiletries
- Bedding: pillows, blankets, sleeping bag
- Change of clothing
- Rain gear and work gloves
- Extra glasses or contact lenses
- Extra sets of keys
- Ice Chest with freezer pack or ice

### OTHER NECESSITIES

- Tools: hammer, wrenches, screwdrivers, nails, saw
- Lumber
- Rope
- Trash bags, *Garbage Bags*
- Cleaning supplies
- Plastic drop cloth
- Masking or duct tape
- Outdoor extension cords

Compliments of





## Fire

Plan for both Home fires and also for Wildfires if applicable:

- ❑ Plan your evacuation routes for getting out of your home in case of a home fire, and make sure all family members know and practice it!"
- ❑ Post emergency phone numbers (fire, police, ambulance, etc.) by the phone.
- ❑ In case family members become separated during an emergency, be prepared by creating a plan for how to reach one another. Establish an out-of-area contact (such as a relative or friend) who can coordinate family members' locations and information should you become separated. Make sure children learn the phone numbers and addresses, and know the emergency plans.
- ❑ Quiz children every six months so they remember what to do, where to go, and whom to call in an emergency.
- ❑ Assemble a family disaster supplies kit (or 'Go Bag') and keep a smaller one in the trunk of your vehicle including a fire extinguisher.
- ❑ Discuss what to do in an wildfire evacuation. When told by officials, go immediately to a shelter as instructed or to the home of a friend or relative who lives out of the area. Find out about your local shelters beforehand.
- ❑ Know evacuation routes. Pre-establish several different routes in case certain roads are blocked or closed. It is a good idea to have one or more fire extinguishers in the home.





## Volcanoes

- ❑ Tune in for updates and listen for disaster sirens and warning signals.
- ❑ Review your emergency plan and gather your emergency supplies and prepare an emergency kit for your vehicle with food, flares, booster cables, maps, tools, a first aid kit, a fire extinguisher, sleeping bags, a flashlight, batteries, water, etc.
- ❑ Fill your vehicle's gas tank.
- ❑ If no vehicle is available, make arrangements with friends or family for transportation, or follow authorities' instructions on where to obtain transportation.
- ❑ Fill your clean water containers.
- ❑ Fill sinks and bathtubs with water as an extra supply for washing later.

### **If you are told to evacuate:**

- ❑ Follow authorities' instructions if they tell you to leave the area.
- ❑ Take only essential items with you, i.e., Emergency Supply Kit.
- ❑ Turn off the gas, electricity, and water, at the mains.
- ❑ Follow designated evacuation routes—others may be blocked—and expect heavy traffic and delays.

### **If you are told to take shelter where you are:**

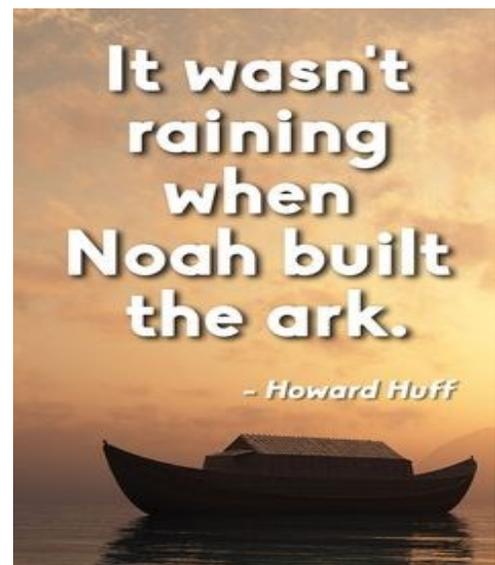
- ❑ Keep listening to your radio or television until you are told all is safe, or you are told to evacuate.
- ❑ Close and seal windows and the fireplace damper.
- ❑ Go to an interior room without windows that is above ground level.
- ❑ Call your emergency contact—a friend or family member who does not live near the volcano—and have the phone available if you need to report a life-threatening condition. Remember that telephone equipment may be overwhelmed or damaged during an emergency.
- ❑ To protect yourself while you are outdoors or while you are cleaning up ash that has gotten indoors, e.g., use an N-95 disposable respirator (also known as an “air purifying respirator”), but if you don't have one, protect yourself by using a nuisance dust mask as a last resort.



## Rain / Flooding

**R**educe the risk of flood damage or injury, from a potential disaster:

- ❑ Install non-return valves in your drainpipes to stop water and/or sewage backup.
- ❑ In flood prone areas consider raising electrical sockets to at least 1.5 meters above the floor.
- ❑ Keep important documents in a secure, watertight container.
- ❑ Move valuables upstairs and secure them in dry containers.
- ❑ Switch off all gas, water and electricity at the mains.
- ❑ Install a flood screen to your outside doors.
- ❑ Use sandbags around your home perimeter, but ensure you can evacuate if necessary.
- ❑ Listen for flood warnings on TV, radio, and internet. If Authorities say evacuate, grab your family, emergency supplies and go!
- ❑ If you are driving and see moving water on the roadway ahead: Turn Around, Don't Drown!





## Earthquakes

### Preparing for an Earthquake:

- ❑ Fasten shelves securely to walls. Store breakable items in low, closed cabinets with latches.
- ❑ Hang heavy pictures, mirrors, etc., away from beds, sitting areas, bathrooms.
- ❑ Reinforce or brace overhead lighting fixtures.
- ❑ Secure water heaters by tying them wall studs and bolting them to the floor.
- ❑ Store flammable products securely on bottom shelves of fireproof, closed cabinets with latches.
- ❑ Choose a safe place in every room, e.g., under a sturdy table or interior wall, where nothing can fall on you. Tell your family in advance to go there if there is an earthquake.

### During an Earthquake:

- ❑ Drop, cover yourself, hold on! Move only a few steps to a nearby safe place.
- ❑ Stay indoors until the shaking stops and you are sure it is safe to exit.
- ❑ Do not use elevators; expect fire alarms and sprinklers to go on if they exist.
- ❑ Stay away from glass, windows, outside doors/walls, anything that might fall.
- ❑ If you are in bed, stay there, protect your head with a pillow.
- ❑ Use a doorway for shelter only if it is near to you and is 'load bearing'.
- ❑ If you are outdoors, move into the open, away from buildings, streetlights, and utility wires.
- ❑ If you are in a vehicle, stop quickly and safely as possible, then remain in your vehicle. Avoid stopping near buildings, trees, utility wires, overpasses.
- ❑ After the earthquake stops, proceed with extreme caution; lookout for and avoid: damaged roads, bridges, debris, or downed wires.
- ❑ **If you are trapped**, do not use a match or lighter, use a flashlight if you have one.
- ❑ Do not move about or kick up dust.
- ❑ Cover your mouth with clothing or a handkerchief.
- ❑ Make noise by blowing a whistle, tapping on pipes, walls, etc., but only shout as a last resort. Shouting can cause you to inhale dangerous amounts of dust.



## Wind / Tornadoes

- ❑ During any storm, listen to local news or a weather radio to stay informed about watches and warnings.
- ❑ Know your community's warning system. Communities have different ways of warning residents about tornados, with many having sirens intended for outdoor warning purposes.
- ❑ Pick a safe room in your home where household members and pets may gather during a tornado. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
- ❑ Practice periodic tornado drills so that everyone knows what to do if a tornado is approaching.
- ❑ Consider having your safe room reinforced. Plans for reinforcing an interior room to provide better protection can be found on the FEMA Web site at <http://www.fema.gov/plan/prevent/rms/rmsp453.shtm>.
- ❑ Prepare for high winds by removing diseased and damaged limbs from trees.
- ❑ Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.

### Watch for tornado danger signs:

- ❑ Dark, often greenish clouds—a phenomenon caused by hail
- ❑ Wall cloud—an isolated lowering of the base of a thunderstorm
- ❑ Cloud of debris
- ❑ Large hail
- ❑ Funnel cloud—a visible rotating extension of the cloud base
- ❑ Roaring noise





## Severe Winter Weather

### How to Prepare for a Winter Storm

- ❑ Insulate your home, e.g., by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ❑ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ❑ Put Together an Emergency Supply Kit for each person and pet in your household.
- ❑ Make sure you have working snow removal tools, snow blowers, extendable roof rakes.
- ❑ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery.
- ❑ If you have a generator for power, make sure you have a plentiful supply of fuel stored in a fireproof, easily accessible location.
- ❑ If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.
- ❑ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing. Make sure your batteries are fully charged.



# Disaster Preparation for Pets



## Caring for Pets

Are you prepared to care for your pets if a disaster should threaten?  
This Pet Emergency Checklist might help:

-  'Lost Photo, Description, Contact information' in case you're separated.
-  Pet food (enough dry and canned food for 5 days)
-  Bottled water (3 gallons)
-  Pet medications and breathing mask
-  Pet carrier or cage, harness, leash, name//address tag, vaccine tags,
-  Blanket
-  Cleanup wipes, disposable garbage bags
-  Litter box, cat litter (these come in handy for other uses too)
-  Flashlight
-  Medical records
-  Pet toys



## Documents and Books

<http://www.preventionweb.net/english/professional/news/v.php?id=27652>

<http://www.redcross.org/prepare>

<http://www.ifrc.org/en/what-we-do/disaster-management/>

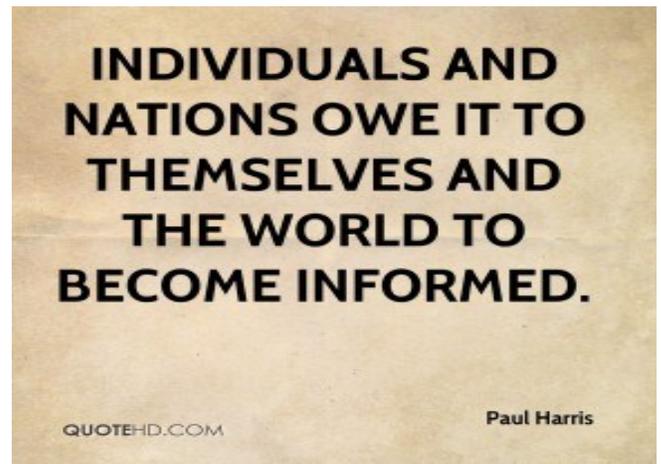
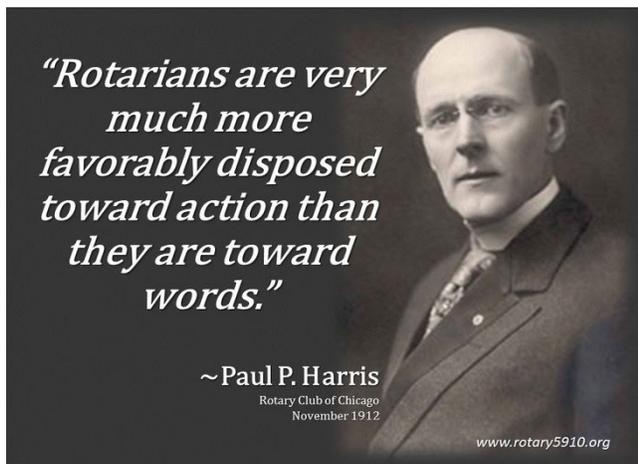
<http://www.ready.gov>

<http://cvemergencykits.com/>

<http://www.sphereproject.org/handbook/>

<http://www.ebookmall.com/ebook/the-complete-idiot-s-guide-to-disaster-preparedness/john-hedtke/9781592578931?gclid=CLmznzfPemMkCFVY9gQodCTEFSQ>

[http://www.amazon.com/Business-Continuity-Dummies-Cabinet-Office/dp/1118326830/ref=sr\\_1\\_11?s=books&ie=UTF8&qid=1447807527&sr=1-11&keywords=%27dummies+books+disaster%27](http://www.amazon.com/Business-Continuity-Dummies-Cabinet-Office/dp/1118326830/ref=sr_1_11?s=books&ie=UTF8&qid=1447807527&sr=1-11&keywords=%27dummies+books+disaster%27)



## Here We Are



**Website go to:** <http://www.dna-rag.com/>

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