

Public Health Preparedness

CHECKLIST FOR DISASTER PREPAREDNESS

First and foremost you want to be prepared for any type of disaster. With each different type of disaster come specific things you will want to do. This is a general overview of what you should do to be prepared for any type of disaster.

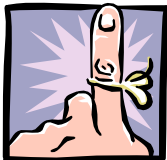
Before the disaster hits:

Always keep non-perishable food on hand:

Keep a three day supply of food for each person.

Suggestions:

- ✓ Canned fruits, vegetables, meats, beans
- ✓ Canned juices
- ✓ High energy food such as dried fruits, nuts and dried meats
- ✓ Extra Jars of food for infants if there are any
- ✓ Comfort or stress food



Remember to keep in mind any special dietary food you or your family may need.

The Rule of Thumb for Water Storage:

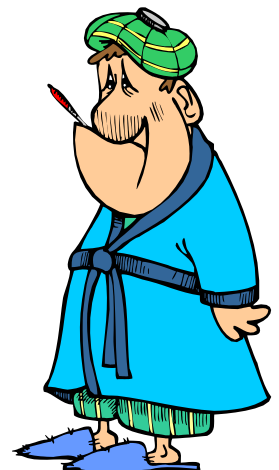
- **One gallon of water** for each person per day.
- Store enough water for each person in your household to have a **three day supply**.

Make sure you store some of the water in bottles for drinking purposes and the rest in larger containers for food preparation and sanitation.



Non-prescription drugs for minor aches and pains.

- ✓ Aspirin, Tylenol or Ibuprofen.
- ✓ Over the counter medication for treatment of symptoms for minor illnesses
- ✓ Laxative
- ✓ Anti-constipation medication
- ✓ Syrup of Ipecac
- ✓ Make sure you have an emergency supply of prescriptions



Tools and Supplies

- ✓ Mess kits, or paper cups, plates, and plastic utensils
- ✓ Battery operated radio and extra batteries
- ✓ Flashlight and extra batteries
- ✓ Cash or traveler's checks
- ✓ Non-electric can opener
- ✓ Fire extinguisher
- ✓ Pliers
- ✓ Tape
- ✓ Compass
- ✓ Matches in waterproof container
- ✓ Signal flare
- ✓ Shut-off wrench to turn off household gas and water
- ✓ Whistle
- ✓ Map of the area (for locating shelters)



Sanitation

- ✓ Toilet paper, towelettes
- ✓ Soap, liquid detergent
- ✓ Alcoholic-based hand sanitizing gels
- ✓ Feminine supplies
- ✓ Personal hygiene items
- ✓ Plastic garbage bags
- ✓ Plastic bucket with tight lid
- ✓ Disinfectant
- ✓ Household chlorine bleach



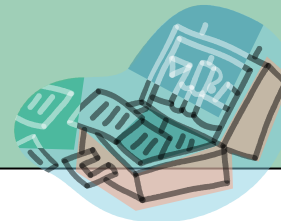
Clothing and Bedding



- ✓ Include at least one complete change of clothing and footwear per person
- ✓ Good quality sleeping bags for each person

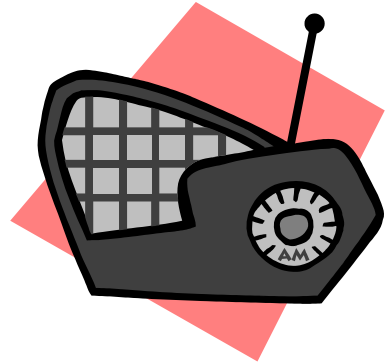
Special Items

- ✓ Remember those family members with special requirements, such as infants and elderly or disabled persons and any needs they may have in a disaster. Don't forget any prescription medication and/or diapers for infants.
- ✓ Important Family Documents
- ✓ Keep important records in a waterproof, portable container
- ✓ Inventory of valuable household goods
- ✓ Family records (birth, marriage and death certificates)



After the disaster has hit:

- **Listen to the radio for any instructions**
- Open any cupboards, doors or closed areas carefully
- Use the telephone only for emergency calls
- Stay away from damaged areas
- If you can, help those in need (i.e.: trapped, injured)
- Clean up all flammable liquids immediately
- Check all utilities for any leaks (water, gas, sewage)
- Conserve fuel
- Eat regularly and drink ample amounts of fluids
- Maintain ventilation if using kerosene heaters
- If symptoms of hypothermia is detected get to a warm area and keep dry



Know the steps to safety:

Find out what could happen to you

- Know and be prepared for any types of disaster, which may be most likely to happen where you are. (Remember disaster can happen when you are traveling or on vacation)
- Learn about your community's warning signals
- Ask about animal care and have a plan for you pet after a disaster
- Find out how to help elderly or disabled persons
- Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.
- Have a plan to have one contact person in a different area to contact in the event of a disaster, they can contact family friend and other loved one to update them on your family's status.
- Have a meeting place for your family should a disaster hit
- Have a list of important phone numbers
- Have a list of prescription medication, illnesses and any allergies for your family

It's important for you to discuss your disaster plan with your family and practice what you will do if a certain type of disaster sticks your area.

Emergency Preparedness Resources For Individuals and Families

Ready, Prepare. Plan and Stay Informed
<http://www.ready.gov/>

FEMA: Are you Ready?
<http://www.fema.gov/areyouready/>

US Department of Homeland Security
<http://www.dhs.gov/xprepresp/>

CDC: Emergency Preparedness and Response
<http://www.bt.cdc.gov/>

Pandemic flu.gov
<http://www.pandemicflu.gov/>

Community Emergency Response Training
<https://www.citizen corps.gov/cert/>

Prepare

Plan

Stay Informed

