

ACERT EMERGENCY DISASTER PLAN

DISASTER PREPAREDNESS

HOW TO PREPARE AT HOME FOR DISASTERS

Developing a Disaster Plan

- How will you escape?
- Where will you meet family members
- What route will you take out of your neighborhood if evacuation becomes necessary? Do you have an alternate route in case your primary route is blocked or otherwise impassable?
- What will you take with you?
- Where will you go?
- What will you need to shelter in place? Do you have those items (or enough of those items)?

Answer these questions with your family.

To build an Emergency Disaster Supply Kit, consider including the following basics:

- Water
- Food
- First Aid Kit
- Tools/Supplies
- Clothing/bedding
- Specialty Items

These items should be easily accessible, preferably stored in a container (airtight) that you can grab and go when needed.

I. Water

How much water will you need? On an average, a normal active person will need to drink three quarts of water per day. Therefore, one gallon of water per person per day is recommended. This amount does not take into consideration what will be needed for children, mothers who will be nursing or persons who may be ill.

Ratios for Purifying Water with Bleach	
Water Quantity	Bleach Added
1 Quart	4 Drop
1Gallon	16 Drops
5 Gallons	1 Teaspoon

If you have questions about the quality of water, purify it before drinking. You can heat water to a rolling boil for 1 minute or use the commercial purification tablets to purify the water. You can use the above table as a guide to purify water.

From the recommended three quarts, you should count on using one quart of the stored water for cooking. Milk cartons will decompose and glass bottles have the propensity to break, therefore, plastic bottles will make ideal storage containers for the water needed for the emergency kits.

II. Food

Non-perishable foods, foods, which require no refrigeration, are suitable for emergencies during the event of a disaster. The recommended allotment per person is a three-day supply. Ready to eat foods (pop-top – require no can openers) such as tuna, chicken, fruit and vegetables. Cans of sterno can be packed to heat foods. Spices; salt, sugar etc may also be stored.

Infants will require food/formula and it is advisable to include vitamins and high-energy items in this kit.

III. First Aid Kit

Consider building a first aid kit for your home and each automobile. Possible inclusion for the kit:

- (20) bandages (varied sizes)
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3x3 sterile gauze pads
- (2) 4x4 sterile gauze pads
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based sanitizer
- Adhesive tape, 2" width
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier – face shield

The first aid kit should also include some common household medicines inclusive of aspirins or non-aspirin pain relievers, anti-diarrhea medication, antacid, syrup of Ipecac (vomit inducer), laxative and activated charcoal.

II. Tools and Supplies

Consider building a first aid kit for your home and each automobile. Possible inclusion for the kit:

- 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 local shelters)

Sanitation – For cleaning and sanitizing purposes, a pail with an air- tight lid, disinfectant, household bleach and plastic garbage bags will be useful.

V. Clothing/Bedding

One set of clothing including footwear for each person should be included in the emergency kit. A blanket or sleeping bag, raingear, sturdy boots thermal wear and gloves are optional items for inclusion and use for emergency preparedness.

VI. Specialty Items

Babies and the elderly along with disabled, special need family members will require special attention. For infants, milk (dry/liquid) diapers (disposable), bottles (also disposable) will be needed.

The elderly/special needs family members may require special medication prescription medicine and eyeglasses.

For entertainment purposes, a deck of cards, board games and books can be of great use during these times of distress.

IMPORTANT FAMILY DOCUMENTS

Wills, policies (insurance), deeds, passports, social security cards, immunizations records, passports, banking / financial information (credit cards) should be stored in waterproof portable containers.

Take inventory of your personal assets, make certain family members know the where abouts of your information. Store a similar/duplicate set of the information in the trunk of your car. Rotate the storage place of the information every six months.

Remember to keep your food and medication dated, that is check the expiration dates. Replace food and water every six months and update the clothing. Additionally any batteries should also be replaced.

Re-assess the needs of the family members once a year.

Create a Family Disaster Plan

Escape Planning

Develop an escape plan that provides for escape from every room. As part of your escape plan:

- I. Consider the needs of children and physically challenged individuals.

- II. Inform all family members or office coworkers of the plan.

- III. Run practice escape drills.

SEE ATTACHED SAMPLE ESCAPE PLAN