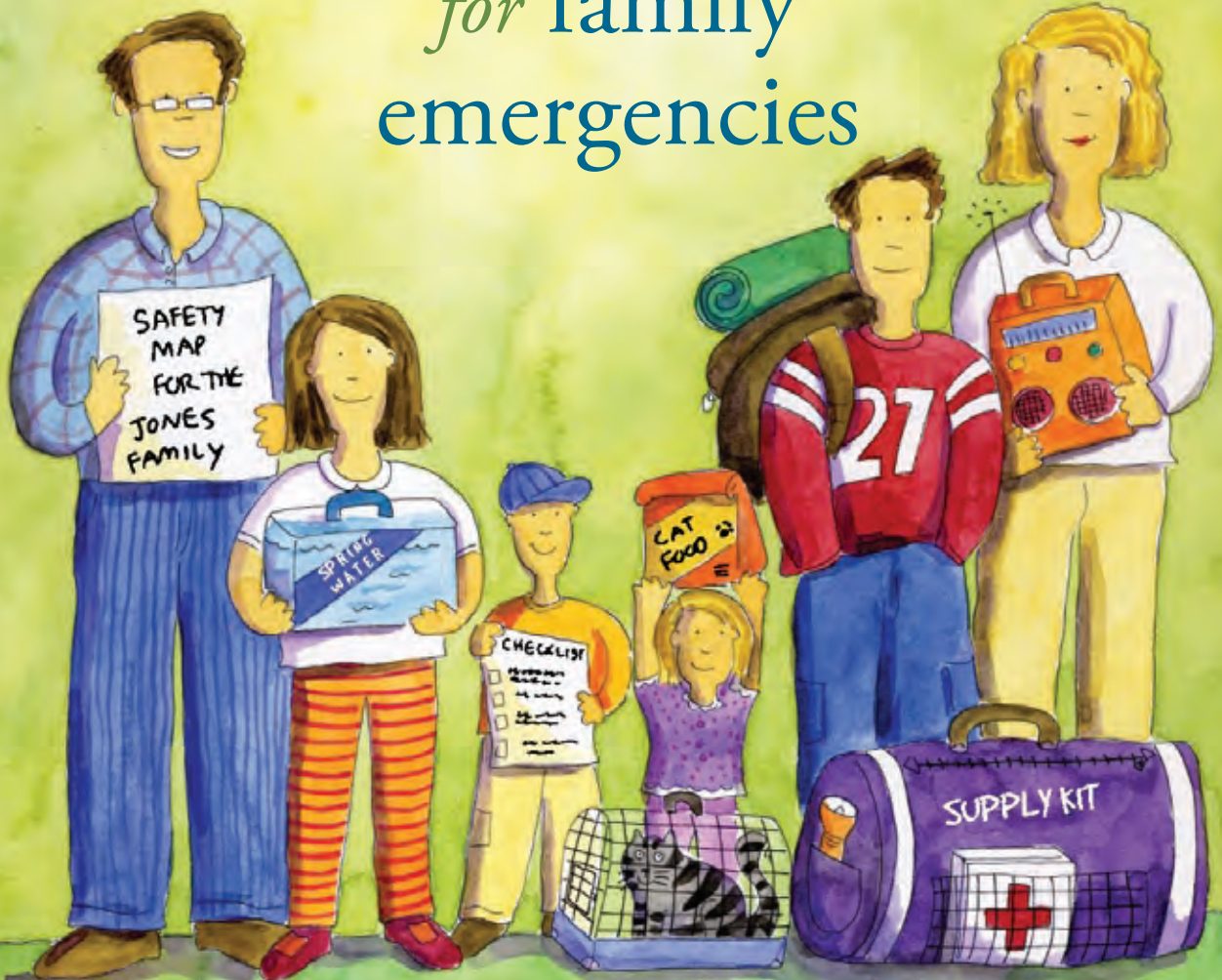


healthy habits *for* family emergencies



Be prepared for disasters and emergencies



Emergencies are part of everyday life. Planning ahead with your families and knowing exactly what to do should be a part of life too.

Disaster can strike quickly and without warning. It can force your family members to evacuate the neighborhood, workplace or school, or can restrict you to your home. Would your family know what to do if basic services like water, gas, electricity or telephones were cut off? Local emergency workers will be on the scene after a disaster, but there may be delays in getting help. The best way to make your family more safe is to be prepared before disaster strikes.



Each year, the American Red Cross responds to over 70,000 natural and man-made disasters.*

* Source: <http://www.redcross.org>

Get informed

Find out what could happen to you.

Contact your local emergency management office* or local American Red Cross Chapter† for information about your area. Here are some questions to ask. Be prepared to take notes!



*The U.S. government organization tasked with helping people before, during and after disasters is called the Federal Emergency Management Agency (FEMA). It is a branch of the Office of Homeland Security. Find your regional office at www.fema.gov.

† To find your local Red Cross chapter, visit www.redcross.org.

Regional Hazards

- ▶ What specific hazards threaten your community?
- ▶ Is there information for the public about these hazards?

Local Warning Systems

- ▶ How does your community warn you that a disaster may be coming?
 - ▶ Emergency announcements on radio and TV
 - ▶ A special siren
 - ▶ A telephone call or cell text message
 - ▶ Emergency workers go door-to-door
 - ▶ Special Internet site
- ▶ How will information be provided to you during and after a disaster?

Community Disaster Plans

- ▶ What are the evacuation routes for your area?
- ▶ Where is the nearest emergency shelter?



You May Not Be Home

Ask about the emergency plans and procedures in places where you and your family spend time outside of the home. Would you know what to do at work? At school? At the child care center?



Your community may use outdoor sirens to warn that a disaster is coming. If you hear a steady, high-pitched sound that lasts for 3-5 minutes, seek shelter!

Make a plan

Have regular family discussions about what to do in case of an emergency. Remember, you may not be together if disaster strikes.



Call 1-800-BE-READY for free information from the U.S. government about emergency planning.

What your family should understand

Know what to expect

- ▶ Discuss the types of disasters that are most likely to happen in your community
- ▶ Explain what to do for each type of potential emergency

Know two places to meet

1. Decide where to meet outside your home in case of a sudden emergency (like a fire)
2. Decide where to meet outside your neighborhood in case you can't return home. Make sure everyone in your family knows the address and phone number.

Know the family contact person

Did you know that after a disaster, it is often easier to make a long-distance call than a local one?

- ▶ Ask an out-of-state friend to be your "family contact"
- ▶ Everyone in your family must memorize the contact's phone number
- ▶ If a family member gets separated during the emergency, they should call this contact person



In an emergency situation, you might have to leave home in a hurry.

BE PREPARED WITH A FAMILY ESCAPE PLAN

Draw the floor plan for your residence

On a piece of paper, use a colored pen to draw:

- ▶ Doors
- ▶ Windows
- ▶ Stairways
- ▶ Large furniture

Draw the escape routes for your family

Use a different colored pen to draw:

- ▶ A dotted line showing at least two escape routes out of your residence
- ▶ The place outside where family members should meet

Practice your family escape plan

Your whole family should:

- ▶ Memorize the escape plan
- ▶ Practice the plan at least twice a year

DON'T FORGET SPECIAL NEEDS

For your family

Are there very young children, very old people or people with disabilities in your family? If so, they probably have special needs. Store essential items for them in a designated place for easy pickup on the way out.*

For your pets, too

- ▶ Don't forget to take your pets with you if you have to evacuate
- ▶ Make sure each has an I.D. tag, collar and leash
- ▶ It's good to have a current photo of your pets, in case they get lost
- ▶ Put pet food in your emergency kit



* See page 10 for examples of essential items.



Did you know that pets are not permitted in many public shelters? Plan on taking them to the home of a designated friend or to a “pet-friendly” motel.

Use these checklists to help make sure your family is ready for any disaster or emergency.

HOME SAFETY CHECKLIST

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.)
- Install smoke detectors on each level of your home (check batteries regularly)
- Install a carbon monoxide gas detector
- Conduct a home hazard hunt to identify items that could pose danger in an emergency (inside and outside)
- Make a record of all of your household possessions and include property identification numbers (for insurance and tax purposes); videotape key items
- Store a copy of this record somewhere away from home, such as in a safe deposit box
- Take a first aid and CPR class*
- Consider installing shutters on vulnerable windows

Each family member should know:

- Where the “safe” spots are
- When and how to dial 911 or emergency services
- How to use the fire extinguisher
- What to do when the power goes out, where to find flashlights, battery-powered radios, etc.
- How to find and turn off the water and electricity if necessary
- When and how to evacuate the home

POWER OUTAGE SAFETY CHECKLIST

Even a simple power failure can be scary and may turn into an emergency situation. Does everyone in your family know what to do? Here are a few tips to talk about and remember.

If the electricity goes off

- Call your local power company to report the power outage
- Use flashlights or battery-operated lanterns; no candles (they are a fire hazard)!
- Turn on a battery-powered radio and listen for emergency news bulletins
- Turn off all major appliances
- Use portable generators cautiously; they must be out-of-doors and in an open area

Food safety

After a power outage, here are some rules to remember about the food in your house.

- If the power is out for less than two hours, the food in your fridge will be safe to eat
- A freezer that is half full will hold food safely for up to 24 hours
- A full freezer will hold food safely for 48 hours

*Your local Red Cross offers classes on emergency first aid

EMERGENCY PREPARATION CHECKLIST

If there is warning in advance of a disaster, there are things you can do to protect your home and take control of the situation. Take these steps only if local officials have not asked you to leave.

Protect your home

- Clear your lawn and driveway of objects that may become hazards (move furniture indoors)
- Turn off electricity and water at the source
- Leave the natural gas on; this is important since only a professional can turn it back on
- Turn off any propane gas tanks
- If high winds are expected, cover the outside of unprotected windows with plywood
- Monitor the radio and television for emergency news bulletins

Protect your valuables

- Move your valuable objects to a safe area
- Withdraw an adequate amount of cash from bank

EMERGENCY EXIT CHECKLIST

If there's no time to lose and you have to get out fast, here are some important tips.

Protect your family

- Dress everyone in protective clothing (long-sleeved shirts, long pants, sturdy shoes, etc.)
- Make sure you have your house and car keys, and lock your doors behind you
- Don't forget your pets
- Take your emergency supplies kit with you
- Stay on approved evacuation routes



Always have at least one wired phone in your home as cordless models don't work without electricity and cell phones often have intermittent reception in a disaster.

Build a supplies kit*

If you need to evacuate your home in a hurry, chances are you won't have time to stop and put together a "survival" kit. But if you've gathered supplies in advance, it will be easier for your family to handle an evacuation or home confinement. A disaster supplies kit is simply a collection of basic items that your family may need to stay safe and comfortable in case of an emergency.

Plan on having at least three days of supplies on hand. Store your supplies in an easy-to-carry container such as a large trash container or duffle bag. There are six basics you should stock in your kit to prepare for an emergency:

- ▶ Water
- ▶ Food (include for pets)
- ▶ Clothing and bedding
- ▶ First aid supplies (including prescription medications)
- ▶ Tools and emergency supplies
- ▶ Items for family members with special needs

Store your kit in a convenient place known to all family members. It's also a good idea to keep a smaller version of the disaster supplies kit in the trunk of each car.



*See page 12 for a detailed list of items.



It may not be possible to include all of these items in your family's disaster supplies kit. Use these checklists as your guide to learning what the experts recommend.

WATER

- A three-day supply of water - three gallons per person per day

Storage tips

- Store your water in sealed, unbreakable containers
- Identify the storage date and replace every six months

FOOD

- A three-day supply of non-perishable packaged or canned food
- Vitamin, mineral and protein supplements

Storage tips

- Keep food in a dry, cool spot (a dark area if possible)
- Check expiration dates regularly and replace any food that is outdated

REMINDER: Choose foods that don't need to be refrigerated or cooked.



CLOTHING & BEDDING

Each person in your family should at least have at least:

- One complete change of clothes and pair of sturdy shoes
- One blanket or sleeping bag

FIRST AID SUPPLIES

At a minimum, your first aid kit should have the following basic items:

- Adhesive bandages of various sizes
- Antiseptic wipes
- Pair of large, medical grade non-latex gloves
- Adhesive tape
- Anti-bacterial ointment
- Cold packs
- Scissors
- Tweezers
- CPR breathing barrier, such as a face shield
- Non-prescription medications (aspirin, anti-diarrhea medication, antacids, etc.)

REMINDER: Make a first aid kit for your home, and one for each car.

TOOLS & EMERGENCY SUPPLIES

Here is a basic list of essential tools and supplies:

- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Non-electric can opener
- Utility knife
- Paper cups, plates and plastic utensils
- Emergency preparedness manual
- Portable ice chest

Sanitation items

- Toilet paper and towelettes
- Soap and liquid detergent
- Feminine supplies
- Personal hygiene items (toothbrushes, deodorant, disposable razors, etc.)

DON'T FORGET SPECIAL ITEMS

Be sure to include items that infants and elderly household members may require, such as:

- Diapers and baby wipes
- Infant formula and baby bottles
- Medical equipment and devices (dentures, crutches, etc.)
- Contact lenses and extra eyeglasses
- Prescription medications (three-day supply)

REMINDER: It's a good idea to include copies of prescriptions for eyeglasses or medicines.



Congratulations! You've created a basic disaster supplies kit. To complete the process, here's one more checklist to consider.

IMPORTANT PAPERS / FINANCIAL ITEMS

Keep photocopies of the following items in a waterproof case that can be picked up during an emergency.

Important records

- Your will
- Insurance policy information
- Proof of residence (the deed or lease to your home or apartment)
- Identification records (drivers licenses, passports, social security cards, etc.)
- Family records (birth, marriage, death certificates)
- Photo of each family member and pet

Medical Items

- Immunization records
- A list of family physicians
- A basic first aid manual

Financial Items

- Bank account information
- Credit card account information
- Cash and coins

When disaster strikes

Disasters come in many forms. Natural forces like winds, floods, fire, ice, earthquakes or volcanoes can cause them. Other emergencies can include releases of hazardous materials or even attacks by terrorists. When disaster strikes, the best protection is knowing what to do.

This section will provide guidelines for your family to follow at home, in a car and at work.



Earthquake Safety - Regional Disaster

BE PREPARED

Identify “safe spots” in your home

Choose a safe place in every room where nothing can fall on you.

- ▶ Under a sturdy table or desk
- ▶ Against an inside wall, away from windows or loose objects

Practice **DROP, COVER, AND HOLD ON** with the whole family

- ▶ DROP to the floor
- ▶ Get under something for COVER
- ▶ HOLD ON during the shaking

WHEN THE SHAKING BEGINS

If you are inside

- ▶ Move only a few steps to a nearby safe spot
- ▶ DROP, COVER, AND HOLD ON!
- ▶ Stay indoors until the shaking stops

If you are in bed

- ▶ Hold on and stay there, protecting your head with a pillow

If you are outdoors

- ▶ Find a clear spot away from buildings, trees and power lines
- ▶ Drop to the ground

If you are in a car

- ▶ Slow down and drive to a clear place (as described above)
- ▶ Stay in the car until the shaking stops

AFTER THE SHAKING STOPS

- ▶ Check your family for injuries and give first aid if needed
- ▶ Put on sturdy shoes to protect your feet from broken glass
- ▶ Check your home for safety hazards. (Gas, water, sewage breaks, downed power lines, etc.)
- ▶ Listen to the radio and watch TV for instructions
- ▶ Expect aftershocks
- ▶ Use the telephone only to report life-threatening emergencies



Hurricane Safety - Regional Disaster

BE PREPARED

If you live in a hurricane zone, there are things you can do before storm season

- ▶ Install storm shutters for each window
- ▶ Keep your trees trimmed and wind resistant

WHEN A HURRICANE WATCH IS ISSUED*

- ▶ Listen to your local radio or watch television for up-to-date storm information
- ▶ Prepare to bring inside any items on your lawn or driveway that could become wind hazards
- ▶ Prepare to cover all windows of your home with plywood

WHEN A HURRICANE WARNING IS ISSUED*

- ▶ Complete your preparations; bring outside items inside
- ▶ Listen to the advice of local officials, and leave if they tell you to do so
- ▶ If you are not advised to evacuate, stay indoors and away from windows

DURING THE STORM

If you are at home

- ▶ Remain indoors, in the center of your home, in a closet or bathroom without windows
- ▶ Be aware that the calm “eye” is deceptive; the storm is not over and the worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction

If you are in your car

- ▶ If you come upon a flooded road, turn around and go another way
- ▶ If you are caught on a flooded road, get out of the car and climb to higher ground

AFTER THE STORM HAS PASSED

- ▶ Keep listening to your local radio or watch television for instructions
- ▶ If you are evacuated during the storm, return home only when local officials tell you it is safe



*A hurricane **watch** means that hurricane conditions are **possible** in the specified area of the WATCH (usually within **36 hours**).

*A hurricane **warning** means that hurricane conditions are **expected** in the specified area of the WARNING, usually within **24 hours**.

Tornado Safety - Regional Disaster

BE PREPARED

Tornadoes are nature's most violent storms. A tornado can reach 300 MPH. Damage paths can be over a mile wide and 50 miles long.

Know the danger signs

- ▶ Dark, often greenish sky
- ▶ Large hail
- ▶ A large, dark, low-lying cloud (particularly if rotating)
- ▶ A loud roar that sounds like a freight train
- ▶ Before a tornado hits, the wind may die down and the air may become very still

Teach your family

- ▶ To know the "safe spots" in your home if a tornado occurs
- ▶ To know the difference between a tornado watch and a tornado warning

WHEN A TORNADO WATCH IS ISSUED*

- ▶ Remain alert for approaching storms
- ▶ Remind family members where the safest spots within your home are located
- ▶ Listen to local radio or watch television for further developments

WHEN A TORNADO WARNING IS ISSUED*

- ▶ If you are inside, go to your "safe spot."
- ▶ If you are outside, seek shelter immediately!

DURING THE TORNADO

If you are in a house or other structure

- ▶ Go to a shelter area such as a basement, storm cellar, or the lowest building level
- ▶ If there is no basement, go to the center of an interior room on the lowest level; closets or hallways are good, but stay away from corners, windows, doors and outside walls
- ▶ Put as many walls as possible between you and the outside!
- ▶ Get under a sturdy table and use your arms to protect your head and neck
- ▶ Contrary to popular belief, you should not open windows

If you are in a vehicle or mobile home

- ▶ Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter

If you are outside with no shelter

- ▶ Lie flat in a nearby ditch or depression and cover your head with your hands
- ▶ Do not get under an overpass or bridge
- ▶ Never try to outrun a tornado in a vehicle; get out fast and seek shelter



*A tornado **watch** is issued when tornadoes are **possible** in your area.

*A tornado **warning** is issued when a tornado has been **sighted** or seen by weather radar.

Flood and Flash Flood Safety

BE PREPARED

Know what to expect

Did you know that everyone in the U.S. lives in a potential flood zone? Be alert to the possibility of a flood or a flash flood if:

- ▶ It has been raining hard for several hours
- ▶ It has been steadily raining for several days

WHEN A FLOOD WATCH IS ISSUED*

- ▶ Listen to your local radio and watch television for information
- ▶ Move your furniture and valuables to higher floors of your home
- ▶ Fill your car's gas tank, in case an evacuation notice is issued

WHEN A FLOOD WARNING IS ISSUED*

- ▶ Continue to monitor your local radio and television for information
- ▶ If told to evacuate, do so as soon as possible
- ▶ Move to higher ground away from rivers, streams, creeks and storm drains

DURING THE FLOOD

If you are in a house or other structure

- ▶ Listen to a battery-operated radio for the latest information
- ▶ Fill bathtubs, sinks and jugs with clean water in case water becomes contaminated
- ▶ If local authorities instruct you to do so, turn off utilities at the source
- ▶ If told to evacuate your home, do so immediately
- ▶ If waters rise inside your house before you can get out, retreat to the second floor, the attic, and if necessary, the roof

If you are in a vehicle

- ▶ Avoid driving in flooded areas
- ▶ If you come upon a flooded road, turn around and go another way
- ▶ If your car stalls in rising waters, abandon it immediately and climb to higher ground



*A flood **watch** means that it is **possible** in your area.

*A flood **warning** means that it is **occurring** or will occur very soon.

Fire and Wildfire Safety*

BE PREPARED

There are many things you and your family can do to protect your home from fire and wildfires. The lists that follow offer basic tips. For more detailed information, talk with your local fire department.

Create a fire safety zone around your home.

- ▶ Rake leaves, dead limbs and twigs; clear all flammable vegetation
- ▶ Mow grass regularly

Protect your home

- ▶ Regularly clean roofs, gutters and chimneys
- ▶ Install a smoke detector on each level of your home, especially near bedrooms; don't forget to test them monthly and change the batteries at least twice each year

Learn and teach fire safety

- ▶ Post fire emergency telephone numbers in plain view
- ▶ Plan several escape routes away from your home (by car and by foot)
- ▶ Teach your children not to play with matches, lighter or candles

WHEN WILDFIRE THREATENS

- ▶ Listen to your battery-operated radio for reports and evacuation information
- ▶ Follow the instructions of local officials



If advised to evacuate, do so immediately

- ▶ Wear protective clothing (long-sleeved shirt, long pants and sturdy shoes)
- ▶ Bring gloves and a handkerchief to protect your face

IF YOU HAVE TIME TO PROTECT YOUR HOME

Inside

- ▶ Close windows, vents, doors, blinds and heavy drapes; remove lightweight curtains
- ▶ Shut off gas at the source; turn off pilot lights
- ▶ Open the fireplace damper; close the fireplace screens
- ▶ Move flammable furniture into the center of the home away from windows

Outside

- ▶ Turn off propane tanks
- ▶ Remove combustible items
- ▶ Connect the garden hose to outside taps
- ▶ Place lawn sprinklers on the roof and near above-ground fuel tanks; wet the roof
- ▶ Wet or remove shrubs within 15 feet of the home



*Since fire safety regulations vary by state, check with your local fire department for requirements in your area.

Terrorism - Preparing for the Unexpected

WHAT WE KNOW

As we learned from the events of September 11, 2001, terrorism is a real threat here in the United States. This brochure is intended to provide you with basic overview information. For more detailed information, contact your local emergency management office, or visit the Terrorism section of www.redcross.org.

If a terrorist attack occurs

- ▶ There can be casualties and/or damage to buildings in your community
- ▶ Workplaces and schools may be closed
- ▶ There may be restrictions on domestic and international travel
- ▶ Your family may have to evacuate an area
- ▶ Clean-up may take many months



IF DISASTER STRIKES

Be patient

- ▶ Remain calm
- ▶ Listen to your radio or watch television for news and instructions

Check the people around you

- ▶ Look for injuries
- ▶ Give first aid and get help for the seriously injured

Check your home

- ▶ Check for damage using a flashlight; do not light matches or turn on electrical switches
- ▶ Check for fires, fire hazards and other household hazards

- ▶ Sniff for gas leaks; if you suspect a leak, turn off the gas at the source, open your windows and get everyone outside quickly
- ▶ Shut off any other damaged utilities
- ▶ Secure your pets
- ▶ Call your family contact; do not use the telephone again unless you need to report a life-threatening emergency
- ▶ Check on your neighbors, especially those who are elderly or disabled

LISTEN TO THE EXPERTS

- ▶ If local authorities ask you to leave your home, follow their advice immediately



Shelter-in-Place

WHAT IT MEANS

In the event of a terrorist act or other public emergency, you may be advised by local officials to “shelter in place.” This simply means that you should remain inside your home or office and protect yourself there until further notice.

WHAT YOU SHOULD DO

Prepare your home or office

- ▶ Close and lock all windows and exterior doors
- ▶ Turn off all fans, heating and air conditioning systems
- ▶ Close the fireplace damper

Move to safety

- ▶ Get your disaster supplies kit, and make sure the radio is working
- ▶ Go to an interior room without windows that is above ground level

Wait for the “all clear” announcement

- ▶ Monitor your radio or television until you are told all is safe or you are told to evacuate



Nobody likes to think about a disaster happening to them, but some planning ahead can help make a difficult situation a little easier. For this reason, the American College of Emergency Physicians (ACEP) has partnered with HealthLink®, Inc. to bring you the enclosed brochure, *Healthy Habits for Family Emergencies*.

This brochure provides guidance on steps to take now to prepare your home and your family ahead of time. It explains general emergency preparedness and also lays out specific tips for each type of disaster.

ACEP works to educate individuals and families on how to lead healthier lives. If an emergency occurs, your local emergency physicians stand ready to provide state-of-the-art care to you and your children. For more information on medical emergencies and health and safety tips, please visit www.acep.org.

President
American College of Emergency Physicians



At HealthLink, Inc., promoting healthy habits to families and increasing access to health care are two major priorities. Maintaining wellness and preventing chronic disease begins at home, and ensuring health coverage for all family members is fundamental to both.

To help families instill the long-term habits necessary to live active and healthy lifestyles, the WellPoint Foundation has created a series of children-friendly educational tools. This publication, *Healthy Habits for Family Emergencies*, is a collaborative effort with the American College of Emergency Physicians to educate parents on the various disasters that can occur and the importance of preparing your family in advance.

While infrequent, a natural or man-made disaster can literally happen at any time. It is our hope that you will read through this publication with your entire family and implement the steps to help you in a family emergency.

Dennis Matheis,
President
HealthLink®, Inc.

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ADDITIONAL RESOURCES

- ▶ American Red Cross: www.redcross.org
- ▶ Centers for Disease Control and Prevention: www.cdc.gov
- ▶ U.S. Department of Energy: www.energy.gov

- ▶ U.S. Department of Health and Human Services: www.hhs.gov
- ▶ Federal Emergency Management Agency: www.fema.gov
- ▶ Environmental Protection Agency: www.epa.gov