Are You Ready?

Personal and Family Emergency Preparedness
Purpose of Planning for an Emergency

• Minimize damage
• Ensure the safety of individuals
• Protect vital records/assets
• Allow for self-sufficiency for at least 72 hours, sometimes 14 days depending on the situation
• Provide for continuity of operations
Preparing Makes Sense

During an emergency, help may not be available immediately

Community preparedness starts with the individual

Preparing reduces anxiety
A Personal Approach to Preparing for Disasters

• Beginning to prepare is tough, but essential.
• Your preparations will be specific to your needs.
• There is no right or wrong way, it is personal.
• Your preparedness will also help others that depend on you to be prepared:
  – Your family, community, employer, volunteer organization.
Natural Disasters In Our Area

- Hurricanes
- Winter Storms
- Power Outage
- Floods
- Fires
- Infectious Disease
Man Made Disasters
CHECKLIST

Step by Step Process
1. Have a Communication Plan
Communication May Be Interrupted

- Land lines may be physically down
- Cell phone lines may be overwhelmed
- Power outage may cause problems for cordless telephones or cell phones
Pre-Identify Back-up Plans

Identify a contact person living out of area

Identify a meeting site for family
Know the Emergency Plan for your Children’s Schools

- Schools have emergency communication plans
- Know school emergency plans and phone numbers
- Identify how school will communicate quickly in a large scale disaster
Family Emergency Communication Plan: How Do We Reach Each Other Quickly?

- Complete an **Emergency Contact Card** for each family member
- Have out-of-town contact and phone #’s
- Keep card in wallet, purse, backpack, etc.

![Family Emergency Contact Card](image-url)
2. Prepare to Stay Safe at Home
Create a Stock of Emergency Supplies at Home
Emergency Supplies for Home

• Essentials to survive at home for 2 weeks
• Supplies to care for an ill family member
• Supplies to care for a family member with special needs (infants, chronic illness, etc)
• Assume few or no resources available
Emergency Supplies for Home

- Purchase “one extra” philosophy
- Stockpile philosophy

*There is more than one right way to do it!*
Know Home Safety Practices

- What to do in a power outage
- Utility and water shut off
- Smoke and carbon monoxide detector
- How to dial 911
- Learn first-aid and CPR
- Use of fire extinguisher
Be prepared to “Shelter-in-Place”

- Term used by emergency planners
- Can occur following release of biological or infectious disease
- Instruction to shelter-in-place will come from emergency or public health officials
- Usually occurs over a few hours or a day
3. Prepare to Stay Healthy
Health Issues During an Emergency

• Hospitals may be overwhelmed
• Emergency response services (911) may be delayed or unavailable
• Have health supplies on hand
• Practice good health habits to minimize spread of illness
• Prepare for family members needing care at home
Have a First-Aid Kit

- First-aid manual
- Adhesive bandages
- Sterile dressings
- Roller gauze
- Adhesive tape
- Fever reducing medication
- Anti-diarrhea medication
- Antiseptic
- Disposable gloves
- Cold pack
- Scissors
- Tweezers
- CPR breathing barrier
- Emergency blanket
Prevent Spread at Home

Hand Hygiene:
• Wash hands frequently
• Wash vigorously for 15-20 seconds
• Use warm water and soap
• Rinse and dry thoroughly
• Use alcohol-based hand rubs if hands are not visibly soiled
Prevent Spread at Home

Respiratory Etiquette:

• Cough and sneeze into your sleeve or fabric
• If you use tissues-dispose of after each use
• Keep hands away from eyes, nose, and mouth
Prepare to Care for Ill Family Members

• Have a thermometer
• Have fever reducing medications
• Ensure you have liquids on hand for fever and dehydration - BRAT remedy
• Learn fever reduction and dehydration prevention techniques
• Watch for information from the health department in times of community illness
• Have family physician and after hours phone numbers readily available
4. Have an Evacuation Plan
Reasons to Evacuate

• Hazardous spill or release
• Fire
• Explosion
• Flood
• Other weather related risk
Family Evacuation Plan

• Select meeting sites
• Know school evacuation plan
• Make arrangements for pets or take them with you
• Make a family drill plan
5. Prepare a Go Kit

• Personal, specific and essential supplies for families for 3 days away from home
• Include supplies for pets
• Portable container, tub or backpack
• Ready at all times for immediate evacuation
Include Documents In Go Kit

Make sure these items are in waterproof container:

– Personal identification
– Emergency contacts with phone numbers
– Cash & coins
– Credit/ATM cards
– Extra set of house & car keys
– Maps of the area
– Copies of important documents
Go Kit - Supplies for 3 Days

- Radio and flashlight
- Extra batteries
- Small first-aid kit
- Medications
- Keys/cash/coins
- Important documents
- Contact phone numbers
- Water (1 gallon/person/day)
- Can opener
- Change of clothes/shoes
- Blanket/sleeping bag
- Tools/special needs
- Personal hygiene supplies
- Sanitation supplies
Create a Car Kit

- A Car Kit should remain in your vehicle at all times for emergencies on the road
- Keep your gas tank at least half full
Know your Evacuation Procedure

• Take emergency Go Kit
• Lock your home
• Turn off utilities if time permits
• Post a note and/or initiate emergency communication plan
• Go to designated family meeting site
Make a plan to develop YOUR plan.
Personal Preparedness

- NC State PackReady
- Ready.gov
- Ready NC
- Red Cross
- CDC
Useful Apps

Download Red Cross apps at redcross.org/mobileapps
Useful Apps

- Waze
- MyRadar
- Zello
- ICE
- Snapchat
- CDC
- NC State
- KB State
- Safety Check
- World Health Organization
NC State On Campus App
You can share with your family AND they can also receive Wolf Alerts!
Emergency Preparedness and Crisis Response

TOOL KIT

https://go.ncsu.edu/preparedness-toolkit
Volunteer - Get Trained

www.redcross.org/take-a-class

www.ready.gov/CERT

www.cpr.heart.org

https://mrc.hhs.gov