

Common Emergency

Protective Actions:

Shelter-in-Place or Evacuation

Shelter-in-place means to stay indoors.

If this is recommended, move all people and pets inside. Local officials will provide instructions on necessary actions.

These might include:

- Close all windows and doors.
- Take disaster kit with you.
- Turn off air-conditioning, ventilation systems and dryers.
- Close fire damper.
- Tape around doors, windows, exhaust fans or vents.
- Wet towels and place in crack under door.
- Stay away from windows.
- Stay in one room and listen to emergency broadcasts on radio and TV until told to evacuate.

Evacuation means to leave the area of actual or potential hazard.

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- If an evacuation is ordered, follow directions regarding evacuation routes and the location of shelters.
- Wear protective clothing and sturdy shoes.
- Take disaster kit with you.
- Close car windows and air vents and turn off heater or air conditioner.
- Shut off water, gas and electricity before leaving. Lock your home.
- Post a note telling others when you left and where you are going.

Where will you be when disaster strikes?

Disaster can strike quickly and without warning. What would you do if basic services—water, gas, electricity or telephones—were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Families can, and do, cope with disaster by preparing in advance and working together as a team. Follow the steps in this brochure as part of your family's disaster plan. *Knowing what to do is your best protection and your responsibility.*

If a disaster strikes:

Remain calm and patient. Put your plan into action.

Check for injuries. Give first aid and get help for seriously injured people.

Listen to your battery powered radio for news and instructions.

Check for damage in your home: fire hazards, gas leaks, spilled hazardous materials.

Do not use the telephone unless it is a life-threatening emergency. Keep the lines open.

Confine or secure your pets. Make arrangements for their care.

Make sure you have an adequate supply of water in case service is cut off.



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Personal Emergency

Preparedness

Are you ready?



The threat of a terrorist incident is higher than ever before. Not to mention the threat of a natural disaster is ever-present. No state or individual is immune. Preparation for terrorism and natural disaster should be built on systems of thinking and planning ahead. *The responsibility to meet such disasters lies with us all.*

This brochure is intended to raise awareness of the need to plan for potential incidents and enhance your capacity to effectively manage potential risks in your environment.

What should I put in my family Disaster Kit?

The following is a suggested list of items to make your family more comfortable in a disaster. Of course, food and water are of utmost importance.

*This list can look overwhelming.
Start small and grow from there.*

Water & Food



- Water - 1 gallon per person per day (2 quarts for drinking, 2 quarts for food preparation & sanitation).
- Food (basic) - canned meat, fruit, vegetables, juice, soups, powdered milk, peanut butter, jelly, crackers, granola bars, trail mix, cereal bars, raisins & other dried fruit.
- Food (comfort/stress) - instant coffee, tea, cookies, hard candy/lollipops, sweetened cereals.
- Food & supplies (for infants/elderly/special diets)
- Staples - sugar, salt, pepper
- Can opener (manual)
- Camp stove to heat food/water. Matches in waterproof container.
- Disposable plates, bowls, cups, utensils, sharp knife
- Ziplocks, jars & cans with lids
- Vitamins
- Bleach (to purify drinking water)
- Pet food and bowls



Sanitation

- Buckets with tight lids
- Household bleach, disinfectant
- Toilet paper
- Paper towels
- Feminine sanitary supplies
- Diapers/adult incontinence pads
- Large trash bags
- Alcohol-based hand sanitizer
- Personal hygiene - toothbrush, toothpaste, soap towelettes, towel



Household

- Flashlight, batteries
- Radio, AM/FM, batteries
- Weather radio, batteries
- Small tool kit
- Whistle
- Tape, duct
- Plastic sheeting
- Pocket knife
- Signal flare
- Fire extinguisher
- Paper, pencil
- Aluminum foil
- Scissors
- Keys, house & car (extra)
- Cell phone and chargers electric & car)
- Pet supplies - cage, leash, medicine, veterinary shot records.



Medical

- First Aid kit
- Aspirin/Tylenol
- Anti-diarrhea medicine
- Laxative
- Antacid
- Activated charcoal (poisoning)
- Prescription medications (14-day supply, to prepare to move to a shelter)
- Hearing aid batteries
- Eyeglasses (extra), sunglasses
- Sunscreen, Insect repellent
- Lip balm



Personal Items

- Blanket/sleeping bag/pillow
- Clothing, rain gear, sturdy shoes
- Checkbook, credit cards, cash
- Personal identification
- Papers, personal (copies, not originals) - bank accounts, insurance policies, will, inventory of valuable household items, birth & marriage certificate, social security card, immunization record. Keep in waterproof portable container.
- Phone numbers - relatives, physicians
- Bible or other religious material
- Games, cards, books