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IS NOT A QUESTION OF IF IT WILL HAPPEN, BUT WHEN

PLAN NOW BEFORE A DISASTER SO THAT YOU AND YOUR FAMILY PREPARED.

PURPOSE OF THIS GUIDE

The importance of preparing ourselves for disasters is universal. Emergencies can happen anywhere - at home or at work - and everyone must take action to prepare for emergencies in case something unexpected happens.

The purpose of this document is to provide a basic foundation for understanding the importance of being prepared for how you and your family will respond during an emergency or disaster situation. Whether it be evacuating your residence at the request of public safety officials, or sheltering in - place, knowing the basics of preparedness will not only help you and your family during an emergency or disaster event better react, but could ultimately save your lives.

THIS GUIDE COVERS:

DEVELOPING A FAMILY EMERGENCY COMMUNICATIONS PLAN;

BUILDING AN EMERGENCY SUPPLIES KIT;

WATER STORAGE SAFETY;

FOOD STORAGE SAFETY, AND

CAR SAFETY



ASSEMBLING A FAMILY EMERGE COMMUNICATIONS PLAN

CREATING YOUR FAMILY EMERGENCY COMMUNICATIONS PLAN STARTS WITH ONE SIMPLE QUESTION: "WHAT IF?"

"What if something happens and I'm not with my family?" "Will I be able to reach them?" "How will I know they are safe?" "How can I let them know I'm OK?" During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:



1) COLLECT



2) SHARE



3) PRACTICE

Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

Make sure everyone carries a copy in his or her backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

Have regular household meetings to review and practice your plan.



If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.



BASIC PREPAREDNESS GUIDEBOOD | ASSEMBLING A FAMILY EMERGENCY COMMUNICATIONS PLAN





HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is/are deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see Be Smart. Know Your Alerts and Warnings at http://1.usa.gov/1BDloze. For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animalfriendly locations. Identify the following places:

INDOORS: If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom,
on the lowest level of a sturdy building, or a tornado safe room or storm shelter.
IN YOUR NEIGHBORHOOD: This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
OUTSIDE OF YOUR NEIGHBORHOOD: This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.



BASIC PREPAREDNESS GUIDEBOOD | ASSEMBLING A FAMILY EMERGENCY

COMMUNICATIONS PLAN

OUTSIDE OF YOUR Town or City: Having an out-of-town meeting place can help you reunite if a disaster happens and:

- You cannot get home or to your out-of-neighborhood meeting place; or
- Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.





	Make copies of your <i>Family Emergency Communication Plan</i> for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.
	Enter household and emergency contact information into all household members' mobile phones or devices.
	Store at least one emergency contact under the name "In Case of Emergency" or "ICE" for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.
	Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.
	Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.
	Read Be Smart. Know Your Alerts and Warnings at http://1.usa.gov/1BDloze and sign up to receive emergency information. You are also strongly encouraged to signup for the City of Shawnee's Mass Notifications System at www.shawneeok.org.



BASIC PREPAREDNESS GUIDEBOOD | ASSEMBLING A FAMILY EMERGENCY COMMUNICATIONS PLAN



Here are some ideas for practicing your plan:



Once you have completed your Family Emergency Communication Plan, made copies for all the members of your household, and discussed it, it's time to practice!.

Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.
Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like "I'm OK. At library" are good.4
Talk about who will be the lead person to send out information about the designated meeting place for the household.
Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation, such as public transportation, rail, and para-transit for all family members, including people with disabilities and others with access and functional needs.
Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.
To show why it's important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory— now ask them to think about doing this in the event of an emergency.
Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.
Review, update, and practice your Family Emergency Communication Plan at least once a year, or whenever any of your information changes.

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates, remember to print new copies of the plan for everyone.



BASIC PREPAREDNESS GUIDEBOOD | ASSEMBLING A FAMILY EMERGENCY COMMUNICATIONS PLAN

OTHER IMPORTANT TIPS FOR COMMUNICATING IN EMERGENCIES AND DISASTERS

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.

Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.
Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.
If driving, do not text, read texts, or make a call without a hands-free device.
Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are Deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are deaf or hard of hearing or who have speech disabilities

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates, remember to print new copies of the plan for everyone.



HOUSEHOLD INFORMATION

HOME PHONE #:
ADDRESS:
NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:
i
NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:
NAME.
NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:



HOUSEHOLD INFORMATION

NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:
NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:
NAME:
MOBILE #:
OTHER # / SOCIAL MEDIA:
EMAIL ADDRESS:
IMPORTANT MEDICAL / OTHER INFORMATION:
<u></u>



OUT - OF - AREA CONTACT **INFORMATION**

OUT - OF - AREA CONTACT: PHONE #: _ OUT - OF - AREA CONTACT: _____ PHONE #: _ OUT - OF - AREA CONTACT: _____ PHONE #: ______

SCHOOL, CHILDCARE, CAREGIVER, AND **WORKPLACE EMERGENCY PLANS**

NAME:
ADDRESS #:
EMERGENCY / HOTLINE #:
WEBSITE:
EMERGENCY PLAN / PICK - UP:
NAME:
ADDRESS #:
EMERGENCY / HOTLINE #:
WEBSITE:
EMERGENCY PLAN / PICK - UP:



SCHOOL, CHILDCARE, CAREGIVER, AND **WORKPLACE EMERGENCY PLANS**

NAME:
ADDRESS #:
EMERGENCY / HOTLINE #:
WEBSITE:
EMERGENCY PLAN / PICK - UP:
NAME:
ADDRESS #:
EMERGENCY / HOTLINE #:
WEBSITE:
EMERGENCY PLAN / PICK - UP:
NAME:
ADDRESS #:
EMERGENCY / HOTLINE #:
WEBSITE:
EMERGENCY PLAN / PICK - UP:



INCASE OF EMERGENCY (ICE) CONTACT

NAME:	
MOBILE #:	
OTHER # / SOCIAL MEDIA:	
NAME:	
MOBILE #:	
OTHER # / SOCIAL MEDIA:	
EMAIL ADDRESS:	
NAME:	
MOBILE #:	
OTHER # / SOCIAL MEDIA:	
EMAIL ADDRESS:	
INDOOR:	
INSTRUTIONS:	
NEIGHBORHOD:	
INSTRUTIONS:	

EMERGENCY MEETING PLACES



EMERGENCY MEETING PLACES

OUT - OF - NEIGHBORHOOD:
ADDRESS:
INSTRUTIONS:
OUT - OF - NEIGHBORHOOD:
ADDRESS:
INSTRUTIONS:
OUT - OF - NEIGHBORHOOD:
ADDRESS:
INSTRUTIONS:
OUT - OF - TOWN:
OUT - OF - TOWN:
OUT - OF - TOWN: ADDRESS: INSTRUTIONS: OUT - OF - TOWN:
OUT - OF - TOWN: ADDRESS: INSTRUTIONS: OUT - OF - TOWN: ADDRESS:
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IMPORTANT NUMBERS AND INFORMATION

LOCAL POLICE:	DIAL 911 or #:
LOCAL FIRE:	DIAL 911 or #:
LOCAL EMERGENCY MANAGEMENT #:	
POISON CONTROL #: 1 - 800 - 222 - 1222	
DOCTOR:	#:
DOCTOR:	#:
PEDIATRICIAN:	#:
DENTIST:	#:
HOSPITAL / CLINIC:	#:
PHARMACY:	#:
MEDICAL INSURANCE:	#:
POLICY #:	
HOMEOWNER / RENTAL INSURANCE:	#:
POLICY #:	
FLOOD INSURANCE:	#:
POLICY #:	
VETERINARIAN:	#:
KENNEL:	#:
ELECTRICAL COMPANY:	#:
GAS COMPANY:	#:
WATER COMPANY:	#:



IMPORTANT NUMBERS AND INFORMATION

#:		
BEFORE YOU DIG #: 8 - 1 - 1 (call before beginning a		
TRAVEL / ROAD INFORMATION #: (844)465-499	97 (844-4OK-HWYS)	
TELEPHONE DIRECTORY ASSISTANCE #: 4 - 1 - 1		
DEPARTMENT OF HUMAN SERVICES #:		
OTHER:	#:	

REMEMBER:

- Do not call 9 1 1 unnecessarily; lines must be kept open for people with true emergencies. Information you will need to know: Location, Phone Number, Type of emergency, and name of those involved.
- State highway traffic and weather information is available by dialing from most phones. Receive: *Statewide traffic and road incidents, including construction and maintenance activities.
- Most phone companies allow you to access directory assistance service by dialing "4-1-1". Charges may vary depending on your service provider. Information you will need: city, state, street address, name and/or spelling of person or business.





WHY BUIDLING AN EMERGENCY SUPPLIES KIT IS IMPORTANT

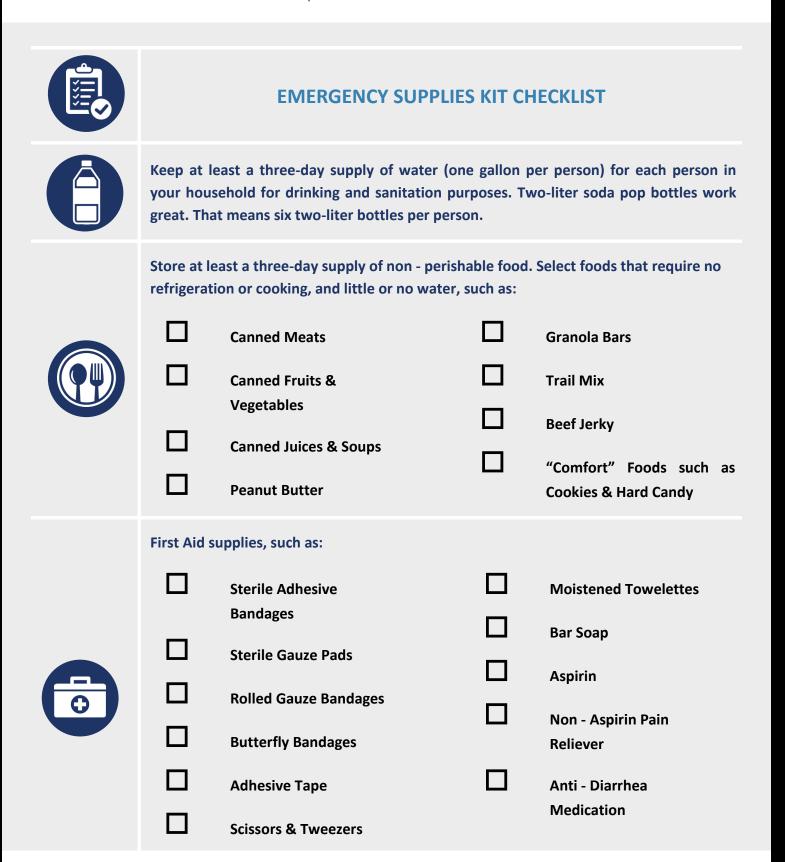
AN EMERGENCY SUPPLIES KIT IS SIMPLY A COLLECTION OF BASIC ITEMS YOUR HOUSELHOLD MAY NEED IN AN EMERGENCY OR DISASTER EVENT

It is recommended to stock your emergency supplies kit for a minimum of 72 hours (3 days) or more. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you, not having time to search for the supplies you need or shop for them.

You may also need to survive on your for an extended duration of time after an emergency or disaster event. Local officials and relief workers will be on the scene after a disaster.

However, they will not be able to reach everyone immediately. Therefore, the timeframe in which help may arrive can range from several hours to several days. Basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, a week, or even longer. Your supplies kit should contain items to help you manage during an outage.







BASIC PREPAREDNESS GUIDEBOOD | BUILDING AN EMERGENCY SUPPLIES KIT

	First Aid supplies(continued):			
•		Insect Repellent		Sunscreen
		Hydrogen Peroxide		Safety Pins
		Antibiotic Ointment		Needle & Thread
	Tools and supplies, such as):			
		Paper Cups & Plates		Feminine Supplies
		Plastic Utensils		Roll of Plastic
		Battery - Operated AM Radio		Duct Tape
		Extra Batteries		Lantern / Flashlight
		Non - Electric Can Opener		Plastic Bags
		ABC Fire Extinguisher		Instant Cold Packs
		Whistle		Sanitary Pads
		Toilet Paper & Towelettes		Pocket Knife
		Liquid Soap		Splinting Materials
	Special Ite	ms, such as, such as):		
EO		Extra Eye Glasses		Baby Formula / Food / Diapers
		Prescription Drugs / Medications		Games and Books
		Family Photos		Copies of Insurance Policies



BASIC PREPAREDNESS GUIDEBOOD | BUILDING AN EMERGENCY SUPPLIES KIT

	Special Ite	ems, such as, such as):	
		Bank Account Numbers	Mylar Blankets
		Inventory of Valuables	NOAA Weather Radio
		Family Records	Emergency Money
EO		NOAA Weather Radio	Sturdy Shoes
		Emergency Money	Warm Socks
		One Complete Change of Clothes	Hat & Gloves
		Blankets or Sleeping Bags	

TIP: Use a prescription bottle or film canister to store an extra pair of latex gloves in the car glove compartment.

STORING EMERGENCY SUPPLIES:

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and easily carried, like a plastic tub with a tightfitting lid. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

The container should be able to withstand moisture, insects, and some abuse when the quake happens. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in plastic bags to protect against condensation, which causes mildew and rust. The bags newspapers come in are a good choice - these can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after a disaster event.



BASIC PREPAREDNESS GUIDEBOOD | BUILDING AN EMERGENCY SUPPLIES KIT

Preparing for disasters is a long-term goal. To make this task manageable, choose just two or three items that you will purchase each month.

Month # 1	Month # 2	Month # 3
Item #1	Item #1	Item #1
ltem #2		 Item #2
Item #1	Item #1	Item #1
Month # 4	Month # 5	Month # 6
Item #1	Item #1	Item #1
ltem #2	ltem #2	 Item #2
Item #1	Item #1	Item #1
Month # 7	Month # 8	Month # 9
Item #1	Item #1	Item #1
ltem #2	ltem #2	ltem #2
Item #1	Item #1	Item #1
Month # 10	Month # 11	Month # 1 2
Item #1	Item #1	Item #1
ltem #2	ltem #2	ltem #2
Item #1	Item #1	Item #1
<u></u>		





DETERMINING WATER NEEDS

Store at least one gallon of water per person for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.

WATER TIPS:

- NEVER RATION DRINKING WATER UNLESS REQUESTED TO DO SO BY AUTHORITIES. Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.
- DRINK WATER THAT YOU KNOW IS NOT CONTAMINATED FIRST. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.
- DO NOT DRINK CARBONATED OR CAFFEINATED BEVERAGES INSTEAD OF DRINKING WATER. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.



BASIC PREPAREDNESS GUIDEBOOD | WATER STORAGE SAFETY

WATER TREATMENT

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and hepatitis.

There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

BOILING

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.

CHLORINATION

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

DISTILLATION

While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



BASIC PREPAREDNESS GUIDEBOOD | WATER STORAGE SAFETY

WATER TREATMENT METHODS			
METHOD	KILLS MICROBES	REMOVES OTHER CONTAMINANTS (heavy metals, salts, and most other chemicals	
BOILING	YES	NO	
CHLORINATION	YES	NO	
DISTILLATION	YES	YES	







DETERMINING FOOD NEEDS

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Consider the following things when putting together your emergency food supplies

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Refer to "Building an Emergency Supplies Kit" section for determining types of food to store in your emergency food supplies.



BASIC PREPAREDNESS GUIDEBOOD | FOOD STORAGE SAFETY

FOOD SAFETY AND SANITATION

Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed you can become very sick. Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out."



DO:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Discard any food that has come into contact with contaminated flood water.
- Discard any food that has been at room temperature for two hours or more.
- Discard any food that has an unusual odor, color or texture.
- Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort.



DON'T:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

COOKING

Alternative cooking sources can be used in times of emergency including candle warmers, chafing dishes, fondue pots or a fireplace. Charcoal grills and camp stoves are for outdoor use only. Commercially canned food may be eaten out of the can without warming.

To heat food in a can:

- Remove the label.
- Thoroughly wash and disinfect the can. (Use a diluted solution of one part bleach to ten parts water.)
- Open the can before heating.



MANAGING FOOD WITHOUT POWER

You may find yourself without power for an extending period of time. During times like these, it is important to know how to properly manage your food supplies in - order - to make them last as long as possible until power supplies are restored.

Follow the tips below to best mange food when power sources are unavailable:

- Keep the refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about 4 hours if it is unopened.
- Refrigerated or frozen foods should be kept at 40° F or below for proper food storage.
- Use a refrigerator thermometer to check temperature.
- Refrigerated food should be safe as long as the power was out for no more than 4 hours.
- Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40° F for two hours or more.

Using Dry Ice:

- Know where you can get dry ice prior to a power outage.
- Twenty-five pounds of dry ice will keep a 10-cubic-foot freezer below freezing for 3-4 days.
- If you use dry ice to keep your food cold, make sure it does not come in direct contact with the food.
- Use care when handling dry ice, wear dry, heavy gloves to avoid injury.





EMERGENCY KIT FOR THE CAR

Plan long trips carefully, listening to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if absolutely necessary.

The diagram below illustrates basic items to keep in your car in case of an emergency / disaster situation:



CELL PHONE



FIRST AID KIT



JUMPER CABLES





WATER & SNACKS





BOOTS, GLOVES &

WITNER CLOTHES

BLANKET



BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR

> **BECAUSE YOU NEVER KNOW** WHEN YOU WILL ENCOUNTER AN EMERGENCY ROAD CLOSURE.

SHOVEL, ICE SCRAPER, **SNOW BRUSH**



BAG OF SAND OR CAT LITTER





TOW ROPE



SNOW TIRES



PREPARE YOUR VEHICLE FOR EMERGENCIES

You may find yourself being instructed to evacuate or stranded on the road for extended periods of time. Therefore, it is important to make sure that your vehicle is regularly checked by your mechanic.

Have your mechanic check the following on your vehicle prior to an emergency::

- Antifreeze level
- Battery and ignition system
- **Brakes**
- Exhaust system
- Fuel and air filters
- Heater and defroster
- Lights and flashing hazard lights
- Oil
- Thermostat
- Windshield wiper equipment and washer fluid level

VEHICLE SAFETY TIPS:

- KEEP YOUR GAS TANK FULL. A full tank will also keep the fuel line from freezing
- INSTALL GOOD TIRES. Also, ensure they have adequate tread or any jurisdiction-required chains or studs
- DO NOT DRIVE THROUGH ROAD FLARES. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars.
- BE AWARE OF AREAS WHERE FLOODWATERS HAVE RECEDED. Roads may have weakened and could collapse under the weight of a car. Also, TURN AROUND, DON'T DROWN®.
- IF A POWER LINE FALLS on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.
- IF THERE IS AN EXPLOSION or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.
- IF THE EMERGENCY COULD IMPACT THE PHYSICAL STABILITY OF THE ROADWAY avoid overpasses, bridges, power lines, signs and other hazards



BASIC PREPAREDNESS GUIDEBOOD | SOURCES

SOURCES

www.cdc.gov/phpr/areyouprepared/kit.htm

louisvilleky.gov/government/ema/assemble-emergency-supplies

www.co.walla-walla.wa.us/departments/emd/index.shtml

firemarshal.ks.gov/agency-resources/education/parents

twitter.com/nwsowlieskywarn/status/646404153779048448

www.cdc.gov/healthywater/emergency/drinking/emergency-water-supply-preparation.html

www.ready.gov/water

www.ready.gov/food

www.fema.gov/blog/2015-04-29/everyone-must-be-prepared-emergencies

 $www.cdph.ca.gov/Programs/EPO/Pages/talk_to_children_crisis.aspx$

www.fema.gov/media-library/assets/images/118269

www.cdc.gov/phpr/areyouprepared/plan.htm

www.ready.gov/make-a-plan

www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family_Comm_Plan_508_20150820.pdf

www.ready.gov/severe-weather



