

# Personal Preparedness for Emergency Preparedness Volunteers

Preparing You and Your Family for  
Emergency Situations



# Personal Preparedness

Steps for being prepared for emergencies are:

- make a preparedness plan for your family
  - build an emergency kit
  - volunteer and get trained
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## **Why Personal Preparedness?**

- Sometimes people think it is better not to worry about something before it happens.
  - However, if an emergency strikes, being prepared can actually reduce worry, help people react with confidence and keep people safer.
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## **Personal Preparedness**

To really feel comfortable with your decision to volunteer with our program, you must feel that your family will be safe. Having a family preparedness plan, testing it and knowing that your plan works will give you the confidence that your family is cared for and prepared.

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# Preparedness History

In the late 19<sup>th</sup> century, preparedness was a way of life for most people. For them, it was a matter of survival to store food for their family for the winter, locate wood as a heat source, and have first aid supplies on hand for accidents and injuries. For these people, preparedness meant survival.

This preparation provided them the means to survive natural disasters. These people had to be self-sufficient. They relied on themselves first, then their neighbors and communities for help. They did not rely on external help from the government, emergency management agencies or relief agencies.



Photos from Library of Congress

# Preparedness Today

Modern conveniences and technology have brought a new way of life for us. Almost everything we need is a short drive away. Emergency services are just a phone call away.

- Grocery stores are well stocked
- Emergency help is available by dialing 911
- FEMA , the American Red Cross and Salvation Army are ready to assist when a large disaster occurs

However, these services could be unavailable during a real disaster. Being personally prepared for an emergency and being self-sufficient for at least 3 days (2 weeks is optimal) is the message for today.



## Break in the Supply Chain

It is important to realize that the food and supplies we use daily arrive at the stores through a complex supply chain. Any break in the chain will cause an interruption of services and delivery of goods resulting in missing items on store shelves. During a large emergency, personal preparedness may be a lesson we learn the hard way.





## Preparing is Personal

- Preparing for emergencies is a personal priority. By being prepared, you can reduce anxiety and the negative impact a disaster can have on your family.
- Each family needs to create a personal preparedness plan to be self-sufficient for the minimum of 3 days (2 weeks is optimal).
- You must be prepared first in order to help others.
- Simple preparation can make a huge difference in an emergency. Our goal is to provide you with the tools and a process to incorporate preparedness into your daily routine.





# **Preparedness Plan**

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Since everyone has specific and unique needs, it is important that everyone create their own personalized emergency preparedness plan.





## **An All Hazards Approach**

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# All Hazards

We need to plan for an “all hazards” approach, which means that we need to identify all types of hazards which can occur in our community.



## Personal Preparedness

Personal preparedness means being prepared for all types of emergencies, including fires, floods, power outages, etc., or any event that puts lives and property at risk. It's important for people to take specific steps for the types of emergencies they are most likely to face. Fortunately, much of what you do to prepare will help in any emergency.

*It is important to be aware of the types of emergencies that could occur in your area.*

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## **What Types of Emergencies Can Occur in Hamilton County?**

- ◆ Tornadoes
  - ◆ Floods
  - ◆ Ice Storms
  - ◆ Power Outages
  - ◆ Hazardous Material Incident
  - ◆ Disease Outbreak
  - ◆ Man-made Disasters
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## **Local Disasters**


We read about floods, tornados, earthquakes, etc. daily. These disasters displace people and disrupt daily life and they could occur here in Hamilton County.

Initial response efforts will come from local responders. You can help by being personally prepared. By being prepared, you have become a part of the solution—not part of the problem.

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If a disaster hit our community tomorrow, many people would not be able to survive for three days without access to food, water or electricity.





In a 2015 survey, Federal Emergency Management Agency (FEMA) found that 60% of American adults had not practiced what to do in a disaster.

Further, only 1 in 3 families had emergency plans that were discussed with their household members.

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Our challenge at the Health Department is convincing the public that every person, every family, every household has a critical role to play in emergency preparedness.



For every volunteer in our Medical Reserve Corps,  
having a family plan is crucial for your family's  
comfort level during an emergency.





## **Make a Plan**

An Emergency Plan should have 3 important things:

- A Communication Plan
  - A Meeting Place
  - An Emergency Supply Kit
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# Communication

The first step is to plan for how you and your loved ones will contact each other during an emergency.

1. Family Emergency Communications Plan:

- Out of Town Contact Person
- Designated Meeting Places

2. Emergency Contact Card

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**Keep one of these on your refrigerator for reference during an emergency.**

The form is titled 'AMERICA'S PrepareAthon! Ready' and 'Emergency Communication Plan'. It is divided into several sections for recording contact information for family members, friends, neighbors, and emergency services. It includes fields for names, addresses, phone numbers, and email addresses. The form is designed to be a foldable card that can be kept in a wallet or on a refrigerator.

Like to website: <https://goo.gl/cHAb5b>

\*The pictured document can also be used as a foldable Emergency Contact Card to keep in your wallet.\*

## Communication (cont.)

**An Out of Area Contact Person**—Local phone calls may be impossible to make, but you can call out of the area. Choose a family member or friend *out-of-town* whom each person can call. Tell the contact person you are safe, where you are and where you are going. Your contact person can share this information with other family members who call.

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## Meeting Place

**Meeting Place**—Choose a location within walking distance of your home where your family members can meet in case you are separated. A local park, playground, or parking lot are examples of places to assemble if your family is not together when the disaster strikes.



## **Meeting Place (cont.)**

Also choose a meeting place located some distance from your home—just in case your area of town is inaccessible due to damage or blockade. A favorite restaurant parking lot or church parking lot are good choices.

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## Emergency Contact Card

- Give each member of the family a communications card (*see following slide*).
  - Notify out of town contact person to let them know they are a part of your plan.
  - If you have cell phones, enter all contacts into your cell phone.
  - Keep a communications card by each of your home phones and work phones.
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# Emergency Contact Card

**AMERICA'S PrepareAthon! Ready**

**PERSONAL INFORMATION**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**EMERGENCY CONTACTS**

Primary Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Secondary Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Tertiary Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**MEDICAL INFORMATION**

Physician: Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 Hospital: Name: \_\_\_\_\_ Address: \_\_\_\_\_

**ALLERGIES**

Food: \_\_\_\_\_  
 Medication: \_\_\_\_\_  
 Latex: \_\_\_\_\_  
 Other: \_\_\_\_\_

**MEDICATIONS**

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_  
 Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_  
 Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_

**DISABILITIES**

Disability: \_\_\_\_\_  
 Disability: \_\_\_\_\_  
 Disability: \_\_\_\_\_

**PREFERRED METHOD OF CONTACT**

Preferred Method of Contact: \_\_\_\_\_  
 Preferred Method of Contact: \_\_\_\_\_  
 Preferred Method of Contact: \_\_\_\_\_

Link to website: <https://goo.gl/cHAb5b>

## Emergency Kit

**An Emergency Kit**—Keep enough supplies to last you three days as a minimum (even longer is better!). Build a kit for your home, for your car and for your work. Also, make sure your child has a ***comfort kit*** for school. *(More details about a comfort kit at the end of this presentation.)*

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## Shelter in Place

There are six basics you should stock for your home: **water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.** Keep the items that you would most likely need during an evacuation in an easy-to carry container--possible containers include a large covered trash container, a camping backpack, or a duffel bag.

*The following slides will list the basic items that are considered necessary for your emergency kit while sheltering in place.*



# Emergency Kit Items

## *What you need:*

- **Water**—3 day supply (remember—2 weeks is best!)
    - One gallon per day per person
      - (two quarts for each person for drinking, two quarts for each person in your household for food preparation and sanitation).
  - **Food**—3 day supply (remember 2 weeks is best!)
    - Ready to eat foods
      - canned meats, fruits and vegetables, juices
      - granola bars, protein bars
      - infant food
      - pet food
      - “comfort” foods like cookies or hard candy
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# First Aid Kit

Assemble a first aid kit for your home and one for each car.  
*Examples of what to have in your first aid kit follow:*

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads



## **First Aid Kit (cont.)**

- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- tape, 2" width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

## Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Syrup of Ipecac (use to induce vomiting if advised by the [Poison Control Center](#))
  - Laxative
  - Activated charcoal (use if advised by the Poison Control Center)
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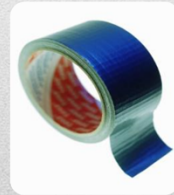
## Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Matches in a waterproof container



## Tools and Supplies (cont.)

- Paper, pencil
- Shut-off wrench, to turn off household gas and water
- Plastic sheeting
- Duct Tape
- Map of the area (for locating shelters)





# Sanitation

- Toilet paper, towelettes
  - Soap, liquid detergent
  - Feminine supplies
  - Personal hygiene items
  - Plastic bucket with tight lid (portable toilet)
  - Plastic garbage bags, ties (for lining above bucket)
  - Disinfectant
  - Household chlorine bleach
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Garbage bags will be used for garbage and also for lining the portable toilet. The bucket will be used as the portable toilet. It is **very important** to be sure the lid fits tightly!

## Child's Comfort Kit

Children can be especially sensitive to the emotional stress of an emergency. Parents can help prepare children by including them in the planning process and answering their questions about safety. Make sure in your preparation process that you have included supplies that make your child feel comfortable and safe.

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# Child's Comfort Kit

## Potential Items to Include:

- Family photo(s)
- Letter to child from parents telling the child to stay calm, listen to instructions, and that the child is loved. (Please do not say you are coming or will be there soon. Just say how you love this child and maybe mention some special things you share.)



## Child's Comfort Kit

- Small food items
  - (granola bars, crackers, canned fruit)
- Small drinks (canned, easy to open, or pouch-type)
- Small package of favorite candy (for comfort & energy)
- Small package of Kleenex (also useful as toilet tissue)



## Child's Comfort Kit

- Plastic garbage sack (for shelter or to sit on)
- Space blanket
- Pair of socks, mittens, underpants (or disposable diapers, pull-ups for younger children)
- Flashlight with batteries or glow sticks





# Pet Preparedness

## Build a Pet To-Go Bag:

- A current color photograph of you and your pet together (in case you are separated).
- Copies of medical records that indicate dates of vaccinations and a list of medications your pet takes.
- Proof of identification and microchip information.



# Pet Preparedness

- Physical description of your pet, including any distinguishing traits, and any other vital information about characteristics and behavior.
- Animal first-aid kit, including flea and tick treatment.
- Food and water for at least three days.
- Food and water dishes.
- Collapsible cage or carrier.



# Pet Preparedness

- Muzzle and sturdy leash.
- Cotton sheet to place over the carrier to help keep your pet calm.
- Comforting toys or treats.
- Litter, litter pan, litter scoop.
- Plastic bags for clean-up.



## **Remember...**

Discussing your basic emergency response plans with your family, such as building a “shelter in place” kit and go kit and your communications plan, will make all members of your family feel more prepared in an emergency.

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## Questions?

Call or email Maegan Kerr at (423) 209-8068 or [MRCProgram@HamiltonTN.gov](mailto:MRCProgram@HamiltonTN.gov).

If you are currently a CHCHD Volunteer: Once you have completed this PowerPoint, please email me at the above address to let me know that you have finished it.

Thank you!

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