

Safety in Our Neighborhood

A Montgomery County Maryland Web Site



Emergency Preparedness

Hey Kids! You can play an important role in planning for emergencies and every member of your family can be part of the planning process. Emergency preparedness is as simple as planning ahead.



Because when disaster strikes, the best protection is often knowing what to do.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

One of the easiest ways you can prepare for emergencies is to keep some supplies readily available. Create your own checklist below and then use the list to make your Family's Emergency Plan and assemble your Family's Emergency Supply Kit. Many of the items are already in your home and can be stored in an easy-to-carry container such as a backpack, duffle bag or large container. Remember to check and update your kit. Be sure that nothing has expired, soiled or changed. A good time to do this is when you change your clocks during daylight-savings times and practice your home escape plan. It's that easy!

Remember, disasters can strike quickly and without warning.

Some emergencies may require that your family leave your home and others may confine you to your home. What would your family do if basic services—water, gas, electricity or telephones—were not available? While local officials and emergency workers will be on the scene after a disaster, they cannot reach everyone right away. Montgomery County has worked hard to prepare for emergencies by planning and conducting regular drills and is prepared to respond. However, only you can prepare yourself and your family for emergencies. As you read through these materials, you will see how easy it is to prepare.



Visit Montgomery County's *Safety in Our Neighborhood* web site today!

www.montgomerycountymd.gov/mckids

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Ready to Begin?

Recommended items for a basic Family Emergency Kit:

- Water, one gallon per person per day for at least three days, stored in a plastic container
- Food, at least a three-day supply of ready-to-eat food. Food should require no refrigeration and no cooking
- Paper or plastic cups, plates and utensils
- A first-aid kit
- A map of the area
- Personal identification
- Prescription and non-prescription medicine (watch for expiration dates). Consult your physician about storing medications and maintain a list of your family's prescription needs
- A National Oceanic and Atmospheric Administration (NOAA) Weather Radio or a portable, battery-powered or hand-cranked radio and extra batteries
- Battery-powered or hand-cranked flashlights and extra batteries
- Bedding for each person
- Personal hygiene items (examples: soap, toothbrush, toothpaste and toilet paper)
- Dust mask or cotton t-shirt for each person to help filter air
- A whistle to signal for help.
- Extra eyeglasses or contact lenses and supplies
- An extra set of keys
- Non-electric can opener and utility knife
- Tools such as a wrench or pliers to turn off utilities
- Moist towelettes, wipes, garbage bags and plastic ties for personal sanitation
- Special items for infants, elderly or disabled family members
- A waterproof container to store important items like driver's license, copies of birth certificates, insurance policies, important phone numbers, etc.
- Items for pets: pet food, extra water, tags, current vaccination records

Preparing for emergencies isn't expensive if you plan ahead and buy small quantities at a time. Look for sales and before your family goes grocery shopping, make a list of some foods that:

Have a long shelf-life and will not spoil. (Non-perishable items)

You and your family like.

Do not require cooking.

Can be easily stored.

Have a low salt content as salty foods will make you thirstier.

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Family Supply List

Listed below are some other items that your family may want to consider adding to your supply kit. Some of these items, especially those marked with an * can be dangerous. Be sure to have an adult collect these supplies. Printable emergency reference materials and information can be found at www.ready.gov.

- | | | |
|------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Compass | <input type="checkbox"/> Disinfectant * |
| <input type="checkbox"/> Mess kits | <input type="checkbox"/> Matches in a waterproof container * | <input type="checkbox"/> Household chlorine bleach * |
| <input type="checkbox"/> Cash or traveler's checks, change | <input type="checkbox"/> Signal flare * | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Paper towels | <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container |
| <input type="checkbox"/> Tent | <input type="checkbox"/> Toiletries | |

{ You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners. }

Clothing and Bedding

If you live in a cold weather climate, you need to plan for warmth. It is possible that the power will be out and you will not have heat. Safety is crucial during weather-related emergencies. Plan for one complete change of warm clothing and shoes per person, including:

- | | | |
|-------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> a jacket or coat | <input type="checkbox"/> a long sleeve shirt | <input type="checkbox"/> hats and gloves |
| <input type="checkbox"/> long pants | <input type="checkbox"/> sturdy shoes | <input type="checkbox"/> a sleeping bag or warm blanket for each person |

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First Aid Kit

Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that all first aid kits for a family of four include the following:

- | | | |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> 2 absorbent compress dressings (5 x 9 inches) | <input type="checkbox"/> 1 blanket | <input type="checkbox"/> 1 roller bandage (4 inches wide) |
| <input type="checkbox"/> 25 adhesive bandages (assorted sizes) | <input type="checkbox"/> 1 breathing barrier (with one-way valve) | <input type="checkbox"/> 5 sterile gauze pads (3 x 3 inches) |
| <input type="checkbox"/> 1 adhesive cloth tape (10 yards x 1 inch) | <input type="checkbox"/> 1 instant cold compress | <input type="checkbox"/> 5 sterile gauze pads (4 x 4 inches) |
| <input type="checkbox"/> 5 antibiotic ointment packets (approximately 1 gram) | <input type="checkbox"/> 2 pair of nonlatex gloves (size: large) | <input type="checkbox"/> Oral thermometer (non-mercury/nonglass) |
| <input type="checkbox"/> 5 antiseptic wipe packets | <input type="checkbox"/> 2 hydrocortisone ointment packets (approximately 1 gram each) | <input type="checkbox"/> 2 triangular bandages |
| <input type="checkbox"/> 2 packets of aspirin (81 mg each) | <input type="checkbox"/> Scissors | <input type="checkbox"/> Tweezers |
| | <input type="checkbox"/> 1 roller bandage (3 inches wide) | <input type="checkbox"/> First aid instruction booklet |

Non-Prescription and Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Prescription drugs, as recommended by your physician, and copies of prescriptions in the event they need to be replaced.

For additional information about first aid kits, visit www.redcross.org.

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Family Emergency Plan

Your family may not be together when disaster strikes, so it is important to plan ahead. Things to discuss include how you will contact one another, how and where you will reunite and what you will do in different situations.

Pick two places to meet.

Select a place outside of your home that is easily accessible in case of a sudden emergency, such as a house fire.

Select another spot outside of your neighborhood in the event you cannot return home. Be sure that all family members know where this meeting place is.

Develop an Emergency Communications Plan

Designate an out-of-town friend or relative to serve as your family contact. After a disaster, it may be easier to make a long distance call than a local call. Make sure that all family members know the name and phone number of your family contact.

Be familiar with your neighborhood's escape routes and evacuation plans. Prepare for a potential evacuation by making arrangements to stay with a friend or relative who lives outside of the evacuation area.

During emergencies, always listen to the radio and follow the advice of local officials.

Make a plan for your pets.

Doctors' names and telephone numbers (include your veterinarian, if applicable).

Emergency numbers for utility and phone companies.

{ Parents: Be sure to include your children in planning for an emergency. Family members are not always together when a disaster strikes, but your family can reunite if you have a plan ahead of time. Teach your children how to get help and what to do in different situations. Practice your family emergency plan with your children and quiz them about preparedness information. }

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What Every Child Should Know:

Family or contact information for use in an emergency.

Never to touch wires lying on the ground or hanging from poles.

Never to use candles during a power outage - always use flashlights.

How to identify the smell of gas. Instruct them to tell a grown-up or leave the building if they smell it.

How and when to call 911.

In the event of a local or national emergency, or ordered evacuation, families should listen to local radio and television stations for announcements about changes in school closings or openings.

Information to Know About Your Child's School or Day Care Facility:

Find out what your child's school/day care procedures are in the event of an emergency.

Inquire how they will communicate with families during a disaster.

Find out where you can pick up your child during an evacuation.

Ensure that the school has up-to-date contact information for you and at least one other relative or friend.

Find out if you can authorize a friend or relative to pick up your children in an emergency if you cannot.

Make sure that your children's school emergency plan is incorporated into your family's emergency plan.

Other Concerns:

Think about your family's unique needs. You may need to include diapers, infant formula, bottles, comfort items, books, paper, pens, and a deck of cards or other forms of entertainment in your emergency kit. Seniors and people with disabilities may need help and require additional steps to prepare for emergencies. If you or someone in your household has special needs, consider the following tips when preparing your plan:

Keep a 7-14 day supply of necessary medications on hand at all times.

Develop a personal emergency plan for each place where you spend time; at home, work, school and in the community.

Evaluate your capabilities, limitations, needs and surroundings to determine what type of support you may need in an emergency.

Include any home care attendants and other people in your family's medical network in your planning process.

If you are dependent on electricity for your wheelchair, breathing machine or any other life-sustaining device, plan for a potential loss of power and consult your power provider.

The hearing impaired may need to make special arrangements to make sure they receive emergency warnings.

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Mobility impaired people may need assistance to get to a shelter or to evacuate from buildings. Keep in mind that elevators will not work during a power outage.

People with special dietary needs should have an adequate supply of food.

It is recommended that you write down your medicines, dosages, allergies, special equipment needs, medical insurance, Medicare insurance cards as well as personal and medical information important to have available. Keep this list with you during emergencies and supply a friend or family member with a copy.

•If you have a service animal, make sure that it is registered with a service tag.

{ Good Idea: When you assemble your kit, consider putting together a spare kit for your car or your office. }

Examine your smoke alarms and carbon monoxide alarms now. If you have smoke alarms that are hard-wired into your home's electrical system (most newer ones are), check to ensure that they have a battery back-up. Every fall, replace batteries in all smoke alarms and test them monthly.

Be prepared to relocate to a shelter for warmth and protection during a prolonged power outage if local officials request or require that you leave your home. Listen to a battery-operated radio or television for information about where shelters will be available. Keep important papers (birth certificates, deeds, titles, etc.) in a safety deposit box. Keep copies of all such papers in a place that is easily accessible, and plan to take those copies with you if you must leave your home for an extended period of time.

Make a personalized list of all items that you feel are necessary for your needs/comfort. No one else knows your needs like you do. Prioritize the list, with essential items at the top. Stock up on the priority items first. When you feel you have adequate supplies, recheck your list. Offer to help an elderly or disabled neighbor, family member, or friend prepare their list.

After a major disaster or in an emergency situation the usual services we take for granted, such as running water, refrigeration and telephones, may not be available. Experts recommend that you be prepared to be self-sufficient for at least three days.

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Pets

Emergency planning should involve all members of your family, including pets. If your family must relocate to a shelter, your pets may not be allowed to stay in the shelter. Making arrangements for alternative pet care before a disaster occurs is critical.

You will need to prepare a disaster kit for your pet. The following list includes items that you will need to take with your pet if you must leave your residence quickly.

- | | | |
|----------------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> A pet carrier for each animal | <input type="checkbox"/> Medications | <input type="checkbox"/> Bowls and manual can opener |
| <input type="checkbox"/> Up-to-date vaccinations and medical records | <input type="checkbox"/> Leash/muzzle | <input type="checkbox"/> Cleaning supplies including trash bags, medicine dropper, towels, paper towels and other waste disposal supplies |
| <input type="checkbox"/> Identification, license and rabies tags | <input type="checkbox"/> Special needs instructions | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Picture ID of your pet | <input type="checkbox"/> Pet food | <input type="checkbox"/> Pet first aid book and kit |
| | <input type="checkbox"/> Clean water. | |

As a last resort, you may have to leave your pet at home. Find a confined area inside your home, preferably away from windows. Leave plenty of clean water and food to sustain your pet while you are away.

{ Pet Tip: Be sure to have a picture of you and your pet together, in case you get separated during an emergency. This will help to document ownership. }



Check on Relatives and Neighbors

During storms and other emergencies, check to see how your neighbors and relatives are coping, especially senior citizens and persons with disabilities. If possible, consider helping them plan or identify resources from which they can obtain assistance.

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