

E Emergency Preparedness Kits

The following supplies are recommended for an **automobile emergency preparedness kit**:

- ☑ Battery powered radio and extra batteries
- ☑ Flashlight and extra batteries
- ☑ Blanket or sleeping bag
- ☑ Booster cables
- ☑ Fire extinguisher (5 lb, A-B-C type)
- ☑ First aid kit and manual
- ☑ Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter
- ☑ Maps
- ☑ Shovel, screwdriver, pliers
- ☑ Tire repair kit and pump
- ☑ Flares
- ☑ Change of clothes (consider seasonal conditions such as extreme cold or heat)

A Arrange for the care of others

If unable to get home during a disaster, ensure the care of your dependents.

- ▶ Familiarize yourself with work and children's school emergency plans
- ▶ Make plans for child or elder care in case you can not get home
- ▶ Consider how you could help neighbors with special needs, such as elderly or disabled persons
- ▶ Make arrangements for care of family pets

C Contact numbers and locations

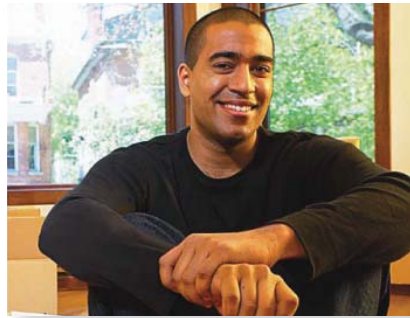
Plan how your family will stay in contact if separated by disaster.

- ▶ Pick two meeting places: a location a safe distance from your home in case of fire and a place outside your neighborhood in case you can not return home
- ▶ Choose an out-of-state friend as a "check-in contact" for everyone to call
- ▶ Post emergency telephone numbers by every phone
- ▶ Give everyone in the family a copy of emergency telephone numbers to keep with them and program into cell phones
- ▶ Assign the phone number of your emergency contact to the name "ICE" (In Case of Emergency) on your cell phone to make it easier for emergency responders to reach the right person if you are injured

E Exercise and evaluate your plan every six months.

Emergency plans and supplies should not sit on a shelf gathering dust. Practice and maintain your plan.

- ▶ Hold emergency drills with all household members at least two times each year
- ▶ Show each family member how and when to turn off the utilities (water, gas and electricity) at the main switches
- ▶ Keep contact information current
- ▶ Update emergency kits to reflect the changing needs of family members, e.g., replace changes of clothes with age-appropriate sizes
- ▶ Replace water and food supplies
- ▶ Test fire extinguishers, smoke detectors and batteries and recharge, refresh or replace as needed



For more information on how you can obtain and use the Personal Preparedness Checklist, please contact the Yale New Haven Center for Emergency Preparedness and Disaster Response. Remember, each individual and family doing their part to make sure that they can take care of themselves during a disaster will help state and national resources stretch to meet the demands placed on them by the disaster.

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The text in this brochure is adapted from materials developed by Yale New Haven Health System, the Federal Emergency Management Agency and the American Red Cross.

PERSONAL/FAMILY PREPAREDNESS PLAN

For your "PEACE" of mind.



Will you be ready if a disaster strikes?



The Yale New Haven Center for
Emergency Preparedness and Disaster Response

WHY HAVE A PERSONAL/FAMILY PREPAREDNESS PLAN?

In order to respond to naturally occurring disasters such as floods, emerging infectious diseases like pandemic influenza and terrorist attacks, many organizations around the nation, have made great strides to detect these events as early as possible, mount a swift and effective response and ensure long-term recovery from the effects of the disaster.

In Connecticut, the Yale New Haven Center for Emergency Preparedness and Disaster Response (YNH-CEPDR) is working closely with local, state and national partners to ensure the continued availability of critical healthcare services during a large-scale disaster.



Arrange for the care of others.

Connecticut is leading the way in supporting the preparedness of the nation's healthcare infrastructure with plans to ensure sufficient personnel, equipment, pharmaceuticals and medical supplies for hospitals and other healthcare organizations to treat the sick and injured, improved communication systems to make sure that all involved with the disaster response are kept informed and a network of volunteer healthcare workers and others in their communities to assist in a medical response where needed. YNH-CEPDR works to provide consistent training to the healthcare workforce to prepare them to fulfill their specific roles during a large-scale disaster.

But what about you?

A recent survey by the National Center for Disaster Preparedness reports that almost 63% of American families do not have even a basic emergency plan. Many parents are unfamiliar with the emergency response plans at their children's schools and have not designated a central family contact to ensure that every member of the family is accounted for during a disaster. Preparing for an emergency requires asking yourself and your family a number of questions and taking the time to figure out the answers.

- ▶ Would you be able to assist a disabled relative or neighbor?
- ▶ Are you a pet owner, and do you need to make arrangements for the care of your animal during a disaster?
- ▶ What do you need in your emergency kits for home, for work and for travel?

For your "PEACE" of mind, YNH-CEPDR encourages you to use the following Personal/Family Preparedness Checklist to develop individual and family preparedness plans for emergencies and disasters. These activities will ensure you are ready at home or at work in case a disaster strikes:

P Prepare your plan and review it with family members and contacts.

Take these steps to prepare your plan:

- ▶ Familiarize yourself with disaster response and recovery services available in your community such as healthcare organizations and the American Red Cross
- ▶ Meet with your family to discuss the types of disasters that could occur and how you will respond
- ▶ Use the PEACE checklist to prepare and record your plan



Prepare your family with an emergency preparedness kit.

E Emergency Preparedness Kits

Water, food and clean air are essential items for survival. Each individual or family kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

The following supplies are recommended for your home or work emergency preparedness kit:

- ☑ Water, one gallon per person per day
- ☑ Food, at least a three-day supply of non-perishable food
- ☑ Battery-powered radio and extra batteries
- ☑ Flashlight and extra batteries
- ☑ First aid kit

E Emergency Preparedness Kits

Emergency Preparedness Kit (continued)

- ☑ Whistle to signal for help
- ☑ Scissors and tweezers
- ☑ Dust mask or cotton t-shirt, to help filter air
- ☑ Moist towelettes for sanitation
- ☑ Wrench or pliers to turn off utilities
- ☑ Manual can opener for food
- ☑ Plastic sheeting and duct tape to shelter-in-place
- ☑ Infant formula and diapers (if you have an infant)
- ☑ Garbage bags and plastic ties for personal sanitation
- ☑ Analog phone/landline

Other items to consider for your supply kit include:

- ☑ Emergency reference material such as a first aid book or a copy of this brochure
- ☑ Rain gear
- ☑ Mess kits, paper cups, plates and plastic utensils and paper towels
- ☑ Cash, traveler's checks or change
- ☑ Fire extinguisher
- ☑ Tent
- ☑ Compass
- ☑ Matches in a waterproof container
- ☑ Signal flare
- ☑ Paper and pencil
- ☑ Prescription medications
- ☑ Medicine dropper
- ☑ Feminine supplies
- ☑ Personal hygiene items
- ☑ One complete change of clothing and footwear per person
- ☑ Disinfectant
- ☑ Household bleach

You can use bleach as a disinfectant (diluted 9 parts water to 1 part bleach). Or to purify water: use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

☑ Important family documents

Keep copies of important family records such as health records, birth certificates, passports, insurance policies, identification and bank account records in a waterproof, portable container.