

Tools To Prepare for a Disaster

General supplies:

- A portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries
- Signal flare
- Matches in a waterproof container (or waterproof matches)
- Shut-off wrench, pliers, shovel and other tools
- Duct tape and scissors
- Plastic sheeting
- Whistle
- A-B-C-type fire extinguisher
- Tube tent
- Compass
- Maps
- Work gloves
- Paper, pens, and pencils
- Needles and thread
- Battery-operated travel alarm clock
- Facial masks
- Prepaid phone card

Kitchen items:

- Three-day supply of food for each person. Buy food that doesn't require refrigeration, preparation, or cooking, like: Ready-to-eat canned meats, fruits and vegetables, protein or fruit bars, dry cereal or granola, peanut butter, dried fruit, nuts, crackers, canned juices, non-perishable pasteurized milk, high energy foods, three-day supply of bottled water for each person (stored in plastic containers).
- Manual can opener
- Paper cups, plates, and plastic utensils
- All-purpose knife
- Aluminum foil and plastic wrap
- Re-sealing plastic bags

Clothes and bedding:

- One complete change of clothing and footwear for each household member. Shoes should be sturdy work shoes or boots. Rain gear, hat, scarf, gloves, extra socks, extra underwear, thermal underwear, sunglasses.
- Blankets or a sleeping bag for each household member.
- Pillows.

Sanitation and hygiene items:

- Washcloth and towel
- Towelettes, soap, hand sanitizer, liquid detergent
- Toothpaste, toothbrushes, denture supplies, shampoo, deodorant, comb and brush, razor, shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies
- Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper
- Medium-sized plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Household documents and contact numbers:

- Personal identification, cash (including change) or traveler's checks, and a credit card
- Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunization records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a water tight container.
- Emergency contact list and phone numbers
- Map of the area and phone numbers of places you could go
- An extra set of car keys and house keys

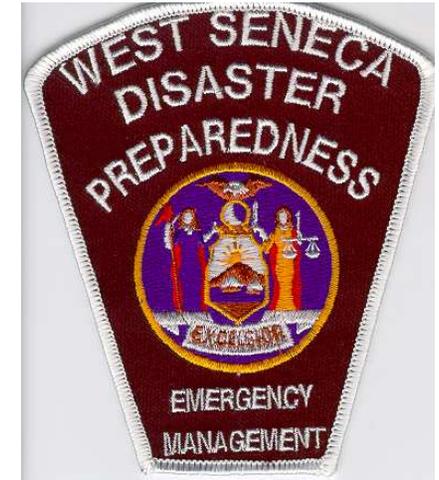
Specialty items:

Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children, such as:

- Blanket
- Books
- Coloring books/crayons
- Board games
- Puzzles
- Deck of cards
- Toys
- Stuffed animals
- Pictures of family/pets

Disaster Preparedness Handout

Condition Red
Prepared for Disaster



IN THIS HANDOUT:
Creating a Disaster Plan

First Aid Kit

Tools to Prepare For a Disaster

- General supplies
- Kitchen items
- Sanitation and hygiene items
- Household documents and contact numbers
- Clothes and bedding
- Specialty items

Town of West Seneca
Office of Disaster Preparedness
1250 Union Road
West Seneca, NY 14224
Michael G. Kerl - Dis. Coordinator
558-3259
John Gullo—Asst. Coordinator
558-5238

Creating a Disaster Plan

After a disaster strikes, chaos and confusion often follow. This makes people frustrated and angry, sapping their energy and rendering them helpless. However, the more you prepare before a disaster, the more likely you will be able to take control to alleviate your immediate problems. It can be hard to plan ahead, but think of the consequences of being unprepared. The following steps are crucial for being prepared.

1. Find out from your local emergency management office or the American Red Cross chapter which disasters could hit your community. Ask them how to prepare for each emergency.
2. Talk to your employer and your children's schools about their emergency plans.
3. Talk with your family about potential emergencies and how you will respond to each. Make an evacuation plan.
4. Plan how your family would contact one another if you were to become separated. Choose a friend or relative who lives in another state for family members to call and check in with. This person will serve as someone to contact for information about other family members. Sometimes it is easier to make long distance calls during a disaster than local calls.
5. Train all family members on how to use a prepaid phone card and pay phones.

6. Plan two places where your family will meet in case of an emergency. The first would be near your home (such as a tree or phone pole). The other should be away from your neighborhood in case you cannot get home.
7. Draw a floor plan of your home. Make two escape routes from each room and hold mock drills for evacuating the house.
8. Gather and post emergency phone numbers by the phone. Teach children how to call 911.
9. Train family members on how to shut off water, gas and electricity at the main switches and valves.
10. Enroll in a first aid and CPR class.
11. Review property insurance policies. Consider the type of coverage, the amount, and hazards covered.
12. Review life and health insurance policies.
13. Save money in an "emergency" savings account. Keep some cash and traveler's checks at home locked up so you can get to them in case of an emergency.
14. Think of ways you can help neighbors with special needs, such as the elderly or the disabled.
15. Plan arrangements for your pets. With the exception of service animals, pets are usually not allowed in public shelters.

**PLAN
PREPARE
for
72 HOURS**

**IN MAJOR INCIDENTS
ASSISTANCE MAY TAKE THAT
LONG**

First Aid Kit

Keep a first aid supply kit somewhere that is easy to access during an emergency. The amount of supplies will depend on how many people are in your household. Keep the kit updated. Consider medical needs of pets as well. The basics for your first aid kit should include:

- First aid manual
- Cotton balls
- Sterile adhesive bandages in assorted sizes
- Scissors
- Assorted sizes of safety pins
- Tweezers
- Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide
- Needles
- Moistened towelettes
- Eye wash solution
- Antiseptic
- Antibiotic ointment
- Thermometer
- Latex gloves (2 pairs)
- Tongue depressor blades
- Petroleum jelly
- Tube of petroleum jelly or other lubricant
- Burn ointment
- Sunscreen
- Sterile gauze pads (2-inch and 4-inch)
- Medications like: Aspirin and non-aspirin pain reliever, anti-diarrhea medication, antacid, syrup of ipecac (used to induce vomiting if needed), laxatives, vitamins.
- Triangular bandages
- Sterile roller bandages (2-inch and 3-inch)

Keep a smaller disaster supply kit in the trunk of your car. If you become stranded or are not able to return home, having these items will help you survive until you are rescued. Add items for severe winter weather during months when heavy snow or icy roads are possible. This includes salt, sand, shovels, and extra wi-

