

DISASTER PREPARATION

It is important to be prepared for a disaster. To protect yourself and your family in the event of an emergency, the Sarpy/Cass Department of Health & Wellness recommends assembling a "Disaster Preparedness Kit," developing a family emergency plan, and becoming educated about potential emergencies that could take place in your area.

Ideally, each household would have a sufficient Disaster Preparedness Kit to sustain a two week homebound situation. At the very minimum, each household should have enough water, food, and supplies to withstand 72 hours.

The six basic components of a Disaster Preparedness Kit include: water, food, first aid supplies, clothing and bedding materials, tools and emergency supplies, and special personal items.

At least **ONE GALLON OF WATER PER PERSON PER DAY** should be kept on hand. During periods of hot weather, three gallons of water per person per day may be necessary. Water is used for drinking, food preparation, and sanitation purposes. Water should be stored in plastic containers with lids, and stored in a cool, dry place. Ensure that water supplies are changed out every six months.

NON-PERISHABLE FOOD that does not require refrigeration, preparation, or cooking, and requires little or no water, are essential parts of the Disaster Preparedness Kit. Canned vegetables, fruit and soup, as well as comfort foods such as cookies and pretzels, can be included in the kit. Ensure manual can openers are available.

FIRST AID KITS should be fully-stocked and available for use during emergencies. Adhesive bandages, gauze, antiseptic, and aspirin or non-aspirin pain relievers are just a few of the items that should be contained in the kit. A similar first aid kit can be assembled and kept in each family vehicle.

A minimum of **ONE COMPLETE CHANGE of CLOTHING and FOOTWEAR PER PERSON** should be prepared prior to an emergency. Footwear should be durable enough to withstand a variety of weather conditions. Enough **BLANKETS and SLEEPING BAGS** should be on hand to allow at least one for each family member.

TOOLS and SUPPLIES such as pliers, screwdrivers, a hammer, wrench (to disconnect utilities), and assorted nails are just a few of the items that should be included in the Disaster Preparedness Kit. In addition, disposable utensils, plates and cups, as well as aluminum foil, matches, gloves, sewing kits, and whistles should also be included.

Copies of important **DOCUMENTS**, such as your will, insurance information, passports, social security cards, immunization records, and an inventory of valuable household items should be prepared in advance of an emergency. Paper documents can be stored in waterproof plastic containers with lids.

To ensure the safety of **HOUSEHOLD PETS**, maintain a supply of water and food, and identification tags and records for each animal.

Once your Disaster Preparedness Kit has been assembled, develop a family emergency plan. Determine what your family will do in a variety of emergency situations, including where you will gather in the event you are unable to return home. Form a support network of family, neighbors, and friends who can aid each other in emergency situations.

For more information about disaster preparedness, contact the Sarpy/Cass Department of Health & Wellness at (402) 339-4334.

DISASTER PREPAREDNESS KIT SUPPLIES CALENDAR

This Disaster Preparedness Kit Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble your Disaster Preparedness Kit in small steps over a five month period. Check off items you gather each week. Remember to change and replace perishable supplies, such as food and water, every six months.

The supplies listed in this calendar are enough to sustain a 7-day homebound situation. Increase or decrease the amount of supplies for 72 hour or two week homebound situations.

The original material for this Disaster Preparedness Kit Supplies Calendar was supplied by Chevron Real Estate Company © 1994.

WEEK 1

Grocery Store:

- | | |
|---|--|
| <input type="checkbox"/> 2 gallons water* | <input type="checkbox"/> 1 large can juice* |
| <input type="checkbox"/> 1 jar peanut butter | <input type="checkbox"/> 1 can meat* |
| <input type="checkbox"/> Hand-operated can opener | <input type="checkbox"/> Permanent marking pen |

If needed: pet food, diapers, and jarred baby food.

To Do:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

Hardware Store:

- | | |
|---|--|
| <input type="checkbox"/> Heavy cotton or hemp rope | <input type="checkbox"/> Matches in waterproof container |
| <input type="checkbox"/> 2 flashlights with batteries | <input type="checkbox"/> Duct tape |

If needed: a leash or carrier for your pet.

To Do:

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

WEEK 3

Grocery Store:

- | | |
|---|---|
| <input type="checkbox"/> 2 gallons water* | <input type="checkbox"/> Feminine hygiene supplies |
| <input type="checkbox"/> 2 cans meat* | <input type="checkbox"/> Aspirin or non-aspirin pain reliever |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Paper and pencil | |
| <input type="checkbox"/> Map of your area | |

If needed: 2 gallons of water for each pet.

To Do:

- Be a part of a support network in your area to identify and obtain resources needed to cope effectively with a disaster.

WEEK 4

Hardware Store:

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Signal flare | |

If needed: extra medications or prescriptions.
Mark "emergency use."

To Do:

- Encourage your support network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, disability-related supplies and special equipment list, medical information, and personal disaster plan.

WEEK 5

Grocery Store:

- | | |
|---|---|
| <input type="checkbox"/> 2 gallons water* | <input type="checkbox"/> 2 rolls toilet paper* |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Extra toothbrush |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Travel size toothpaste |
| <input type="checkbox"/> 2 cans vegetables* | |

If needed: special food for special diets.

To Do:

- Make a floor plan of your home, including primary escape routes.
- Identify safe places to go in case of fire, tornado, and flood.
- Practice a fire drill and tornado drill with your support network.

WEEK 6

First Aid Supplies:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Gauze pads |
| | <input type="checkbox"/> Roller bandages |

If needed: extra hearing aid batteries.

To Do:

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

WEEK 7

Grocery Store:

- | | |
|---|--|
| <input type="checkbox"/> 1 gallon of water* | <input type="checkbox"/> 1 can vegetables* |
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> Sewing kit |
| <input type="checkbox"/> 2 cans fruit* | <input type="checkbox"/> Disinfectant |
| <input type="checkbox"/> 2 cans meat | |

If needed: extra plastic baby bottles, pre-mixed formula (or powder formula with sufficient extra water for mixing), and diapers.

To Do:

- Encourage your support network to establish out-of-town contacts to call in case of emergency.
- Share this information with your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or disaster.

WEEK 8

First Aid Supplies:

- | | |
|---|---|
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Disposable wipes |
| <input type="checkbox"/> 1 Tweezers | <input type="checkbox"/> Needles |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Liquid antibacterial hand soap | <input type="checkbox"/> 2 tongue blades |

If needed: extra eyeglasses.

To Do:

- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
- If blind, store a talking clock and one or more extra white canes.
- If blind, mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

Grocery Store:

- | | |
|---|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> Liquid dish soap |
| <input type="checkbox"/> 2 cans soup* | <input type="checkbox"/> Household bleach |
| <input type="checkbox"/> 2 cans vegetables* | <input type="checkbox"/> 1 box heavy-duty garbage bags |
| <input type="checkbox"/> 1 can fruit* | |
| <input type="checkbox"/> Antacid | |

If needed: saline solution and a contact lens case.

To Do:

- Agree on a signal with your support network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster kit.