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This project is funded by grant number 90DN0226 from the Administration on Developmental Disabilities, US Department of Health and Human Services. The contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not infer endorsement by the Federal government. Please include this disclaimer when copying or using all or any part of the materials in dissemination activities.
14 Tips for Emergency Preparedness
What types of events are considered Emergencies?
Tip #1: Escape Routes

• Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly
  – What are the best escape routes from your home?
  – Find at least 2 ways out of each room
  – Now, write them down, you’ve got the beginning of a plan
Tip #2: Meeting Place

Pick a place to meet after a disaster

• Choose 2 meeting places:
  – Choose one right outside your home, in case of a sudden household emergency
  – The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home
Tip #3: Contact Person

- Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster.
- Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family’s designated contact in the event of an emergency.
- Be sure to share the contact’s phone number with everyone in the family.
- During an emergency, you can call your contact who can share with other family members where you are; how you are doing; and how to get in contact with you.
Tip #4: Emergency Contact Card

- Complete an emergency contact card and make copies for each member of your family to carry with them.
- Be sure to include an out-of-town contact on your contact card.
- You should also have access to a traditional phone, as cordless or cellular phones may not work in an emergency.
Tip #5: Pets

- Due to health regulations, most emergency shelters cannot house animals.
- Find out in advance how to care for your pets and working animals when disaster strikes. Pets should not be left behind, but could be taken to a veterinary office, family member’s home or animal shelter during an emergency.
- Store extra food and water for pets.
Tip #6: Emergency Plan Updates

- Go through your calendar now, and put a reminder on it to review your plan every six months
  - Update numbers
  - Check food and water supplies to be sure nothing has expired, spoiled, or changed
  - Practice your tornado, fire escape, or other disaster plans
Tip #7: School

- Check your college or your child’s school website (or call the office) to request a copy of the school’s emergency plan.
- Keep a copy at home and work and make sure the school’s emergency plan is incorporated into your family’s emergency plan.
- Learn about the disaster plans at places where you and your family spend time.
Tip #8: 911

- Learn how and when to call 911 or your local Emergency Medical Services number for help
- Teach your child how and when to call 911
- Post these and other emergency numbers by your home telephone and in your cell phone
Tip # 9: Practice Evacuating

• Practice a fire drill and how to evacuate your home
• Drive your planned evacuation route and plot alternate routes on a map in case main roads are blocked or gridlocked
• Practice earthquake and tornado frills at home, school and work
• Commit a weekend in May and one in November to update telephone numbers, emergency supplies and review your plan with everyone
Tip #10: Helping the Community

A community working together during an emergency makes sense

– Talk to your neighbors about how you can work together during an emergency
– Find out if anyone has specialized equipment like a generator, or expertise such as medical knowledge that might help in a crisis
– Decide who will check on elderly or disabled neighbors
– Make back-up plans for children and pets in case you can’t get home in an emergency
Tip #11: Work

What if disaster strikes while you are at work? Do you know the emergency preparedness plan for your workplace?

– If you don’t know yours, make a point to ask
– Know multiple ways to exit your building, participate in workplace evacuation drills
– Consider keeping some emergency supplies at the office
Tip #12: Supplies

• You should keep enough supplies in your home to meet the needs of you and your family for at least 3 days

• Build an emergency supply kit to take with you in an evacuation
  – The basics to stock in your portable kit include: water, food, battery-powered radio and flashlight with extra batteries, first aid supplies, change of clothing, blanket or sleeping bag, wrench or pliers, medicine, whistle, dust mask, plastic sheeting and duct tape, trash bags, map, a manual can opener for canned food and special items for infants, elderly, the sick or people with disabilities.
  – Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffle bag
Tip #13: Food

• Make a list of foods that:
  – Have a long shelf-life and will not spoil
  – You and your family like
  – Do not require cooking
  – Can be easily stored
  – Have a low salt content as salty foods make you more thirsty

• Build up a well-stocked supply that can sustain each member of your family for at least 3 days following an emergency
Tip #14: First Aid Kit

• Take a minute to check your family’s first aid kit and replace any depleted items

• Don’t have a first aid kit? Add that to the list of build a kit yourself.

• Make a kit for each car
First Aid Kit

- 2 absorbent compress dressings (5X9 inches)
- 25 bandaids (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blankets work best)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pairs of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
First Aid Kit (continued)

- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3x3 inches)
- 5 sterile gauze pads (4x4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet
Let Your Family Know You Are Safe

• If your home, office, or your community experiences a disaster:
  – Register on the American Red Cross Safe and Well Web site available through [www.RedCross.org](http://www.RedCross.org) to let your family and friends know about your welfare.

• If you don’t have Internet access, call 1-866-GET-INFO to register yourself and your family