

# Are You Really Prepared for Emergencies?

Jackie Benham

Scott County Extension Educator

# Objectives:

- What emergencies can Indiana residents experience?
- What is the difference between a natural disaster and a man-made disaster?
- Items to consider for an emergency kit for home, work and vehicle.
- Things to consider when preparing for emergencies: does anyone in your household have disabilities? What are the ages of people living in your home? Do you have any pets living at your home?
- What about medication lists, important documents, etc.?

## Emergency kits for:

- Home
- Car
- Work

Why should we consider having different kits available?

When meteorologists begin talking about potential storms coming the general public go to the stores and begin buying items to store and have on hand in case they will not be able to get out for several days.

- They purchase bread, milk, water, foods that are easily stored and consumed.
- If you are not as lucky and make it to the store before the big rush....you have to settle for what is left. Which is usually not very much.
- But if you were already prepared and had many basic supplies you could possibly get by with getting only a few items.

## Home Emergency Kit:

### Water

- 1 gallon of water per person per day for at least 3 days
- Rotate water every 6 months

### How to Store Water

- Use food grade plastics, glass, fiberglass, or enamel-lined metal that has been thoroughly washed. Soft drink bottles are great. Never use a container that has previously contained a toxic substance
- Tightly seal containers. Be sure to label containers and include the date filled.
- Store in cool, dark place that is easily accessible to family members. Be sure everyone in the family knows the location.

### Hidden Water Sources in Your Home

- If water or sewer lines break in your area, shut off the incoming water valve to your house immediately. Water already in the pipes in your home can be used unless it is already contaminated. To use the water, let air into the plumbing by turning on a faucet in the highest level of your home. Go to the lowest faucet in the house, and turn it on to obtain the usable water.
- Other sources of water: hot water tank, ice maker/ice trays, water stored in freezer &/or refrigerator and water in the reservoir tank of your toilet (use as last resort)



## Food

- Store at least a 3 day supply of non-perishable food, & rotate every 6 months
- Select foods that do not require refrigeration, preparation, or cooking
- Pack sterno for any foods that must be heated
- Select foods your family will eat
- Select food items that are compact and lightweight
- Consider including: ready-to-eat canned meats, fruits, and vegetables, canned juice, milk, and soup, dried foods and instant meals, prepackaged beverages, high-energy foods and comfort foods.

## Special Items

- Baby food, formula, bottles, and diapers,
- Prescription medications.
- Extra eye glasses, contact lenses, and contact supplies,
- Important family documents such as insurance policies, identification and bank account records in water proof container
- Chlorine bleach and medicine dropper
- Fire Extinguisher
- Feminine supplies



# First Aid Supplies

- Adhesive bandages in various sizes
- 2 and 4 inch gauze pads
- Hypoallergenic adhesive tape
- Scissors, tweezers, and a needle
- Antiseptic
- Thermometer
- Nonprescription medicines
- Latex gloves
- Whistle



# Pets

- Food
- Water
- First Aid supplies
- Collar and leash
- Carriers /crates





## Tools and Supplies:

- Paper cups, plates and utensils
- Battery operated radio and extra batteries
- Flashlights and extra batteries
- Cash or traveler's checks and change
- Manual can opener and utility knife
- Pliers and tape
- Matches in a waterproof container
- Toilet paper and towelettes
- Soap, hand sanitizer, and disinfectant
- Personal hygiene items
- Plastic garbage bags with ties
- Plastic sheeting



## Clothing and Bedding

- A change of clothes for each person
- Rain gear, hats, and gloves
- Blankets or sleeping bags
- Sturdy shoes or work boots

## Special needs for family members

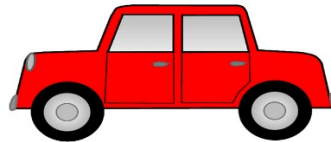


- Wheel chair, prescriptions, oxygen, special devices
- Diabetic – insulin, snacks, medical supplies etc.

## Age of children

- Activities to occupy their time, games, books, coloring activities etc.

## Car Emergency Kit



- Flashlight
- Jumper cables
- Water
- Blanket
- Utility knife
- Cat litter
- Whistle
- Food items: peanut butter, trail mix etc.
- Gloves and hats
- Shovel





## Work Emergency Kit

- Radio and batteries
- Blankets
- Whistle
- Flashlight and batteries
- Manual can opener
- Water
- Food
- Escape plan
- Emergency contact information
- Dust masks
- Moist towelettes
- Garbage bags
- Cell phone with chargers
- Plastic sheeting and duct tape

Remember to have a plan for your family in case of an emergency. Have a family member or friend that lives out of the area or state that you can respond to when and if there is a crisis. Have a meeting place in the area for all family members to meet after the fact.

es that would be helpful for this lesson.

<http://www.redcross.org/support/emergency-preparedness>

<http://www.ready.gov/natural-disasters>

[http://www.usa.gov/Citizen/Topics/Public Safety/Disasters.shtml](http://www.usa.gov/Citizen/Topics/Public%20Safety/Disasters.shtml)

<http://www.fema.gov/pdf/library/pfd/pdf>



