



A Little Planning Goes A Long Way... Staying Safe in a Disaster

Emergencies and natural disasters strike without warning, and having a simple “emergency pack” ready to grab at a moment’s notice can make all the difference in the first 72 hours, which is often how long it takes first responders to arrive with help in a disaster situation.

Calculator for how much to bring:

Based on family size (# of adults, # of children, # of pets):
<http://arcbrcr.org>

Pack Contents:

Keep your pack(s) handy to grab, easy to move to your shelter-in-place room or to fit in your evacuation vehicle. Whether you evacuate or shelter in place, these items are useful in your kit:

- Water – 1 gallon per person, per day (if evacuating, take enough to cover travel time to safe location)
- Food – non-perishable (a manual can opener/scissors for packages), special food for infants and pets
- Disposable plates, cups, and utensils (don’t use your precious water for washing dishes)
- Flashlight and batteries (LED flashlights can last 5-7 times longer)
- Battery powered or hand-crank radio (some have cell-phone and USB charger ports)
- Sanitation and personal hygiene items
- First Aid Kit: Sterile gloves, cleansing soap and antibiotic towels, antibiotic ointment, burn ointment, adhesive bandages, eye wash solution, thermometer, prescription medications pain reliever (pediatric doses too if you have children), scissors, tweezers, ace bandages
- Medications, eyeglasses, and medical equipment if needed (oxygen, syringes/needles, inhalers)
- Copies of personal documents placed in a water proof container (including insurance papers)
- Multi-purpose tool
- Cell phone with chargers (solar and hand-crank chargers with cell-phone and USB charger ports are available)
- Family and emergency contact information
- Extra cash
- Emergency blankets and clothing for adverse weather conditions
- Zip lock bags of various sizes
- Paper and marker in case you need to make a sign for help or leave a note
- Maps of the area

See www.ready.gov/build-a-kit for more info.



We are an international service and leadership organization bringing good people together to do good things. Our members become our best selves together through meaningful service to others and developing wonderful friendships.

In addition to community safety and preparedness, we support St. Jude Children’s Research Hospital, Hope for Heroes (supporting the troops, veterans, their families), literacy causes, victims of domestic violence, and Easter Seals.

Learn more: Visit www.epsilonsigmaalpha.org and consider joining us as a member.
Make some new friends and make a difference with us.

Web-Based Resources To Check Out In Advance



<http://www.ready.gov> :

Official U.S. government site for comprehensive disaster preparation information.

- Customized information for the types of disasters you are most likely to encounter in your area (wildfire, hurricane, tornado etc):
<http://www.redcross.org/prepare/disaster>
- Disaster Information for Pets:
http://www.humanesociety.org/about/departments/disaster_preparedness.html
- Build a Kit:
<http://www.ready.gov/build-a-kit>
- Disaster Fact Sheets for Kids:
<http://www.fema.gov/media-library/assets/documents/34288>

IF YOU STAY

- Choose a room in advance for your shelter (recommendations vary by disaster type, select based on likely scenarios... consider windows/doors, access to a bathroom/water supply, which floor of the home)
- Gather notes about “how to” and tools needed for turning off utilities if recommended (Wrench or pliers to turn off gas)
- Supplies to stay warm without power
- Relocate important items to a less vulnerable area of your home (back-up drive for your computer etc.)

IF YOU GO

- Determine where you will go
- Plan where your family will meet (in case you are not together when you have to evacuate)
- If you have a car, keep a full tank of gas and spare set of keys
- Practice fitting your kits and family all in the car so you can pack in a hurry if needed
- Familiarize yourself with different routes and different forms of transportation
- Leave as early as possible
- Follow recommended evacuation routes (shortcuts may be blocked)
- Be aware of road hazards
- If you don't have a car, plan how you will evacuate
- If you have pets, research places they can stay with you or you can drop them off safely
- Let family members who do not live in the affected area know where you are going

Local Resources for OUR Community