



Personal Preparedness

- The following slides are generally presented as part of module 1 in the NHICS training. Use them to prepare yourself and your family, then use them to help your co-workers prepare themselves and their families.

For more information on NHICS training, email cpr@YourCrisisTeam.com or call 540-440-8589





Objectives - Module 1

- Understand personal emergency preparedness
- Become familiar with the tools available for personal and professional readiness
 - Emergency Kit
 - Family Emergency Communication Plan
 - Family Preparedness Skills



Objectives -- Module 1

Understand personal preparedness and become familiar with the tools available for personal and professional readiness.

Tools include having a Emergency Kit, Family Emergency Communication Plan and Family Preparedness Skills.



Reality of your role in disaster

- You are the first responder for your residents!
- It's difficult to be there for them if you and your loved ones aren't prepared.
- The planning and thought you invest in preparedness now will ensure your readiness to respond to when disaster strikes.



You are the first responder for your residents, but it's more difficult to be there for them if you and your loved ones (family, pets, etc.) are not prepared. The planning and thought you invest in personal and family preparedness now will ensure your readiness to respond when disaster strikes.

We've all seen how emergencies can bring out the "best" in people who are prepared and committed. Preparing in advance is essential to successful response.



Start preparing now!

- Meet with household members to create an emergency plan
- Engage all household members in developing a practical and acceptable plan
- Write down the key plan elements
- Ensure everyone knows the plan



Start now preparing now!

- Meet with household members to create an emergency plan
- Engage all household members in developing a practical and acceptable plan
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- Ensure everyone knows the plan

Photo: Courtesy of CAL FIRE



Preparedness Skills

- Familiarize your household with these skills:
 - How and when to dial 911
 - Floor plan of your home with escape routes
 - How and when to shut off utilities including gas, electricity and water
 - How to use a fire extinguisher
- Practice regularly!



Preparedness Skills

Familiarize your household with these skills:

- How and when to dial 9-1-1
- Floor plan of your home with escape routes
- How and when to shut off utilities like gas, electricity and water
- How to use a fire extinguisher

Practice with all members of your family regularly. These are things that we don't often think about until the emergency happens.

Photo Credit: FEMA/Christopher Mardorf – Oct 22, 2014



Family Emergency Communication Plan

- Collect and store contact information for every household member
 - Contact information should be easily accessible
 - Best to collect multiple contact numbers if possible
 - Share information with all household members
 - Written and electronic is best
 - Update as needed



Family Emergency Communication Plan

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It is also useful to teach younger children how to make emergency calls and out-of-area phone calls. FEMA offers family preparedness materials and other resources that reach young children. <https://www.fema.gov/children-and-disasters>



Family Emergency Communication Plan...

- Include the following in your Plan:
 - Household Information
 - “In Case of Emergency” (ICE) Contacts
 - Pre-Established Emergency Meeting Places
 - Medical Information
 - School, Childcare, Caregiver and Workplace Emergency Information



Family Emergency Communication Plan...

FEMA's template for a **Family Emergency Communication Plan** includes many elements, including:

- Household Information
- “In Case of Emergency” (ICE) Contacts
- Pre-Established Emergency Meeting Places
- Medical Information
- School, Childcare, Caregiver and Workplace Emergency Information
 - In an emergency, who will pick up your child if you are not available? Who is your back-up designee if that person is unavailable? Have these “back up” individuals been identified as such to the school, childcare provider, caregiver, or workplace?

Additional contact information may include:

- Police, Fire
- Poison Control 1-800-222-1222
- Hospital, Doctors, Pediatricians, Dentist, etc.
- Insurance (Medical, Flood, Homeowners)
- Gas, Water, Electric Company
- Out-of-Area contacts



Emergency Kit

- Your emergency kit should include the following:
 - Food and Water
 - First Aid Kit
 - Emergency Radio (hand crank or battery operated)
 - Tools/Supplies, including extra batteries
 - Medical Necessities



Emergency Kit

Your emergency kit should include the following:

- Food and Water
- First Aid Kit
- Emergency Radio (hand crank or battery operated)
- Tools/Supplies, including extra batteries
- Medical Necessities

All kit items may be stored in a waterproof bin or bag to keep the contents dry during rain or flooding. Your emergency kit may be customized to fit in your vehicle or at work, in addition to having supplies at home. Make sure everyone knows where the Emergency Kit is located.

In addition, you may want to consider preparing a ready "Go Kit" at home that includes items you may need if you are unexpectedly called back to work due to the emergency, e.g., personal hygiene items, change of clothes, medications, etc.) By gathering these items in advance, you will be able to respond to work faster.

(Photo credit: CDC)



Emergency Food

- 3-5 days of non-perishable food per person (and per pet!)
- Ready-to-eat meals may include:
 - Canned soups and vegetables
 - Nuts and dried fruit
 - Meals Ready to Eat (MREs)
- Manual can opener
- Disposable utensils and plates/bowls
- Check every six months for shelf life expiration; rotate



Emergency Food

You will need at least a 3-5 day supply of non-perishable food per family member, including pets. You may want to store more than this amount. Remember, it is better to have extra food that you can share rather than run out of food during an emergency.

Choose foods that last a long time (i.e., have a long shelf life), do not need to be refrigerated, and are easy to prepare. Also, try to choose items that are high in calories and nutrition. Ready-to-eat meals may include:

- Canned soups and vegetables
- Nuts and dried fruit
- Meals Ready to Eat (MREs)

Plan ahead for family members with special diets and allergies, including babies and elderly people. Consider special canned foods, juices, and soups appropriate to their needs. Nursing mothers should include formula in case they are unable to breastfeed during the emergency.

Make sure you have:

- Manual can opener
- Disposable utensils and plates/bowls
- Check every six months for shelf life expiration; rotate stock with everyday supplies



Emergency Water

- At least 1 gallon per person per day for 3 days (Half may be used for drinking and half for washing and cooking)
- At least 1/2 gallon per pet per day for 3 days
- Drink only clean water and stay hydrated!

*Example: A family of 4 people and 2 pets would need
(4 people x 1 gal x 3 days) + (2 pets x 1/2 gal x 3 days)
= 12 + 3 gal = 15 gallons (and more is better)*



Emergency Water: At a minimum, each person in the household should have at least 1 gallon of water per day for 3 days. A normally active person needs to drink at least one-half gallon of water each day. If a person is active, he/she will require more water. You will also need water for cleaning and cooking. Remember that family pets need water too. (This means a family of 4 with 2 pets needs 15 gallons of water in their minimum 3-day emergency supply.)

Stay Hydrated: In an emergency, drink at least 2 quarts (one-half of a gallon) of water each day. Children, pregnant women, people who are sick, and people living in hot climates should drink more depending on circumstances. Do not risk dehydration by rationing water as dehydration can cause serious health problems. If water supplies are low, prioritize the water for drinking rather than cleaning or cooking.

Drink Only Clean Water: If you run out of safe drinking water in an emergency, there are steps you can take to make contaminated water safe to use. Visit CDC's Healthy Water website for instructions on how to make water safe for drinking or cooking. Untreated water can make you very sick because it often contains toxic chemicals, heavy metals, and germs. Never drink flood water.

<https://www.cdc.gov/healthywater/emergency/drinking/emergency-water-supply-preparation.html> (Photo Courtesy of CDC.)



Emergency Water – Option 1

- Pre-packaged bottled water is the safest, most reliable approach.
 - Do not open until you need to use it
 - Keep in original container
 - Rotate and replace before expiration/“use by” date



Emergency Water – Option 1

Buy and store pre-packaged bottled water. This is the safest, most reliable option:

- Do not open the containers until you're ready to use
- Keep water in original container
- Rotate and replace before expiration or “use by” date

Emergency Water - Option 2 is to fill your own bottles and treat the water appropriately
(see next slide)

Photo Courtesy of CDC.



Emergency Water – Option 2

- Use food-grade water storage containers
 - Clean containers before using to store water
 - Wash and rinse container using dish soap
 - Mix 1 tsp. of household bleach with 1 qt. (1/4 gallon) of water
 - Swish the solution around
 - Rinse well with clean water
- Store in a cool, dark place
- Re-clean and replace water every 6 months



Emergency Water – Option 2

- Use food-grade water storage containers, like those found at surplus or camping supply stores.
- Clean containers before using to store water
- How to clean containers for water storage:
 - Wash containers with dishwashing soap
 - Rinse with water
 - Mix 1 teaspoon of household bleach with 1 quart (1/4 gallon) of water
 - Swish the solution around in the container. Make sure it touches all inside surfaces
 - Rinse well with clean water
- Store in a cool, dark place
- Re-clean and replace water every 6 months

Photo Courtesy of CDC.



First Aid Kit

- Adhesive bandages
- Safety pins
- Latex gloves
- Medications
- Scissors
- Thermometer
- Tape and gauze
- Antiseptic and ointments



First Aid Kit

Medical items to have include:

- Adhesive bandages
- Safety pins
- Latex Gloves
- Medications
- Scissors
- Thermometer
- Tape and gauze
- Antiseptic and ointments

Most of these medical supplies can be found in a standard first aid kit available at most stores for minimal cost. Add any special items your family members require.



Tools and Supplies

- Battery-powered or hand crank radio
- NOAA Weather Radio
- Whistle to signal for help
- Dust mask
- Duct tape
- Wrench or pliers to turn of utilities
- Utility knife
- Extra batteries



Tools and Supplies

Tools and other supplies for your kit may include:

- Battery-powered or hand crank radio – can be used when the electricity goes out
- NOAA Weather Radio – to hear critical messages on current and upcoming weather systems, watches and warnings issued, and EAS messages
- Whistle to signal for help – if trapped in an enclosed space where no one can see you, you can whistle to alert responders or passers by that you are trapped and need help
- Dust mask – protection from small particulate in the air like smoke or dust
- Duct tape – can be used for many purposes.
- Wrench or pliers to get leverage and turn of utilities
- Utility Knife - to cut food, packaging, rope, and boxes
- Extra batteries for kit items like your NOAA Weather Radio



Tools and Supplies...

- Cash
- Personal hygiene items
- Paper products (cups or bowls)
- Rain gear
- Extra blankets
- Flash light, headlamp and light sticks
- Shoes
- Hats/head protection



Tools and Supplies...

Other useful tools and supplies include:

- Cash – it is possible that ATM machines might not be working in an emergency so it is good to have cash on hand to make emergency purchases
- Personal hygiene items – hand sanitizer, women’s hygiene products, soap, toothpaste/brush, dry shampoo, etc.
- Paper products (cups or bowls) – for food prep and eating/drinking
- Rain gear – waterproof hat, poncho and/or pants
- Extra blankets – for cold weather conditions and sleeping
- Flash light, headlamp and light sticks – power outages are common in disasters
- Shoes – Sturdy, waterproof boots are good to have for working in disaster impacted areas
- Hats/head protection – hard hats for disaster zones, sun protection for outdoor work and a beanie or insulated cap for cold weather conditions



Emergency Supplies for Infants

- Formula, diapers, and wipes
- Child carrier
- Change of clothes
- Blankets and/or portable sleeper
- Comfort item/toy (pacifier, etc.)
- Medications
- Nonperishable foods



Emergency Supplies for Infants

Emergency supplies for Infants may include:

- Formula, diapers and wipes
- Child carrier
- Change of clothes, blankets and/or portable sleeper
- Comfort item/toy (pacifier, teddy bear, etc.)
- Medications & Nonperishable foods

Additional directions for breast feeding moms:

- Keep baby skin to skin
- Feed on demand (or at least every 2-3 hours)
- Baby may get fussy due to delayed let-down, use breast massage and deep breathing and milk will flow
- Help baby to latch on by reclining mom and triggering baby's feeding reflexes
- If needed, hand express and spoon or cup feed

Other directions for formula fed babies:

- 3 days worth of pre-washed bottles (to be used only once if unable to wash) and formula or disposable cups
- Ready-made formula or sterile water to mix formula

Substitute for infant formula – may used for a few days until manufactured formula or mothers milk is available

- Boil 1/3 cup of water
- 2/3 cup of boiled cow's milk
- 1 level teaspoon of sugar

Source information: California Department of Public Health (December 2012). Verify this information with your healthcare provider.



Emergency Supplies for Children

- Extra change of clothes and hygiene items
- Familiar non-perishable foods
- Games, books or puzzles
- Comfort items from home
- Batteries and chargers for electronics – music players and games
- Medications



Emergency Supplies for Children

Emergency Supplies for Children may include:

- Extra change of clothes and hygiene items
- Familiar non-perishable foods
- Games, books or puzzles
- Comfort items from home
- Batteries and chargers for electronics – music players and games
- Medications

Aside from basic items like food, water and personal hygiene products, other emergency supplies for children can be customized based on what they enjoy. They will need things to do keep them occupied when waiting out a disaster. Games, books and puzzles are useful, as are electronic tablets, gaming devices, music players and other electronics. Comfort items from home can help younger children feel less frightened.



Emergency Supplies for Pets

- Crate or carrier for each pet with:
 - ID, photo and vaccination records
- Dry pet food and extra water
- Medications and special needs
- Leash and/or muzzle
- Consider micro-chipping for identification
- Bowls
- Blankets



Emergency Supplies for Pets

Emergency supplies for pets may include:

- Crate or carrier for each pet with:
 - ID, photo and vaccination records
- Dry pet food and extra water
- Medications and special needs
- Leash and/or muzzle
- Consider micro-chipping the pet for identification
- Bowls, Blankets

If you must evacuate your home in a crisis, plan for the worst-case scenario. Even if you think you may be gone for only a day, assume that you may not be allowed to return for several weeks. When recommendations for evacuation have been announced, follow the instructions of local and state officials. To minimize evacuation time, take these simple steps: Make sure all pets wear collars and tags with up-to-date identification information. Your pet's ID tag should contain the pet's name, your telephone number and any urgent medical needs. Be sure to also write your pet's name, your name and contact information on your pet's carrier.

The ASPCA recommends microchipping your pet as a more permanent form of identification.

(Photo credit: ASPCA.org)



Important Documents

- IDs, Passports, Birth Certificates
- Immunization records
- Banking and credit card accounts
- Social Security cards
- Insurance policies
- Wills and trusts
- Contracts and deeds



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Important documents may include:

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- Insurance policies
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Having important documents handy when recovering from an emergency is key. Having these documents destroyed in a house fire or other disaster creates unnecessary problems and may slow the recovery process.

Other important documents may include:

- Family photo albums
- Electronics (portable hard drive, USB devices)
- Marriage license
- Checkbook(s)
- Tax information



Child Care

- Make arrangements to pick up and care for your child during an emergency by ensuring:
 - The day care provider or school has your emergency contact information and know it's okay to release your child to your emergency/back-up designee(s)
 - The designee knows where and when to go



Child Care

Making arrangements for emergency situations with your child care provider, school, family member or neighbor is very important. We typically do not receive advance warning when disaster strikes you have to be ready at all times.

It may be that you cannot fulfill your obligation to pick up and care for your child during a disaster. Make alternate arrangements in advance for a designated person to pick up and care for your child in an emergency by ensuring:

- The day care provider or school has your emergency contact information and know it's okay to release your child to your emergency/back up designee(s)
- The designee knows where and when to go

Photo Credit - FEMA Photo/Judith Grafe - Location: Windham, N.Y., September 1, 2011 -- Classes in the WAJ Central School will be delayed their September opening until the water and mud can be cleaned up. The school was damaged from the flooding caused by Hurricane Irene.



Considerations for Self-Care

- During an emergency:
 - Hydrate and eat regularly
 - Pace yourself; take breaks when necessary
 - Safeguard yourself by wearing Personal Protective Equipment (PPE) if necessary
 - Limit time spent working in high-intensity settings
 - Check in with your supervisor regularly



Considerations for Self-Care

Considerations for Self-Care during an emergency:

- Hydrate and eat regularly
- Pace yourself; take breaks when necessary
- Safeguard yourself by wearing PPE if necessary
- Limit time spent working in high-intensity settings
- Check in with your supervisor regularly

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers tips for disaster responders to reduce stress.

Source: SAMHSA Tips for Disaster Responders: Preventing and Managing Stress:
<http://store.samhsa.gov/shin/content/SMA14-4873/SMA14-4873.pdf>



Knowledge Check - Question 1

Which of these items would be useful to have in your emergency kit?

- A. First Aid Kit
- B. Rain poncho
- C. Hand-crank or battery-operated radio
- D. Backup batteries
- E. All of the above



Knowledge Check – Question 1

The correct answer is E. All of the above. Any of these items could come in handy during an emergency and be useful in your emergency kit.

Photo Credit: FEMA, Jana Baldwin – May 8, 2015



Knowledge Check - Question 2

Which of the following should your family emergency communication plan include?

- A. Emergency Meeting Places
- B. In Case of Emergency (ICE) Contact
- C. Important Medical Information
- D. School, Child Care, Care Giver Contacts
- E. All of the above

Knowledge Check – Question 2

The correct answer is E. All of the above. The family emergency communications plan includes fields of entry for the information above and more. Collect what you need for your family.



Knowledge Check – Question 3

Microchipping is a recommended practice to ensure a more permanent form of identification for your pet?

- A. True
- B. False



Knowledge Check – Question 3

True. ASPCA recommends microchipping for all pets as a more permanent form of identification. It also helps to ensure you get your pet back should you become separated during an emergency. It's also helpful to have photos of your pet.

<https://www.ready.gov/animals>



Knowledge Check – Question 4

The easiest method for getting emergency water supplies for your household (people and pets) is:

- A. Pre-packaged Bottled Water
- B. Food-grade water storage containers
- C. Dig a well...saw it on Bear Grylls show!
- D. Boil questionable water

Knowledge Check – Question 4

The correct answer is A. Pre-packaged Bottled Water. It can be purchased at any store, involves zero prep work, and stores well when left away from sunlight at room temperature or cooler.



Summary

- In Module 1, you learned it is important to:
 - Maintain Emergency Kit(s) for all of your family members, including pets
 - Develop a Family Emergency Communication Plan
 - Practice emergency preparedness skills with your family

Summary

In Module 1, you learned how to maintain Emergency kit(s) for all of your family members, including pets, how to develop a Family Emergency Communication Plan, and practice emergency preparedness skills with family.

This concludes NHICS Training Module 1: Personal Emergency Preparedness.

Additional information can be found on the following slide.



Links to Additional Information

Emergency Water:

<https://emergency.cdc.gov/preparedness/kit/water/>

Emergency Food:

<https://emergency.cdc.gov/preparedness/kit/food/index.asp>

Infant Care in Disaster from California Department of Public Health:

<http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/EmergencyPreparednessInfantandYoungChildCareandFeeding.aspx>

Emergency Food and Water for Pets:

<https://www.cdc.gov/features/petsanddisasters/index.html>

FEMA Youth Preparedness:

<https://www.ready.gov/youth-preparedness>

SAMHSA Tips for Disaster Responders: Preventing and Managing Stress:

<http://store.samhsa.gov/shin/content/SMA14-4873/SMA14-4873.pdf>

Links to Additional Information

The following links provide additional information on emergency provisions.

Emergency Water: <https://emergency.cdc.gov/preparedness/kit/water/>

Emergency Food: <https://emergency.cdc.gov/preparedness/kit/food/index.asp>

Infant Care in Disaster from California Department of Public Health:

<http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/EmergencyPreparednessInfantandYoungChildCareandFeeding.aspx>

Emergency Food and Water for Pets:

<https://www.cdc.gov/features/petsanddisasters/index.html>

FEMA Youth Preparedness: <https://www.ready.gov/youth-preparedness>

SAMHSA Tips for Disaster Responders: Preventing and Managing Stress:

<http://store.samhsa.gov/shin/content/SMA14-4873/SMA14-4873.pdf>