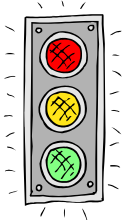




SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

LEADER TRAINING GUIDE



Ready, Set, Go!

Preparing for Emergencies –

Hands Up! Who thinks the government will come to your rescue immediately in an emergency?

The awful events that followed in the aftermath of Hurricane Katrina gave a wake-up call to all of us on the importance of self reliance and preparing ahead for emergencies. Unfortunately, we also learned that in the event of a really large or very wide spread emergency even FEMA and the Red Cross will not be able to come to everyone's rescue.

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving in almost any other type of disaster situation.

We all need to have tools and plans in place to make it on our own, at least for a minimum period of time. The length of time could vary from 3-5 days or longer, depending on the situation.

The Department of Homeland Security emphasizes four steps in being prepared: (HANDOUT 1)

1. Make an Emergency Supply Kit
2. Make a Family Communications Plan
3. Be Informed
4. Remain Calm

In an article by Joseph Hearn in the AARP magazine, he listed 7 Ways to Disaster-Proof Your Life:
(HANDOUT 2)

1. Prepare a Grab-and-Go Case
2. Make a Contact List
3. Prepare a Household Inventory
4. Meet with your advisors
5. Update your plans
6. Have a backup
7. Evaluate storage solutions carefully



Both of these sources recognize the need to think and plan ahead. They both recommend talking to your loved ones and having a plan for reuniting, and having supplies or kits on hand to survive on your own in case you either need to shelter in place or evacuate to a different location.



This lesson provides checklists to help you know what items to gather and where to keep them, including a Grab-and-Go Kit. Remember if your home and the majority of your possessions were lost, what you would need most to survive and start over would not be your photo albums (as much as you'd hate to lose family memories), but your life's important documentation, such as identification, insurance and banking information.



Planning and Communication are essential-

Talk to your family and make a specific plan of where you would go or who you would call if you had to leave or could not return home. Discuss the types of disasters that could happen and pick two places to meet—one near home and an alternative. Also decide who your contacts would be and make lists of the phone numbers of friends or family both near and far that you might contact to let people know if you are alright and where you are.

Discuss evacuation plans. Post emergency numbers and teach young children how to call for help. Show family members how and when to turn off utilities. Check your insurance coverage and teach the use of fire extinguishers.

Don't forget to include family pets in your planning and also remember to check on neighbors or persons who are less able.

THINGS TO DO:

- *Assemble a disaster supply kit
- *Take a First Aid Class
- *Determine escape routes and safe spots
- *Practice and maintain your plan
- *Quiz children
- *Conduct drills
- *Replace water and food periodically
- *Test fire extinguishers and smoke detectors



DISASTER SUPPLY KITS SHOULD CONTAIN: (HANDOUT 3)

- Water
- Food
- First aid kit
- Tools & supplies
- Clothing
- Bedding
- Special needs items (medication, items for infants, etc.)
- Flashlights
- Radio
- Batteries
- Toilet articles



Prepare a Household Inventory-

After a major disaster, most homeowners are simply not able to remember all their belongings for an insurance claim. A household inventory—a written list, photographs or a video walk-through of your home—will help avoid this problem. Remember to store the inventory somewhere other than your home, with a copy in your grab-and-go kit.

Sheltering in Place (Important items to keep on hand)

Water – one gallon per person, per day

Store in washed plastic, glass, fiberglass or enamel-lined metal containers; seal, label and store in cool, dark place. If necessary water can be purified by boiling, disinfecting or through distillation. Additional water sources in your home include: the hot-water tank, pipes, ice cubes, reservoir tank of toilet (not bowl).



Emergency water sources – rainwater, streams, rivers, ponds and lakes or natural springs.

Food – try to have at least a two week supply.

Plan to eat at least one well-balanced meal each day. Include a vitamin, mineral and protein supplement, foods that are high in calories and nutrition. Include a manual can opener and disposable utensils. Be sure to remember people with special needs. (ie. diabetics, baby food, etc.)

Ways to heat food – propane or kerosene stove (be sure to follow directions for proper use); outdoor grill, candle warmers, non-electric chafing dishes, fondue pots or Sterno.

Communication

Radio, walkie-talkies, cellular phones (chargers)



Clean Air

Improvised to protect nose, mouth, eyes and cuts
Plastic sheeting and duct tape



Transportation – in the event that you would need to evacuate always keep at least a half a tank of gas in your vehicle at all times. – See Grab and Go Bag





Prepare a GRAB-and-GO Kit

Being prepared means sitting down and facing the problems that threaten your home and family, and second-guessing the consequences. The main risks in the U.S.A. are fire, flood, earthquake, hurricane, tornado, civil unrest, or terrorist attack. To prepare for one or more of these disasters means getting your family together and going through their roles in a potential disaster. What if you had to leave your home in a hurry and were not able to return soon, or at all?

We've all said or heard someone else say that they'd want to grab their family photos or some other memory filled item that might be impossible to replace. However, as important as those items might be, the things you'd **really** need are your life's documentation to help you get by and re-build your life.

It's a good idea to scan or photocopy all of the items listed below and keep a copy in another safe location and/or have a copy easy to grab and take with you if you have to evacuate.

To speed up the process of returning to normal in the event of a catastrophe, you're going to need a photocopy or other record of your: (HANDOUT 4)

- | | |
|--|---|
| Family's social security numbers | Extra car and house keys |
| Bank and savings account details | Flashlight & battery radio |
| Insurance policies | First Aid Kit |
| Health plan cards | Medicine |
| Passports or military IDs | Sturdy shoes |
| Contact numbers for your credit cards | Regional map |
| Mortgage and deeds | Animal health records
for pets or farm animals |
| Current prescriptions | Powers of attorney |
| Will and/or trust documents | Recent tax returns |
| Recent investment statements | Emergency cash |
| Copies of birth/marriage certificates | Safe-deposit box keys |
| Safe combination | Vehicle Titles |
| Copy of driver's license or other photo ID | Real Estate Deeds |
| Computer user names and passwords | Inventory of home contents |
| Mortgage paperwork | |
| Jewelry/precious metals | |
| Employment contracts/business agreements | |
| Some CASH (small denominations) credit and ATM cards | |
| Emergency phone numbers of family, friends, health professionals | |
| Medical records with relevant shots, operations, allergies, etc. | |

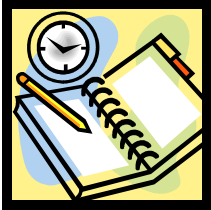


Additional ways to help disaster-proof your life:



Meet with Your Advisers—When you have six feet of water in your living room is not the time to discover you don't have flood insurance. The emergency room is not the place to learn you need a medical power of attorney. Take the time to schedule meetings with each of your advisers and let them know you are trying to fill in the gaps and disaster-proof your affairs.

Update your plans-- Change is the one constant in life. Make sure to review and update your affairs at least annually. Some questions to ask include: 1. Has your marital status changed? 2. Has the value of your assets changed significantly? 3. Have you altered your insurance policies? 4. Have you changed jobs? 5. Has your health recently change? If you answer yes to any of those questions, you need to update your plans.



Evaluate Storage Solutions Carefully – Your primary focus should be on keeping your information secure. If your computer is your main storage vault, make sure it has up-to-date firewall and anti-virus protection. Use of a reputable online storage service may be a good option for those comfortable with the technology. Keep in mind that in an emergency, portability becomes an additional concern. It would be difficult to grab your computer, with all its plugs and cables, and quickly escape your home. Instead, if you want an electronic copy of your documents, consider scanning them and burning them to a CD or storing them on an external hard drive or a USB flash drive, portable devices that hold a lot of data. For photos, consider one of the many online storage sites.

Fireproof safes may provide added protection for documents. However, you should know that many consumer safes are rated to withstand heat and flames for only about an hour. After that, even if the safe is intact, the internal temperature could rise above 350 degrees and any paper inside would incinerate. That is what happened to the safe deposit boxes in the World Trade Center. While some of the boxes survived, many contents did not.

None of us can prevent the unexpected, but putting your life back together again is much easier if you have all the pieces.

Additional resources: Contact the Red Cross and FEMA



Adapted for use in South Carolina by Dr. Deborah Thomason from materials developed by Purdue Extension Agents: Jackie Baumann, Lori Bouslog, Peggy Davis and Polly Gettinger

