

Overview Booklet

A colorful illustration of a group of children standing on a green grassy hill, holding up a large, multi-colored umbrella (yellow, orange, and red with star patterns). The children are wearing various colored clothing and have their arms raised in a celebratory or protective gesture. The background features stylized blue and green waves or rain streaks. The entire scene is framed by a white border.

FAMILY
readiness kit
PREPARING TO HANDLE DISASTERS

Credits

With the dedication, skill and sheer stamina of the following individuals, the design and production of the Family Readiness Kit would not have been possible.

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Dedication

For their love and support we dedicate this project to:

Michael
Alessandra
Jacqueline
Meghan
Erica

Special Thanks

To Jim Lindenberger and the staff of Best Start Social Marketing for their creative talents and research which provided direction to this project.

To Jean Athey, Ph.D., Peggy Kiser, U.S. Congressman E. Clay Shaw and Mark Nehring, DDS whose vision, faith, insight and dedication helped us initiate this effort and guide it through fruition.

To the Broward County Commission Graphics Office, Linda R. Hernandez and Judy Sarver for lending their time and talent to launch this project.

To Broward County Emergency Management for including the Family Readiness Kit as one of the top 10 projects prioritized by the Broward County Mitigation Task Force.

To the North Broward Hospital District for continued support to Emergency Medical Services for Children.

Acknowledgements

We are most grateful to the following individuals appointed by their national, state and/or local organizations for assistance in the development of the Family Readiness Kit.

[American Academy of Pediatrics](#)
Dee Hodge, III, M.D.

[American Association of Poison Control Centers](#)
Richard Weisman, Pharm. D.,
A.B.A.T.

[American College of Emergency Physicians](#)
Richard V. Aghababian, M.D.
M.J. Finglander
Laura Gore
Carl Schultz, M.D.

[American Society of Anesthesiologists](#)
Jeffrey Berman, M.D.

[American Psychological Association](#)
Isadora Hare, A.C.S.W.

[American Red Cross National Headquarters](#)
Rocky Lopes, Ph.D.
Joe Fay

[American Red Cross Broward County Chapter](#)
Robert Roberts

[Broward County Fire Rescue](#)
Captain Jeff Andrews

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[Humane Society Broward County](#)
Chris Agostino

[National Fire Academy](#)
Jeff Dyer

[Maternal, Infant Child & Adolescent Health Bureau \(MCHB\)](#)
David Heppel, M.D.

[National Association Of School Nurses](#)
Janis Robbins, RN

[National Highway Traffic Safety Admn.](#)
Captain Garry Criddle, RN, CPT,
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[National Association of EMS Directors](#)
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[State of Pennsylvania/Rural Trauma Centers](#)
Michael E. Smith, MD

[Substance Abuse and Mental Health Services Administration](#)
Beth Nelson

----- Caring For Your Family -----

As a parent and family member one of the jobs you do best is to provide a healthy, safe and secure world for your family. But if you are like many other parents some issues feel overwhelming and you would rather not worry about them. The prospect of a disaster is one of those issues. However, there are special resources to help you protect your family in case of a disaster. And all of us can prepare. A few simple steps will help us to protect our families, assure that our children feel safe, and make it easier to recover if and when we have to go through a disaster.



Disasters are familiar to us all. Hurricanes, floods, forest fires, tornadoes, earthquakes and human caused disasters can affect anyone in the United States.

Pre-disaster planning and emergency readiness is a complex issue. Different types of disasters may require different knowledge and skills. Although each family needs to prepare in its own way, it is important that all members, parents and children and others, are provided with information that will help them handle a disaster.

The Family Readiness Kit's National Steering Committee knows how important it is for you to protect your family. They know that by providing some easy to use infor-

mation you can be truly prepared to manage the difficulties that you may encounter if you experience a disaster. That's why the Family Readiness Kit was developed.

THE FAMILY READINESS KIT AND HOW TO USE IT

The Family Readiness Kit was developed after talking with over 250 families, like yours. The ideas they shared were used to make a set of materials which reflect the needs of most families. Even though all families are unique, this information helps most of us to understand the basic information about preparing for a disaster.

This Kit is for parents to use at home to help prepare for most kinds of disasters. In most families, mothers are

likely to handle this responsibility. However, other family members often help too – fathers, grandparents, and even children. And because each family is different, family members other than Mom may take the lead in helping the family get ready for a disaster. Each family should handle this in a way they feel comfortable. Just make sure someone in the family does it.

in a disaster. And this is important. Children may feel a special kind of distress in times of a disaster. You, as a parent or responsible adult, can help a child to feel and be safe. Many parents say that preparing for a disaster feels overwhelming. They don't want to have to worry about something as frightening as a disaster. They are concerned that preparing for a disaster is too

You, as a parent or responsible adult, can help a child to feel and be safe.

Most parents say they are only somewhat prepared and know some of what to do in case of a disaster. Most also say that they do not know how they would prepare to handle their child's emotional needs

hard, too costly, and takes too much time. And some people think they can get ready at the last minute.

Children say that their parents don't talk to them about disasters, even though doing so

may make a child feel safer. Many parents also say that once they started getting disaster-ready, it was a lot easier than they thought. Preparing for a disaster is something you can do. And everyone in the family has a role in preparing—even children.

The kind of information that parents want to know about disaster readiness is factual, positive and non-threatening. We already know that disasters can be dangerous. What parents say they need and want to know is direct information about how to get ready, how to make sure the children are safe, and how to keep the family together when a disaster occurs.

Planning for different types of disasters may require some different

Preparing for a disaster is something you can do.

activities. But there are some general guidelines for readiness that can be applied in most situations. For more detailed information on specific disasters not found in this Kit, please use the Resources section in this booklet to learn how to contact local disaster preparedness experts.

WHAT'S INCLUDED IN THE KIT

The Family Readiness Kit has easy-to-use information and ideas that will help you prepare for a disaster and keep your family safe.

The Family Readiness Kit **OVERVIEW BOOKLET** has general information about how to prepare for a disaster. In this booklet are four different areas:

Understanding Disasters with information about different types of disasters and simple steps for preparing for them;

Families As The First Resource For Preparation, Protection and Recovery, with ways you can make your family the first line of protection in case of a disaster,

Making Your Neighborhood Disaster Ready, to help build neighborhood cooperation in times of an impending disaster; and

Community and National Resources, with phone numbers and addresses of local and national organizations with more ideas about what to do in case of a disaster.

The **"4 STEPS TO SAFETY READINESS" GUIDE**

This item is a two-sided readiness guide.

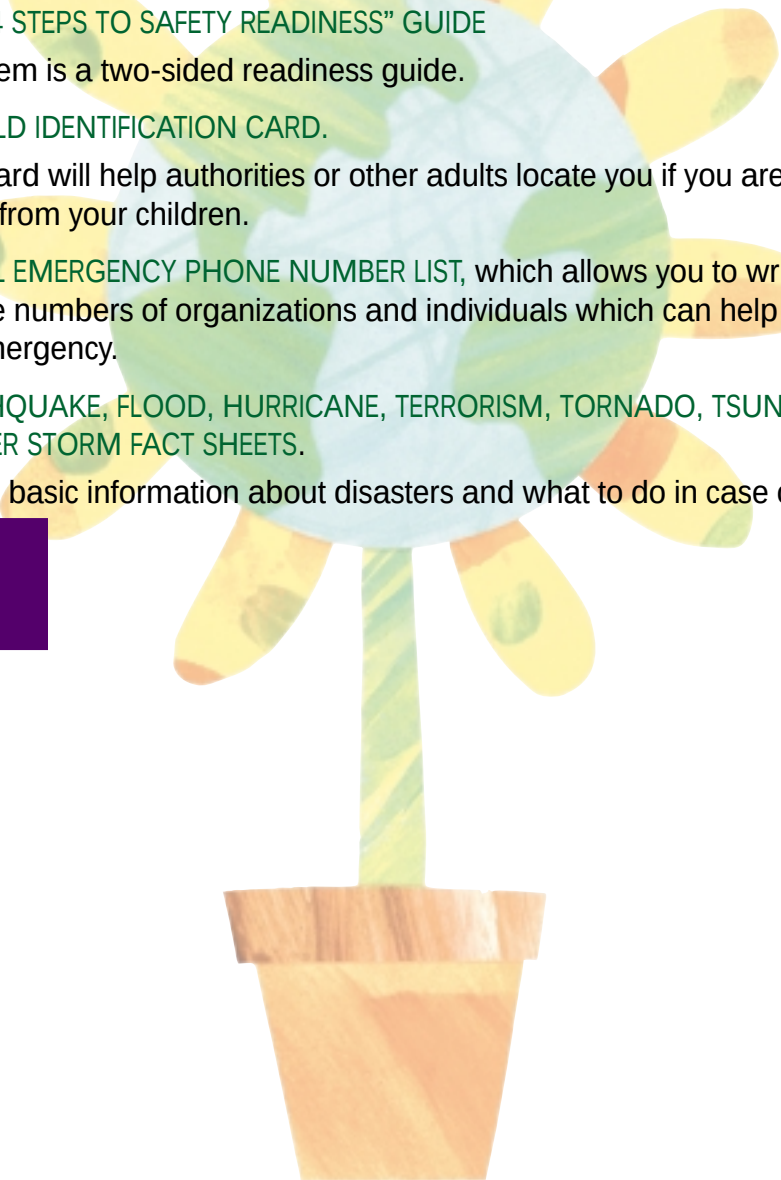
A CHILD IDENTIFICATION CARD.

This card will help authorities or other adults locate you if you are separated from your children.

LOCAL EMERGENCY PHONE NUMBER LIST, which allows you to write local phone numbers of organizations and individuals which can help in case of an emergency.

EARTHQUAKE, FLOOD, HURRICANE, TERRORISM, TORNADO, TSUNAMI, AND WINTER STORM FACT SHEETS.

This is basic information about disasters and what to do in case of one.





Understanding Disasters

In this booklet, natural disasters are the main concern. There is information about the major disasters, Forest fires, Floods, Tornadoes, Hurricanes, and Earthquakes. However, other types of human caused disasters such as hazardous material spills can also affect you and your community. Basic preparation will help you in any type of disaster. The list starting on page 3 explains exactly what you will need. Prepare now. Tomorrow may be the day you need it.

COMMON TYPES OF NATURAL DISASTERS

Forest Fires

Forest Fires may threaten people living in or near wildland areas or those using recreational areas or campsites. Forest Fires spread quickly and are capable of destroying a home in minutes. Sometimes these fires are started by nature, but people usually start brush fires and forest fires.

Here are some steps you can take to protect

your family if there is a forest fire.

Things to do to protect your home from danger:

- Remove outdoor plants and objects that might burn easily;
- Keep trees, bushes and plants properly trimmed and well-watered;
- Keep your chimney clean;
- Avoid open burning; If you see a fire in your area, immediately report it by calling 911.
- If you see a fire in your area, immediately report it by calling 911;
- Close all doors and windows;
- Turn on lights in order to see better in heavy smoke;
- Close gas valves and turn off pilot lights;
- If hoses and water are available, place sprinklers on roofs;
- Wear cotton or light wool long-sleeved shirts, long pants and gloves;
- Leave at once if you are told to by emergency officials.

If a forest fire is approaching:

- If you see a fire in your

People tend to think, "Oh this won't happen to me" when it comes to disasters. 95% of people in the United States believe just that. In fact, 60% of the population has been affected. Each year, hundreds of thousands of United States citizens go through some type of disaster. A disaster can occur in your community. It can happen to you. However, knowing some basic information about the different types of disasters and what you can do in general to get ready will help to make this feel less frightening and overwhelming.



Family Disaster Supplies list

Keep these items together in a plastic tub or container or store them together in one cabinet so they will be easy to find.

NON-FOOD ITEMS

Battery-powered radio, flashlights

Extra batteries

First aid kit (include acetaminophen or other nonsteroidal anti-inflammatory drug NSAID, antibiotic cream and antacids) and manual.

Prescription medications (month's supply recommended)

Photocopies of prescriptions (pharmacy records may not be available right away)

Credit card and cash

Personal identification

Spare set of car keys

Extra pair of eyeglasses

Matches in a waterproof container

Signal flare

Floods

Floods occur in every area of the country. Overflowing rivers from heavy rains, hurricanes pushing sea waters inland or heavy runoff from spring melts in the mountains all cause floods and threaten families and property.

Here are some steps you can take to protect your family if there is a flood.

- Have properly filled sandbags ready to stop rising water (half to two-thirds full and tied at the top);
- Remove valuable items from the home or move them to upper floors;
- Turn off utilities at main panel;
- Close main gas valve;
- Be ready to evacuate immediately. Floodwaters can rise quickly;
- Fill car with supplies and fresh water; and
- Do not walk or drive through flooded areas that are deeper than knee-high.

Tornadoes

Advance planning and quick response are the keys to surviving a tornado. Have a plan for getting your family back together in the event that family members are separated. For example, a tornado could strike during the day when parents are at work or home and children are at school.

Learn these tornado danger signs:

- An approaching cloud of trash can mark the location of a tornado;
- Before a tornado hits, the air may become very still;
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear skies behind a tornado.

Here are some steps you can take to protect your family if there is a tornado.

At home:

- Go to the basement, or lowest level of the building;
- If there is no basement, go to a smaller inner room without windows;
- Go to the center of room;
- Get under a piece of sturdy furniture such as a heavy table and hold on to it;
- Use your arms to protect your head and neck;
- If you are in a mobile home, get out and find shelter elsewhere.

At work/school:

- Go to the basement or to an inside hallway at the lowest level;
- Avoid places with wide-span roofs such as auditoriums, cafeterias, or large hallways;
- Get under a piece of sturdy furniture such as a heavy table and hold on to it;
- Use your arms to protect your head and neck.

When you are outside:

- If possible, get inside a building;
- If there is no time to get indoors, lie in a ditch or crouch near a strong building;
- Be aware of the potential for flooding;
- Use your arms to protect your head and neck.

If you are in a car:

- NEVER drive in a tornado. Tornadoes can change direction quickly and lift up a car or truck and toss it through the air;
- Get out of the car immediately and take shelter in a nearby building;
- If there is not time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle.

Hurricanes

Planning ahead and learning about hurricane warning messages can reduce the chances of injury or major property damage during a hurricane.

Here are some steps you can take to protect your family during a hurricane.

Before the storm:

- Plan an evacuation route;
- Have a plan. Know where nearby shelters are located and which routes you would take if you needed to evacuate;
- Have disaster supplies on hand;
- If you have pets, know where you would take them. Contact the local humane society to find out where there is an animal shelter in your area;
- Make sure that all family members know what to do during a hurricane;
- Have a plan for getting your family back together in the event that family members are separated when the storm hits.

During a Hurricane WATCH:

- Listen to a battery-operated radio or television for hurricane progress reports;
- Check emergency supplies;
- Fuel your car;
- Bring in outdoor objects such as lawn furniture, toys, and garden tools and anchor objects that cannot be brought inside;
- Secure buildings by closing and boarding up windows;
- Remove outside antennas;
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly;
- Store drinking water in clean bathtubs, jugs, bottles or cooking pots;
- Review your evacuation plan.

Whistle

Map of the area

List of important phone numbers

Special items for babies/young children/elderly.

3 gallons of water per person

Bar soap/toiletries

Paper and pencils

Masking or duct tape

Plain chlorine bleach (may be needed to sanitize drinking water)

Plastic bucket with a tight lid.

Plastic garbage bags

Non-electric can opener and utility knife (like a Swiss Army knife)

Paper cups, plates, and plastic utensils

Blankets or sleeping bags

A change of clothing, rain gear, and sturdy shoes for each family member.

(In warm weather climates, you may also want to include sunscreen and insect repellent)



FOOD ITEMS

Peanut butter and jelly
Ready-to-eat canned soup, canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)
Bread/crackers stored in waterproof bag or container
Powdered or single-serve drinks
Cereal/granola bars
Packaged condiments

FOR PETS

A two-week supply of dry and canned food.
Water (1/2 gallon per day)
Litter box supplies
Traveling cage

During a Hurricane WARNING:

- Stay inside, away from windows, skylights and glass doors;
- Keep a supply of flashlights and extra batteries handy. Avoid open flames, such as candles and kerosene lamps;
- If power is lost, unplug appliances to reduce power “surges” when electricity is restored.

If you are told to evacuate:

- Leave as soon as possible. Avoid flooded roads and bridges;
- Secure your home by unplugging appliances and turning off electricity and the main water valve;
- Tell someone outside of the storm area where you are going;
- If time permits, move valuable items to a higher floor;
- Take your Family Readiness Kit and disaster supplies;
- Lock up and leave home.

Earthquakes

Earthquakes strike violently and without warning. Identifying potential hazards in your home and knowing what to do during an earthquake can help you reduce the dangers.

Make your home earthquake-safe. Check for hazards throughout your home.

- Hang heavy items such as pictures and mirrors away from beds, couches and other places where people sit;
- Place large or heavy objects on lower shelves;
- Fasten shelves securely to walls;
- Strap your water heater to the wall studs and bolt it to the floor;
- Brace overhead light fixtures;
- Store breakable items such as bottled foods, glass and china in low, closed cabinets with latches;
- Store weed killers, pesticides and flammable products securely on bottom shelves in closed cabinets with latches.

Be prepared:

- Identify safe places in each room in your house;
 - Locate safe places – those out in the open – outside your house;
 - Have disaster supplies on hand at all times.

Here are some steps you can take to protect your family during an earthquake.

If you are indoors:

- Stay inside. The most dangerous thing to do during an



earthquake is to try to leave a building;

- Take cover under a piece of heavy furniture or against an inside wall and hold on.

If you are outdoors or in a moving vehicle:

- Move into the open, away from buildings, streetlights, utility wires, trees, overpasses or elevated expressways.
- Stop quickly and stay in your vehicle
- Move to a clear area away from buildings, trees, overpasses or utility wires.
- Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.



**IF THERE IS AN
EMERGENCY AND
YOU NEED TO
EVACUATE
IMMEDIATELY, MAKE
SURE TO TAKE THESE
ITEMS:**

Personal identification

Special items for babies/young children/elderly

3 gallons of water per person

Bar soap/toiletries

Non-electric can opener and utility knife (like a Swiss Army knife)

Paper cups, plates, and plastic utensils

Blankets or sleeping bags

A change of clothing, rain gear, and sturdy shoes for each family member

Canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)

Families

The First Resource For Preparation, Protection And Recovery



HOW TO GET YOUR FAMILY READY

It's important for all family members to know how to react in an emergency, because when a disaster strikes, the best protection is knowing what to do.

You should also discuss possible disaster plans with your children - in a very general way - so that they will know what to do in various situations. For example, if you live in a part of the country that is prone to tornadoes, it is important for your children to know what to do if a tornado is coming. Remember that it is possible that you and your children may be in different places when a disaster strikes; for example at school and work. Also, older children may be home alone when faced with an emergency.

CREATE A FAMILY DISASTER PLAN

You can create a Family Disaster Plan by taking four simple steps. It's important for all family members to know how to react in an emergency because the best protection is knowing what to do.

Talk with your children about the dangers of disasters that are likely in your area and how to prepare for each type. Make sure they know where to go in your home to stay safe during an earthquake, tornado, hurricane, or other disasters likely for your area.

Teach your child how to recognize danger signals. Make sure your child knows what smoke detectors, fire alarms and local community warning systems (horns, sirens) sound like and what to do when they hear them.

Explain to children how and when to call for help. Keep emergency phone numbers (your local Emergency Phone Number List in this Kit) where family members can find them.

Pick an out-of-state family contact person who family members can "check-in" with if you are separated during an emergency. For children who are old enough help them to memorize the person's name and phone number, or give them a copy of the emergency list included in the kit.

Agree on a meeting place away from your home (a

neighbor or relative's house or even a street corner) where you would get together if you were separated in an emergency. Give each family member an emergency list with the name, address and phone number of the meeting place. For children who are old enough help them to memorize the person's name, address and phone number.

Put together a disaster supplies kit for your family.

Practice your Family Disaster Plan every six months so that everyone will remember what to do when in an emergency.

IT'S IMPORTANT FOR ALL FAMILY MEMBERS TO KNOW HOW TO REACT IN AN EMERGENCY BECAUSE THE BEST PROTECTION IS KNOWING WHAT TO DO.

PETS

Shelters can't take pets, so plan what to do in case you have to evacuate. Call your humane society to ask if there is an animal shelter in your area. Prepare a list of kennels and veterinarians who could shelter them in an emergency. Keep a list of "pet friendly" motels outside your area. See the Pets and Disasters brochure in the Kit for more information.

DISASTER SUPPLIES

Every family should have disaster supplies in their home. Needed supplies include food, water and other things that you might need in an emergency. In a hurricane, earthquake, or flood, you could be without electricity for a week or more, or the water supply may be polluted. There also may be times, like during a flood or a heavy winter storm, that you might not be able to leave your house for a few days. Your family may never need to use your disaster supplies, but it's always best to be prepared.

To make getting these items fun, you could have a family "Scavenger Hunt" and have family members see how many of these items they can find in your home.

WHAT TO TELL YOUR CHILDREN ABOUT DISASTERS

It is important to warn children, without overly alarming them, about disasters. Tell children that a disaster is something that could hurt people or cause damage. Explain that nature sometimes provides "too much of a good thing" – fire, rain, or wind. Talk about things that could happen during a storm, like the fact that the lights or phone might not work.

Tell children there are many people who can help them during a disaster, so that they will not be afraid of firemen, policemen, paramedics, or other emergency officials. Teach children:

- How to call for help;
 - How to shut off utilities (gas, electricity, etc.)
 - When to use emergency numbers; and
 - To call the family contact if they are separated.
-

STAYING CALM IN AN EMERGENCY

The most important role a parent can play in an emergency situation is to stay calm. Children of all ages can easily pick up on their parents' fears and anxieties. In a disaster, they'll look to you for help and for clues on how to act. If you react with alarm, a child may become more scared. If you seem overcome with a sense of loss, a child may feel their losses more strongly.

However, experts agree that you should be honest with your children and explain what's going on. Just be sure to base the amount of information and level of detail on what's appropriate for their age level.

CHILDREN AND THEIR RESPONSE TO DISASTER

Children depend on daily routines: They wake up, eat breakfast, go to school, and play with friends. When emergencies or disasters interrupt this routine, children may become anxious.



Introduce yourself to your neighbors

Know your neighbors' special skills (Are any of them doctors, nurses, fire fighters or emergency medical technicians?)

Find out if any of your neighbors have special needs, such as those who are disabled or elderly. Consider how you might help them.

Make plans for childcare in case parents can't get home.

If you're a member of a neighborhood organization, such as a homeowners association or crime watch group, introduce disaster preparedness as a new activity. Check with your local fire department to find out if they offer Community Emergency Response Team (CERT) training.

KIDS GET READY KIT

Assemble a Special "Get Ready Kit" for kids. Explain to your children that you might need to leave your house during a disaster and sleep somewhere else for awhile. Here are some items you and your children could put into a back pack so it will be ready if needed:

A few favorite books, crayons, and paper.

Two favorite small toys like a doll or action figure.

A board game.

A deck of cards.

A puzzle.

A favorite stuffed animal.

A favorite blanket or pillow.

Picture of your family and pets.

A box with special treasures that will help you feel safe.



Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable.

Be aware that after a disaster, children are most afraid that:

- The event will happen again.
- Someone will be injured or killed
- They will be separated from the family
- They will be left alone

COMMON CHILD BEHAVIORS AFTER A DISASTER

Children may be upset over the loss of a favorite toy, blanket, teddy bear or other items that adults might consider insignificant.

Undergo a personality change – from being quiet, obedient and caring to loud, noisy and aggressive or from outgoing to shy and afraid.

Have nightmares or be afraid to sleep alone or with the light off.

Become easily upset, cry or whine.

Lose trust in adults because the adults in their life were unable to control the disaster.

Revert to younger behavior such as bed-wetting and thumb sucking.

Not want parents out of their sight/refuse to go to school or daycare.

Feel guilty that they caused the disaster by something they said or did.

SPECIAL NEEDS OF CHILDREN AFTER A DISASTER

Parents should remember that the psychological effects of a natural disaster don't go away once the emergency has passed. Children can suffer from nightmares or other problems for up to two years after a disaster.

Children are able to cope better with a traumatic event if parents, teachers and other adults support and help them with their experiences. Help should start as soon as possible after the event. Some children may never show distress because they don't feel upset, while others may not give evidence of being upset for several weeks or even months. Even if children do not show a change in behavior, they may still need your help. Parents should be on the lookout for signs that their kids need some extra counseling.

WHAT PARENTS CAN DO TO HELP CHILDREN COPE AFTER A DISASTER

Talk with children about how they are feeling and listen without judgment. Let them know they can have their own feelings, which might be different than others. Let children take their time to figure things out and to have their feelings. Don't rush them or pretend that they don't think or feel as they do.

Here are some suggested ways to reduce your child's fear and anxiety:

Keep the family together as much as possible. While you look for housing and assistance, try to keep the family together and make children a part of what you are doing. Otherwise, children could get anxious and worry that their parents won't return.

Calmly and firmly explain the situation. As best as you can, tell children what you know about the disaster. Explain what will happen next. For example, say, "Tonight, we will all stay together in the shelter." Get down to the child's eye level and talk to them.

Encourage children to talk. Let them talk about the disaster and ask questions as much as

they want. Encourage children to describe what they're feeling. Help them learn to use words that express their feelings, such as happy, sad, angry, mad and scared. Just be sure the words fit their feelings – not yours.

Listen to what they say. If possible, include the entire family in the discussion. Reassure them that the disaster was not their fault in any way.

Assure fearful children that you will be there to take care of them. Children should not be expected to be brave or tough, or to "not cry."

Include children in recovery activities. Give children chores that are their responsibility. This will help children feel they are part of the recovery. Having a task will help them understand that everything will be all right.

Go back as soon as possible to former routines. Maintain a regular schedule for children.

Let them have some control, such as choosing what outfit to wear or what meal to have for dinner.

Allow special privileges such as leaving the light on when they sleep for a period of time after the disaster.

Find ways to emphasize to the children that you love them.

TURN OFF THE TV

Once you arrive at a shelter, hotel, or a relative's home, disaster-related TV programs should be restricted. News coverage of disasters—especially if children see their own town or school on TV – can be traumatic to children of all ages. If children watch TV coverage of the disaster, parents should watch with them and talk about it afterwards.

ACTIVITIES TO GET CHILDREN TALKING ABOUT THE DISASTER

Encourage children to draw or paint pictures of how they feel about their experiences. Hang these at the child's eye level to be seen easily.

Write a story of the frightening event. You might start with:

Once upon a time there was a terrible _____ and it scared us all _____. This is what happened: _____.

Be sure to end with "And we are now safe."

Other ideas:

Music is fun and valuable for children. Creating music with instruments or rhythm toys helps relieve stress and tension.

The things described in this booklet may feel like a lot to know and take care of. It is helpful to know that you can learn things a step at a time. And many of us have many of the supplies that are recommended. We just have not thought of them as disaster readiness supplies. Remember that we can get ready for a disaster. And the peace of mind that comes from knowing we have done what is needed to make our children and families safe is the reward for a little extra effort.



National Resources



FEDERAL EMERGENCY MANAGEMENT ASSOCIATION (FEMA) HEADQUARTERS

500 C Street, SW
Washington, DC 20472
(800) 462-9029 to apply for disaster assistance
www.fema.gov (general) or

www.fema.gov/kids (FEMA for Kids)

Overview of Resources: FEMA is the federal agency called in to help when the President declares a disaster. Teaches people how to prepare for disaster and works with communities. After a disaster occurs, FEMA helps repair homes and buildings and provides temporary housing assistance.

U.S. GEOLOGICAL SURVEY (USGS)

U.S. Department of the Interior
Reston, VA 20192
(888) 275-8747

www.usgs.gov

Overview of Resources: Provides scientific information to understand the Earth and to minimize loss from natural disasters.

Local Resources



AMERICAN RED CROSS

521 NE 4th Avenue
Fort Lauderdale, FL 33301
(954) 763-9900

www.redcross.org Overview of Resources: Provides disaster relief services and teaches lifesaving skills.

EMERGENCY MANAGEMENT DIVISION

201 NW 84th Avenue
Plantation, FL 33324
(954) 831-3900

Overview of Resources: Develops and implements comprehensive disaster planning and response activities within Broward County. Develops emergency plans for all types of natural and man-made hazards.

FEDERAL EMERGENCY MANAGEMENT ASSOCIATION (FEMA) – REGION IV

3003 Chamblee Tucker Road
Atlanta, GA 30341
(770) 220-5200

Overview of Resources: FEMA's regional office for Florida.

WEBSITES

Broward County, Florida

www.broward.org

Extension Disaster Education Network (EDEN)

www.agctr.lsu.edu/eden

Institute for Business and Home Safety

www.ibhs.org

International Association of Emergency Managers

www.iaem.com

Miami-Dade County, Florida

www.metro-dade.com

National Fire Protection Association

www.nfpa.org

National Weather Service

www.nws.noaa.gov

North Broward Hospital District

www.nbhd.org

Child Identification Card

child _____
mom _____
dad _____
address _____
home phone # _____
mom/dad day phone # _____
neighbor/friend _____
school name _____

Child Identification Card

child _____
mom _____
dad _____
address _____
home phone # _____
mom/dad day phone # _____
neighbor/friend _____
school name _____

Child Identification Card

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Child Identification Card

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mom _____
dad _____
address _____
home phone # _____
mom/dad day phone # _____
neighbor/friend _____
school name _____

Local Emergency Phone Number List

Please fill in with your local emergency numbers.

EMERGENCY _____

FIRE DEPARTMENT _____

AMBULANCE _____

DOCTOR _____

POISON CONTROL _____

WORK MOM _____

WORK DAD _____

NEIGHBOR _____

GAS COMPANY _____

RED CROSS _____

HOSPITAL _____

OUT-OF-TOWN CONTACT _____

LOCAL EMERGENCY
MANAGEMENT DIVISION _____



Family Disaster Supplies List

Keep these items together in a plastic tub or container or store them together in one cabinet so they will be easy to find.

NON-FOOD ITEMS

Battery-powered radio, flashlights
Extra batteries
First aid kit (include acetaminophen or other nonsteroidal anti-inflammatory drug NSAID, antibiotic cream and antacids) and manual.
Prescription medications (month's supply recommended)
Photocopies of prescriptions (pharmacy records may not be available right away)
Credit card and cash
Personal identification
Spare set of car keys
Extra pair of eyeglasses
Matches in a waterproof container
Signal flare
Whistle
Map of the area

List of important phone numbers
Special items for babies/young children/elderly.
3 gallons of water per person
Bar soap/toiletries
Paper and pencils
Masking or duct tape
Plain chlorine bleach (may be needed to sanitize drinking water)
Plastic bucket with a tight lid.
Plastic garbage bags
Non-electric can opener and utility knife (like a Swiss Army knife)
Paper cups, plates, and plastic utensils
Blankets or sleeping bags
A change of clothing, rain gear, and sturdy shoes for each family member.
(In warm weather climates, you may also want to include sunscreen and insect repellent)

FOOD ITEMS

Peanut butter and jelly
Ready-to-eat canned soup, canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)
Bread/crackers stored in waterproof bag or container

Powdered or single-serve drinks
Cereal/granola bars
Packaged condiments

FOR PETS

A two-week supply of dry and canned food.
Water (1/2 gallon per day)
Litter box supplies
Traveling cage

IF THERE IS AN EMERGENCY AND YOU NEED TO EVACUATE IMMEDIATELY, MAKE SURE TO TAKE THESE ITEMS:

Personal identification
Special items for babies/young children/elderly
3 gallons of water per person
Bar soap/toiletries
Non-electric can opener and utility knife (like a Swiss Army knife)
Paper cups, plates, and plastic utensils
Blankets or sleeping bags
A change of clothing, rain gear, and sturdy shoes for each family member
Canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)





Hurricane Fact Sheet

1-WHAT IS A HURRICANE?

A hurricane is a tropical cyclone with sustained winds of 74 miles per hour or more. Hurricane winds blow in a large spiral around a relatively calm center known as the “eye.” Hurricanes bring torrential rains, high winds, and storm surges as they near land.

2-WHY TALK ABOUT HURRICANES?

Hurricanes can be dangerous killers. Most hurricane-related deaths are caused by floods. To learn about the hurricane risk in your community and your community’s preparedness plan, contact your local emergency management office or American Red Cross chapter.

3-WHAT CAN I DO TO PREPARE FOR A HURRICANE?

In addition to completing the 4 Steps to Safety, do the following:

- Get a week’s supply of food and water to be kept at home (in addition to the three-day supply in your Disaster Supplies List).
- Install protection to windows, glass sliding doors and garage doors.
- Clear clogged rain gutters and downspouts.
- Follow flood preparedness precautions if you live in an area prone to flooding.
- Have an engineer check your home and tell you how to make it more resistant to wind.

4-WATCHES AND WARNINGS

The National Weather Service issues a hurricane watch when there is a threat of hurricane conditions within 24-36 hours. A hurricane warning is issued when hurricane conditions are expected in 24 hours or less.

5-WHAT TO DO DURING A HURRICANE WATCH

- Listen to a battery-operated radio or television for

hurricane reports. Hurricanes can change direction, speed and intensity very suddenly, so stay updated.

- Check your Disaster Supplies List and get any missing items if possible.
- Fill your car’s gas tank.
- Bring in outdoor objects such as lawn furniture, toys and hanging plants.
- Remove any weak branches from trees and shrubs.
- Close and board up windows and glass sliding doors. Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels.
- Turn refrigerator and freezer to coldest settings. Open only when necessary.
- Turn off propane tanks. Turn off utilities if told to do so by authorities.
- Store valuables and important documents in a safe deposit box on the highest level of your home.
- Review evacuation plan.

6-WHAT TO DO DURING A HURRICANE WARNING

- Listen constantly to a battery-operated radio or television for official instructions.
- Evacuate if told to do so. If in a mobile home, check tie-downs and leave immediately. Take your Family Readiness Kit and disaster supplies and go to a shelter or your family’s contact home.

Hurricane Fact Sheet

Side Two



Call your out-of-town contact so someone will know where you are going.

- If you are told to evacuate, stay indoors. A small interior room on the first floor without windows, skylights or glass doors is the safest place. Lie on the floor under a sturdy object.
- Close all interior doors and secure and brace external doors.
- Have a supply of flashlights and extra batteries handy. Use flashlights instead of candles or kerosene lamps.
- Store drinking water in clean bathtubs, sinks and plastic bottles.
- If power is lost, unplug major appliances to reduce the power surge when electricity is restored.
- Don't be fooled by the calm "eye" of the storm. The worst part will happen once the eye passes over and the winds blow from the opposite direction.
- Be alert for flooding. If driving and you come upon a flooded road, turn around and go another way. If caught on a flooded road and the water is rising, get out of your vehicle and seek higher ground.

7-WHAT TO DO AFTER A HURRICANE

- Continue listening to local radio for information.
- If you evacuated, return home only after local officials tell you it is safe.
- Stay away from flood waters.
- Help those who may need special assistance and give first aid where appropriate.
- Stay on firm ground and avoid disaster areas.
- Avoid loose or dangling power lines and report them to the power company, police or fire department.
- Enter your home or any building with caution.
- Wear sturdy shoes and do not enter if there is water around the building
- Use flashlights to examine walls, floors, doors,

staircases and windows. Inspect foundations for cracks and make sure the building is not in danger of collapsing.

- Look for fire hazards such as flooded electrical circuits or submerged furnaces and appliances.
- Check for gas leaks. If you smell gas or hear a hissing noise, open a window and leave quickly. Turn off the gas at the outside main valve and call the gas company from a neighbor's home.
- Look for electrical system damage. If you see sparks or frayed wires, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- Check for sewage and water line damage. If you think sewage lines are damaged, don't use toilets and call a plumber. If water pipes are damaged, don't use tap water and call the water company.
- Watch out for animals, especially poisonous snakes that may have entered the building with flood waters.
- Take pictures of the damage for insurance claims.
- Avoid drinking or preparing food with tap water until local officials tell you it is not contaminated.
- Open windows and doors to ventilate and dry your home.
- Use the telephone for emergency calls only.





Earthquake Fact Sheet

1-WHAT ARE EARTHQUAKES?

An earthquake is a sudden, rapid shaking of the Earth caused by the breaking and shifting of rock beneath the Earth's surface. Ground shaking from earthquakes can collapse buildings and bridges; disrupt gas, electric, and phone service; and sometimes trigger landslides, avalanches, flash floods, fires, and huge, destructive ocean waves (tsunamis). Learn whether earthquakes are a risk in your area by contacting your local emergency management office or American Red Cross chapter.

2-WHY TALK ABOUT EARTHQUAKES?

For hundreds of millions of years, the forces of plate tectonics have shaped the Earth as the huge plates that form the Earth's surface move slowly over, under, and past each other. Sometimes the movement is gradual. Where earthquakes have occurred in the past, they will happen again.

3-WHAT CAN I DO TO PREPARE FOR AN EARTHQUAKE?

In addition to completing the 4 Steps to Safety, do the following:

Pick "safe places" in each room of your home -- a safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you.

Practice drop, cover, and hold-on in each safe place -- drop under a sturdy desk or table, hold on, and protect your eyes by pressing your face against your arm.

Get training -- take a first aid class from your local Red Cross chapter.

Discuss earthquakes with your family -- everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.

4-WHAT TO DO DURING AN EARTHQUAKE

Drop, cover, and hold on! Move only a few steps to a nearby safe place.

If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are.

If you are outdoors, find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there until the shaking stops.

If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped.

Stay indoors until the shaking stops and you're sure it's safe to exit.

Stay away from windows.

In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.

If you are in a coastal area, move to higher ground.

If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris that could be loosened by the earthquake.

5-WHAT TO DO AFTER AN EARTHQUAKE

Check yourself for injuries.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and

Earthquake Fact Sheet

Side Two



work gloves.

Continue listening to local radio for information.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Use flashlights to examine walls, floors, doors, staircases and windows. Inspect foundations for cracks and make sure the building is not in danger of collapsing.

Inspect your home for damage. Check for gas leaks. Get everyone out if your home is unsafe.

Help neighbors who may require special assistance.

Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately.

Expect aftershocks.

Use the telephone for emergency calls only.





Flood Fact Sheet

1-WHAT IS A FLASH FLOOD?

Floods are among the most frequent and costly natural disasters in terms of human hardship and economic loss. As much as 90 percent of the damage related to all natural disasters (excluding droughts) is caused by floods and associated debris flows. Flash floods occur within six hours of a rain event, or after a dam or levee failure, or following a sudden release of water held by ice or debris jam, and flash floods can catch people unprepared.

2-WHY TALK ABOUT FLOODS?

Flooding occurs in known flood plains when prolonged rainfall over several days, intense rainfall over a short period of time, or an ice or debris jam causes a river or stream to overflow and flood the surrounding area. Severe thunderstorms can bring heavy rain in the spring and summer; or tropical cyclones can bring intense rainfall to the coastal and inland states in the summer and fall.

3-WHAT CAN I DO TO PREPARE FOR FLASH FLOODING?

In addition to completing the 4 Steps to Safety, do the following:

Learn about your area's flood risk and elevation above flood stage. Contact your local Red Cross chapter, emergency management office, local National Weather Service office, or planning and zoning department.

Talk to your insurance agent. Homeowners' policies do not cover flooding. Ask about the National Flood Insurance Program (NFIP).

Get training -- take a first aid class from your local Red Cross chapter.

Use a NOAA Weather Radio with a tone-alert feature, or a portable, battery-powered radio (or television) for updated emergency information.

4-WHAT TO DO DURING A FLOOD WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Everyone in a WATCH area should be ready to respond and act quickly.

Be alert to signs of flooding, and if you live in a flood-prone area, be ready to evacuate at a moment's notice.

Follow the instructions and advice of local authorities.

Get your pre-assembled disaster supplies ready.

Fill your car's tank, in case an evacuation notice is issued.

Be prepared to evacuate.

5-WHAT TO DO DURING A FLOOD WARNING

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Be alert to signs of flooding

If you live in a flood-prone area or think you are at risk, evacuate immediately. Move quickly to higher ground. Save yourself, not your belongings.

Follow the instructions and advice of local authorities.

Flood Fact Sheet

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If advised to evacuate, do so immediately.

6-WHAT TO DO AFTER A FLASH FLOOD

Check yourself for injuries.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

Continue listening to local radio for information.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Stay out of any building if flood waters remain around the building.

Help neighbors who may require special assistance.

Use the telephone for emergency calls only.





Tornado Fact Sheet

1-WHAT IS A TORNADO?

A tornado is a violently rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes have rotating winds of 250 miles per hour or more. They are capable of causing extreme destruction, including uprooting trees and well-made structures, and turning normally harmless objects in deadly missiles. Most tornadoes are just a few dozen yards wide and only briefly touch down.

2-WHY TALK ABOUT TORNADOES?

Tornadoes have been reported in every state, and though they generally occur during spring and summer, they can happen any time of the day or night, they are most likely to occur between 3:00 and 9:00 p.m. There are no areas immune to tornadoes; they have been reported in mountains and valleys, over deserts and swamps, from the Gulf Coast into Canada, in Hawaii and even Alaska. Regardless of the location or time of year, if conditions are right, a tornado can happen.

3-WHAT CAN I DO TO PREPARE FOR A TORNADO?

In addition to completing the 4 Steps to Safety, do the following:

Use a NOAA Weather Radio with a tone-alert feature, or a portable, battery-powered radio (or television) for updated emergency information of watches and warnings issued in your area.

If planning a trip or extended period of time outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

Watch for tornado danger signs:

Dark, often greenish sky a phenomenon caused by hail indicating a tornado may develop.

Wall cloud, an isolated lowering of the base of a thunderstorm.

Large hail. Tornadoes are spawned from powerful thunderstorms and the most powerful thunderstorms produce large hail.

Cloud of debris, funnel cloud, roaring noise.

Get training -- take a first aid class from your local Red Cross chapter.

4-WHAT TO DO DURING A TORNADO WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Everyone in a WATCH area should be ready to respond and act quickly.

Be alert to changing weather conditions.

5-WHAT TO DO DURING A TORNADO WARNING

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

If you are inside, go to your safe place to protect yourself from glass and other flying debris.

Stay away from windows.

Tornado Fact Sheet

Side Two



If you're outside in a car or in a mobile home, go immediately to the basement of a nearby sturdy building.

If there is no building nearby, lie flat in a low spot. Use your arms and hands to protect your head.

Avoid places with wide-span roofs, such as auditoriums, cafeterias, large hallways, or shopping malls.

6-WHAT TO DO AFTER A TORNADO

Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

Help neighbors who may require special assistance.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Stay out of damaged buildings.

Use the telephone for emergency calls only.





Tsunami Fact Sheet

1-WHAT IS A TSUNAMI?

Tsunamis are ocean waves produced by earthquakes or underwater landslides. The word is Japanese and means “harbor wave,” because of the devastating effects these waves have had on low-lying Japanese coastal communities. Tsunamis are often incorrectly referred to as tidal waves, but a tsunami is actually a series of waves that can travel at speeds averaging 450 (and up to 600) miles per hour in the open ocean.

2-WHY TALK ABOUT TSUNAMIS?

Tsunamis have caused damage in the United States and its territories. As a tsunami nears the coastline, it may rise to several feet or, in rare cases, tens of feet, and can cause great loss of life and property damage when it comes ashore. Tsunamis can travel upstream in coastal estuaries and rivers, with damaging waves extending farther inland than the immediate coast. A tsunami can occur during any season of the year and at any time, day or night.

3-WHAT CAN I DO TO PREPARE FOR A TSUNAMI?

In addition to completing the 4 Steps to Safety, do the following:

Learn about tsunami risk in your community. Contact your local emergency management office or American Red Cross chapter.

If you are visiting an area at risk from tsunamis, check with the hotel, motel, campground operators for tsunami evacuation information and how you would be warned.

Plan an evacuation route from your home, school, workplace, or any other place you'll be where tsunamis present a risk.

4-WHAT TO DO WHEN A TSUNAMI WATCH IS ISSUED.

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Check your disaster supplies kit.

If time permits, secure unanchored objects around your home or business.

Be ready to evacuate.

5-WHAT TO DO WHEN A TSUNAMI WARNING IS ISSUED

If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once. A tsunami warning is issued when authorities are certain that a tsunami threat exists, and there may be little time to get out.

Take your Family Readiness Kit and your disaster supplies.

Go to higher ground as far inland as possible.

Tsunami Fact Sheet

Side Two



6-WHAT TO DO AFTER A TSUNAMI

Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

Help neighbors who may require special assistance.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Stay out of damaged buildings.

Wear sturdy shoes.

Check for fire hazards.

Check for gas leaks.

Use the telephone for emergency calls only.





Winter Storm Fact Sheet

1-WHAT ARE WINTER STORMS?

A winter storm can range from a moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that lasts several days. Some winter storms may be large enough to affect several states, while others may affect only a single community. Many winter storms are accompanied by low temperatures and heavy and/or blowing snow, which can severely reduce visibility.

2-WHY TALK ABOUT WINTER STORMS?

A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall, and cold temperatures. People can become trapped at home, without utilities or other services. Heavy snowfall and blizzards can trap motorists in their cars. Attempting to walk for help in a blizzard can be a deadly decision.

3-WHAT CAN I DO TO PREPARE FOR A WINTER STORM?

In addition to completing the 4 Steps to Safety, do the following:

Learn about your area's winter storm risk. Contact your local Red Cross chapter, emergency management office for your area's winter storm risk.

Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin.

Service snow removal equipment before winter storm season.

Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.

4-WHAT TO DO DURING A WINTER STORM WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Be aware of changing weather conditions

Move animals to sheltered areas.

Avoid unnecessary travel.

5-WHAT TO DO DURING A WINTER STORM WARNING

Stay indoors and dress warmly during the storm. Wear layers of loose-fitting, lightweight, warm clothing will keep you warmer than one bulky sweater.

Listen to a battery powered radio or television for updated emergency information.

Eat regularly. Food provides the body with energy for producing its own heat.

Keep the body replenished with fluids to prevent dehydration.

Conserve fuel.

Winter Storm Fact Sheet

Side Two



6-WHAT TO DO AFTER A WINTER STORM

Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

Help neighbors who may require special assistance.

Avoid driving and other travel until conditions have improved.

Avoid overexertion.

Follow forecasts and be prepared when venturing outside.





Terrorism Fact Sheet

TERRORISM

"The threat of terrorism does not have to change your life... Just Be Prepared."

1-HOW SHOULD YOU PREPARE FOR TERRORISM?

Unlike with a Hurricane or a Flood, there will likely be **NO WARNING** for a terrorist attack. We can make sure that our families know what we would do to account for each other in a disaster. A **Family Disaster Plan** is critical and should be in place at all times. Your family's plan should include **Emergency Contacts**, identification of **Rally Points**, **Disaster Supply Kit**, and more.

With some simple planning this can be done and help alleviate the fear of the unknown.

2-WHY YOUR FAMILY SHOULD IDENTIFY RALLY POINTS...

Since your family is not together 24 hours a day, you need to consider how you would find each other in a disaster. Rally points (physical locations) should be identified for the most commonly frequented locations (i.e. work, school, neighbors ..). For example, if a crisis occurs at school a location where both parents and child designate to meet should be included in your plan.

3-BEFORE, DURING AND AFTER A TERRORIST INCIDENT....

Source: FEMA TERRORISM FACT SHEET

BEFORE

Be alert and aware of your surroundings.

Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended.

Learn where emergency exits are located.

Be ready to enact your Family Disaster Plan.

DURING

Building Explosion - leave as quickly and calmly as possible.

If items are falling from above - get under a sturdy table or desk.

Fire - stay low to the floor and exit as quickly as possible. Cover nose and mouth with a wet cloth. If a door is hot to the touch, do not open it. Seek an alternate escape route. Stay below the smoke at all times.

AFTER

If you are trapped in debris- use a flashlight. Cover your mouth with a piece of cloth. Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if available and shout as a last resort. Shouting can result in inhalation of dangerous amounts of dust.

Assisting victims - untrained persons should not attempt to rescue people in a collapsed building. Wait for emergency personnel to arrive.

Chemical Agent - authorities will instruct you to either seek shelter and seal the premises or evacuate immediately.

4- WHERE CAN YOU GO FOR MORE INFO?

Federal Emergency Management Agency

Terrorism Fact Sheet

Federal Response Plan

Interagency Domestic Terrorism

Concept of Operations Plan

Urban Search and Rescue

Terrorism Fact Sheet

Side Two



FEMA

500 C Street, SW
Washington, D.C. 20472
Phone: (202) 646-4600
WWW.FEMA.gov

American Red Cross National Domestic Preparedness Office
WWW.RedCross.org

5- WHAT ACTIONS SHOULD YOU TAKE TO BE PREPARED?

Talk to your family. Discuss the potential hazards and threats. Develop your Family Disaster Plan to include rally points and have a third party as a common contact. Practice your plan.

Terrorism does not mean you have to change your life. You only need to BE PREPARED.

6- FAMILY EMERGENCY PHONE NUMBERS

911
Out-of-town Family Contact
Schools
Work
Neighbors
County Emergency Management

7-FAMILY DISASTER PLAN

Discuss the type of hazards that could affect your family.

Determine escape routes from your home and places to meet (Rally Points); including a child's school, a neighbor or a public place.

Have an out-of-state friend as a family contact, so all your family members have a single point of contact. Have at least 2 ways of contact; e-mail, phone, etc.

Make a plan now for what to do with your pets if you need to evacuate.

Post emergency telephone numbers by your phones, in your wallet or purse and make sure your children know how and when to call 911.

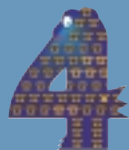
Stock nonperishable emergency supplies and a disaster supply kit.

Take First Aid, CPR, and disaster preparedness classes.

8-DISASTER SUPPLY KIT

Water - at least 1 gallon daily per person for 3 to 7 days
Food - at least enough for 3 to 7 days
Blankets / Pillows, etc.
Clothing
First Aid Kit / Medicines
Special Items - for babies and the elderly
Toiletries
Flashlight / Batteries
Radio - Battery operated and NOAA weather radio
Keys
Toys, Books, and Games
Important documents
Tools
Vehicle fuel tanks filled
Pet care items





Steps To Safety Readiness



This guide will help you and your family prepare for a disaster. Keep this sheet in a special place so you will always know where to find it. Get the family together now to start following the 4 steps to safety!



FIND OUT WHAT COULD HAPPEN TO YOUR FAMILY

Find Out From Your Local Emergency Management Office Or American Red Cross Chapter:

- What types of disasters are likely to happen and how to prepare for each.
- What your community's warning signals sound like and what to do if you hear them.
- How to help the elderly/people with special needs.



CREATE A FAMILY DISASTER PLAN

Hold A Family Meeting: Keep It Simple And Work As A Team.

What To Tell Children

It is important to warn children, without overly alarming them, about disasters. Use the following guidelines:

Tell children that a disaster is something that could hurt people or cause damage. Explain that nature sometimes provides "too much of a good thing" - fire, rain and wind.

Explain how important it is to make a Family Disaster Plan.

Tell children there are many people who can help them during a disaster.

Teach children:

- How to call for help
- When to call each emergency number
- To call the family contact if separated.

Evacuation

If you are told to evacuate, take these steps:

- Leave right away if told to do so.
- Listen to your battery-powered radio for instructions from local officials.
- Wear protective clothing and shoes.
- Shut off water, gas and electricity if told to do so.
- Leave a note telling when you left and where you are going.
- Call your family contact to tell them where you are going.
- Take your Family Readiness Kit and disaster supplies.
- Lock your home.
- Use routes suggested by officials.

Talk

- About the dangers of the disaster(s) with children.
- Have a plan in case you are separated.
 - A-Choose a place outside your neighborhood in case you can't go home.
 - B-Choose someone out of town to be your family contact. Everyone must know the address and phone number for A and B.
- Fill out the local emergency phone numbers and child identification cards in the Family Readiness Kit.
- Discuss what to do if you are asked to Evacuate. Plan several escape routes.
- Plan how to take care of your pets - see Pets and Disasters brochure.

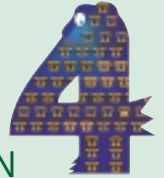


COMPLETE THIS CHECKLIST



- Put emergency phone numbers by each phone.
- Show everyone how and when to turn off the utilities.
- Make sure you have enough insurance coverage.
- Do a home hazard hunt for items that can move, fall, break or cause a fire.
- Stock enough emergency supplies to last three days.
- Take a Red Cross first aid and CPR class.
- Plan home escape routes - two from each room.
- Find safe places in your home for each type of disaster.
- Make 2 copies of important documents and keep the originals in a safe deposit box. Keep one copy in your family readiness kit and give the second to your out-of-town contact.

PRACTICE AND MAINTAIN YOUR PLAN



Every Month - - - - -
Test your smoke alarms.

Every 6 Months - - - - -
Go over Family Disaster Plan and do escape drills. Quiz children. Replace stored food and water.

Every Year - - - - -
Replace batteries in smoke alarms.

NEIGHBORS HELPING NEIGHBORS



Meet with neighbors to plan how you can work together during a disaster.

- Talk about who has special skills (medical, technical).
- Make plans for child care in case parents can't get home.

UTILITIES

Do the following so you will be ready if told to turn off your utilities:

- Find the main electric fuse box, water service main and natural gas main.
- Learn how and when to turn these off and teach family members.
- Keep a wrench near gas and water shut-off valves.
- If you turn the gas off, you will need a professional to turn it back on.

IMPORTANT DOCUMENTS

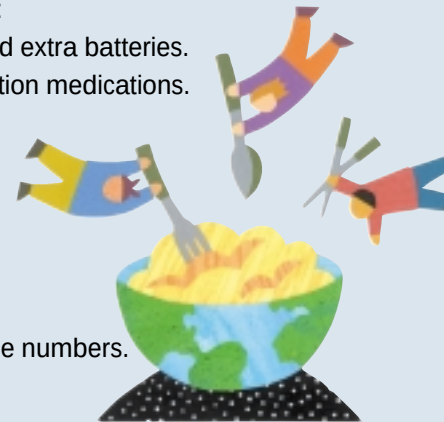
Make two copies and keep the originals of the following in a safe deposit box or waterproof container:

- Wills, insurance policies, contracts, deeds, investments.
- Passports, social security cards, immunization records.
- Bank account numbers/credit card account numbers.
- Inventory of valuable household goods.
- Family records (birth, marriage certificates).

EMERGENCY SUPPLIES LIST

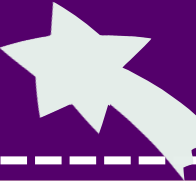
Put the following supplies in an easy-to-carry waterproof container to keep with your Family Readiness Kit:

- Battery-powered radio, flashlight, and extra batteries.
- First aid kit and manual and prescription medications.
- Credit card and cash.
- Personal identification.
- An extra set of car keys.
- An extra pair of eyeglasses.
- Matches in a waterproof container.
- Signal flare.
- Map of the area and important phone numbers.
- Special items for infants/elderly.
- Three gallons of water per person.
- Three-day supply of ready-to-eat canned or packaged food.
- Manual can opener.
- Paper cups, plates and plastic utensils.
- Blankets or sleeping bags.
- Toiletries.
- A change of clothing, rain gear, and sturdy shoes for each family member.





To Families Everywhere



As a parent and family member your concern is for the safety of your children and your family. We all look for ways to provide a healthy, safe and secure world for our loved ones. There may be times when we must call on special resources to make sure our families are protected. A disaster is one of those times.

Disasters are familiar to us all. Hurricanes, floods, forest fires, tornadoes, earthquakes and human caused disasters can affect anyone in the United States. And all of us can prepare for these occurrences. A few simple steps will help us to protect our families, assure that our children feel safe, and make it easier to recover if and when we have to go through a disaster.

Your family is the first line of response and protection when a disaster occurs. This means that it is important that all members of the family, parents and children and others, are provided with information which will help them to prepare for and handle a disaster.

This Family Readiness Kit is designed to help you with the job of preparing for a disaster. It was created for you. In a way, you created it. Over 250 families, like yours, talked with disaster planning specialists about what you need to learn in order to prepare for a disaster and keep your family safe.

Included in this package are:

THIS INTRODUCTORY LETTER

- Providing an overview of the Kit and its value to the user;

AN OVERVIEW BOOKLET WITH:

- Information on how to use the Kit effectively;
- A description of the Kit items and their purpose/function; information on forest fires, floods, tornadoes, hurricanes and earthquakes;
- The role families play in preparing for and managing disaster relief;
- How to help children cope with disaster; and
- A listing of local and national resources;

To Families Everywhere

THE 4 STEPS TO SAFETY READINESS GUIDE. This item is a two-sided readiness guide.

CHILD IDENTIFICATION CARDS so that if your children are separated from you the authorities or other adults can locate you in the shortest time possible;

A LOCAL EMERGENCY PHONE NUMBER LIST;

A HURRICANE FACT SHEET; and

A STURDY, EASY-TO-CARRY KIT; We recommend saving/storing all of these materials and other important family papers and documents in a water-resistant location.

Remember! A disaster can happen in your area but you can prepare for it. Knowing what to do and preparing is the best way to keep your family close, safe, and protected.

Thelma Ritter – Survivor, Hurricane Andrew

