

DISASTER

Preparation Guide 2011

The 2011 Hurricane season officially begins on June 1st, running through November 30th. America's 1st Choice has compiled the following information so you are ready with all your preparations.

- **Basic Disaster Kit Guidelines**
- **Disaster Supply Kit Checklist**
- **Emergency Contact Information**
- **Pet Preparations**

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately.

You could get help in hours, or it might take days. Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, a week, or longer. Or, you may have to evacuate at a moments notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

KIT LOCATIONS

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

WATER

How Much Water Do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

In determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet and climate.
- Children, nursing mothers and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or "use by" date.

Basic Disaster Kit Guidelines

Assemble a Disaster Supplies Kit

HOME	WORK	CAR
Your disaster supplies kit should contain essential food, water and supplies for at least three days.	This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.	In case you are stranded, keep a kit of emergency supplies in your car.
Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept and can lift and carry the kit.	Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.	This kit should contain maps, food, water, manual can opener, first aid kit and manual, flares, booster cables, flashlight and extra batteries, battery-powered radio and extra batteries, fire extinguisher (5 lb., AB-C type), blanket, rain gear, and seasonal supplies.
Additionally, you may want to consider having supplies for sheltering for up to two weeks.		

If You Are Preparing Your Own Containers of Water —

It is recommended you purchase foodgrade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles — not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids.

Also, do not use glass containers, because they can break and are heavy.

If Storing Water in Plastic Soda Bottles, Follow These Steps —

Thoroughly clean the bottles with dishwashing soap and water, and rinse

completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers —

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger.

Place a date on the outside of the container so that you know when you filled it.

Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

FOOD

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

MAKING YOUR DISASTER SUPPLIES KIT

Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trash man, camping backpack, or duffel bag.

Source: <http://www.fema.gov/areyouready/>

Prepare now for an emergency. When a disaster strikes, you may not have much time to act. The following list is to help you determine what to include in your disaster supplies kit to meet your family's needs during an emergency situation or evacuation. Store items in an easy-to-carry container such as a waterproof suitcase, large plastic storage box, backpack or duffel bag.

First Aid Supplies				Equipment and Tools				Documents and Keys				
Supplies	Home	Vehicle	Work	Tools	Kitchen Items	Item	Stored					
First aid kit and manual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portable, battery-powered or hand cranked radio television and extra batteries or NOAA Weather Radio <input type="checkbox"/>	Household liquid bleach to treat drinking water or water purification tablets in a plastic bag <input type="checkbox"/>	Personal identification	<input type="checkbox"/>					
Germicidal hand wipes or alcohol-based hand sanitizer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Booster cables for car and full tank of gas <input type="checkbox"/>	Paper cups, plates and plastic utensils <input type="checkbox"/>	Cash and coins	<input type="checkbox"/>					
Antiseptic wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight and extra Batteries <input type="checkbox"/>	All-purpose knife <input type="checkbox"/>	Credit cards	<input type="checkbox"/>					
Large, medical grade, non-latex gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Signal flare <input type="checkbox"/>	Manual can opener <input type="checkbox"/>	Extra set of house keys and car keys	<input type="checkbox"/>					
Cold pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Matches in a waterproof container (or waterproof matches) <input type="checkbox"/>	Small cooking stove and a can of cooking fuel (if food must be cooked) <input type="checkbox"/>	Videotaped documentation of all valuables in home	<input type="checkbox"/>					
Scissors (small, personal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Shut-off wrench, pliers, shovel and other tools <input type="checkbox"/>	Aluminum foil and plastic wrap <input type="checkbox"/>	Written instructions for how to turn off electricity, gas and water if authorities advise you to do so.	<input type="checkbox"/>					
Tweezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Duct tape and scissors <input type="checkbox"/>	Re-sealable plastic bags <input type="checkbox"/>	Photocopies of the Following: (stored in waterproof, plastic bag)						
Assorted sizes of safety pins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Plastic sheeting <input type="checkbox"/>	Sugar, salt, pepper <input type="checkbox"/>	Birth certificate	<input type="checkbox"/>					
Cotton balls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle <input type="checkbox"/>		Marriage certificate	<input type="checkbox"/>					
Thermometer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work gloves <input type="checkbox"/>		Driver's license	<input type="checkbox"/>					
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paper, pens and pencils <input type="checkbox"/>		Social Security cards	<input type="checkbox"/>					
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Needles and thread <input type="checkbox"/>		Passports	<input type="checkbox"/>					
OTC and Prescription Medicine Kit Supplies & Medical Support Equipment				Battery-operated travel alarm clock <input type="checkbox"/>		Wills (including living wills and advance directives)	<input type="checkbox"/>					
	Home	Vehicle	Work	Small canister, ABC-type fire extinguisher <input type="checkbox"/>		Deeds	<input type="checkbox"/>					
Antibacterial ointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First Aid Supplies				Inventory of household goods	<input type="checkbox"/>			
Aspirin and non-aspirin reliever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water (1 gallon per person, per day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Insurance papers (property, health and life)	<input type="checkbox"/>			
Anti-diarrhea medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ready-to-eat canned meats, fruits, vegetables and soups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Immunization records and copies of prescriptions	<input type="checkbox"/>			
Antacid (for upset stomach)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Canned or boxed juices or milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Name, phone number, address of your doctors, home health agency, hospital, pharmacists, caregiver (Also, keep copies posted by all home telephones.)	<input type="checkbox"/>			
Laxative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	High-energy foods such as peanut butter, nuts, jelly, low sodium crackers, granola bars, fruit bars, dried fruit and trail mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A list of models and serial numbers as well as suppliers for medical equipment such as pacemakers, feeding pumps, home IV units, suction machines, wheelchairs, Braille or lower vision equipment, etc.	<input type="checkbox"/>			
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Special foods for persons on special diets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Written instructions regarding your medical care	<input type="checkbox"/>			
Prescription drugs (two-week supply) & copies of prescriptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If applicable, a copy of the pre-admission letter from your doctor stating that you are to be taken to a specific hospital or nursing home.	<input type="checkbox"/>			
Dentures and cleaning solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Instant coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bank and credit card account and routing numbers	<input type="checkbox"/>			
Extra eyeglasses/contact and cleaning solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stocks and bonds	<input type="checkbox"/>			
Hearing aid and extra batteries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Powdered milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Emergency contact list (family and friends) with phone numbers and addresses	<input type="checkbox"/>			
Medical support equipment (wheelchairs - extra battery if motorized, walkers, dressings, cane, oxygen and tubes, feeding equipment, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clothing and Bedding Supplies				Map of the area and phone numbers of places you could go	<input type="checkbox"/>			
Sanitation and Hygiene Supplies				Complete change of clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Driving instructions and contact information of where you are going	<input type="checkbox"/>			
Item	Item			Extra pair of shoes (sturdy shoes or boots)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet Supplies				
Towelettes, body wipes, soap, hand sanitizer <input type="checkbox"/>	Heavy-duty plastic garbage bags and ties for personal sanitation use and toilet paper <input type="checkbox"/>			Rain gear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extra food (store the food in sturdy containers)	<input type="checkbox"/>			
Washcloth and towel <input type="checkbox"/>	Medium-sized plastic bucket with tight lid <input type="checkbox"/>			Hat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cleaning supplies	<input type="checkbox"/>			
Tooth paste, toothbrushes <input type="checkbox"/>	Disinfectant and household chlorine bleach <input type="checkbox"/>			Jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet carrier (labeled)	<input type="checkbox"/>			
Shampoo, comb & brush <input type="checkbox"/>	Feminine supplies <input type="checkbox"/>			Extra socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications and pet first aid supplies	<input type="checkbox"/>			
Deodorants	Toilet paper <input type="checkbox"/>			Extra underwear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet's medical/vaccine records and vet contact information	<input type="checkbox"/>			
Razor, shaving cream <input type="checkbox"/>	Diapers, disposable incontinence supplies <input type="checkbox"/>			Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Leashes, collars, harnesses and muzzles	<input type="checkbox"/>			
Lip balm, insect repellent <input type="checkbox"/>	Mirror <input type="checkbox"/>			Blankets/sleeping bags and pillows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Two sets of pet ID tags (one on the pet and an extra)	<input type="checkbox"/>			
				Folding cot or lawn chair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet dishes, litter pan, litter and plastic bags	<input type="checkbox"/>			
								Toys and blankets	<input type="checkbox"/>			
								Proof of ownership (photos of owners with pets, registration papers, "chip" registration, etc.)	<input type="checkbox"/>			
								"Lost Animal" posters (previously made)	<input type="checkbox"/>			

Are You Prepared to Keep in Touch With Your Family?

Family Communications:

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations. Create a contact card for each family member.

Escape Routes: Determine primary and alternate routes to take to get out of your house.

Where to Meet: Establish a place to meet family members in the event of an emergency

and you are separated.

Include in your plans a location that is near your home (e.g., a neighbor's house or yard) and outside the immediate area (e.g., the parking lot of a specific grocery store).

Family Contacts: Your family may not be together when disaster strikes, so plan how to contact one another and who can be notified that you are safe and communicate your location to other family members.

Where to go in an emergency: Record where your family spends the most time and where you will meet each other if an emergency occurs and you can't get home.

Out-of-State Contact Name:	1st Phone Number:	2nd Phone Number:	Address:	e-mail:

Out-of-State Contact Name:	1st Phone Number:	2nd Phone Number:	Address:	e-mail:

Family Information: Record the following information for each family member and keep it current.

Name:	Day of Birth:	Social Security Number:	Where You Will Meet In an Emergency:

Location:	Address:	Phone Number:	Where Will You Meet in an Emergency:
Home:			
Work:			
Work:			
Other place you frequent:			
Other place you frequent:			
Other place you frequent:			
Other place you frequent:			

Important Information	Name:	Address:	Phone Number:	Policy Number:
Doctor:				
Doctor:				
Doctor:				
Pharmacist:				
Medical Insurance:				
Homeowners/ Rental Insurance:				
Veterinarian/ Kennel:(for pets)				

Establish a Disaster Plan for You and Your Pets

There is one important rule to remember regarding pets and disasters: If you are told to evacuate, please do so — and take your pet(s) with you. It is not safe to leave pets behind. Animals left behind can be injured, lost or killed, and pets left inside your home can escape through storm-damaged areas, such as broken windows.

Animals turned loose to fend for themselves are likely to become victims of exposure, starvation, predators, contaminated food or water, or accidents. Leaving dogs tied or chained outside in a disaster is a death sentence for them.

Plan for Your Pet's Evacuation

- Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if “no pet” policies could be waived in an emergency. Keep a list of “pet friendly” places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.
- Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have, as well as those displaced by a disaster, so this should be your last resort.

- Before an emergency occurs, contact your county's emergency management office to find out if there are pet friendly shelters in your area and to learn the requirements for bringing your pet to the shelter.

For more information, visit the following sites:

www.humanesociety.org/news/news/2011/03/disaster_planning_2011.html

www.petswelcome.com

www.pets-allowed-hotels.com/us/

Pet-Friendly Shelters

Many county emergency management officials are considering the need to provide shelters that will accommodate pets and owners. Some counties already have pet-friendly shelters.

In some cases, the pets are kept separately from people, but the pet shelter is often near the people shelter.

Pet Evacuation Kits

In addition to your human disaster kit, prepare a disaster kit for your pet. You will find suggestions for items to include in the pet disaster kit in this issue of the Disaster Preparedness Guide (page 3).

Know What to Do As a Disaster Approaches

- Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.
- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.

- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.

You may not be home when the evacuation order comes. Find out if a trusted neighbor would be willing to take your pets and meet you at a prearranged location. This person should be comfortable with your pets, know where your animals are likely to be, know where your pet disaster supplies kit is kept, and have a key to your home. If you use a pet sitting service, they may be available to help, but discuss the possibility well in advance.

Planning and preparation will enable you to evacuate with your pets quickly and safely. But bear in mind that animals react differently under stress.

Outside your home and in the car, keep dogs securely leashed. Transport cats in carriers. Don't leave animals unattended anywhere they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch.

And, when you return home, give your pets time to settle back into their routines. Consult your veterinarian if any behavior problems persist.

Service Animals

Service animals for the blind, hearing impaired, handicapped or others with special needs will be allowed to stay in emergency shelters with their owners. Check with your county's emergency management office for more information.

After a Disaster

If after a disaster you have to leave town, take your pets with you. Pets are unlikely to survive on their own. In the first few days after the disaster, leash your pets when they go outside; always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost. Wild animals and downed power lines may be hazards that have been introduced to the area due to the disaster.

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.

Sources: www.fema.gov
www.redcross.org

For more information on pet-friendly lodging, please visit the Web at www.petswelcome.com or www.pets-allowed-hotels.com



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