



Together, we can save a life



Preparing for the Unexpected

Disaster Preparedness

Our Purpose:

- To help you be prepared for any type of disaster
- To help you respond to direction from authorities and workplace officials

Take Responsibility:

- Learn how to protect yourself by planning ahead
- Even if you have physical limitations, you can still protect yourself
- Take responsibility – Save Your Life!
- Keep in touch with your neighbors and look out for each other.

Take Responsibility:

Knowing What To Do Is Your Best Protection
and Is Your Responsibility!

“What kinds of disasters could happen in our local area?”

Tornado

Flood

Earthquake

Snow/Ice Storm

Man-made Disasters

Industrial Accident

Terrorism



What are the Most Common Disasters?

Residential Fires

Extended power outages during cold weather

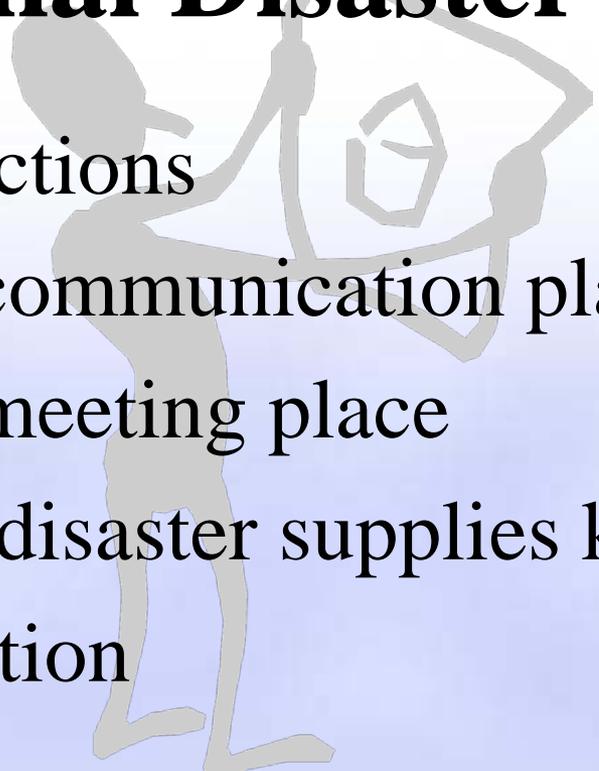
Preparing for Disaster



- Creating a Personal Disaster Plan
- Practicing and Maintaining Your Plan
- Getting the Training You Need

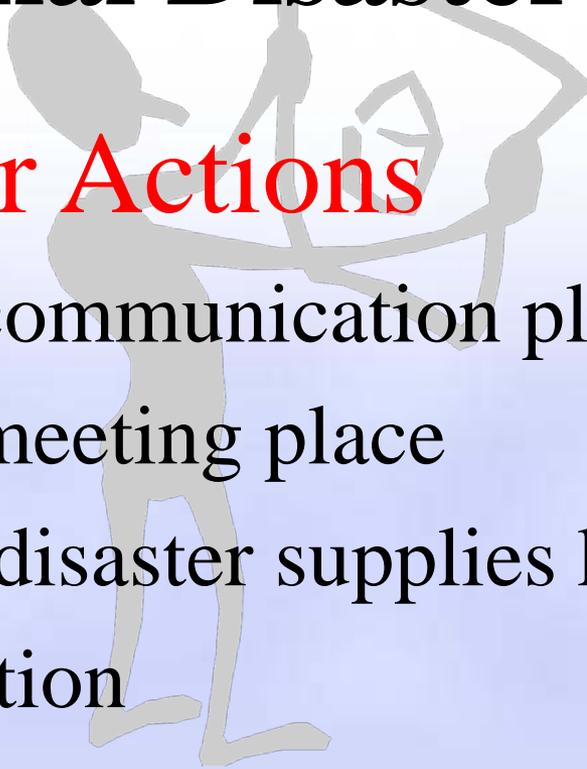
Creating a Personal Disaster Plan

- Plan Your Actions
- Establish a communication plan
- Establish a meeting place
- Assemble a disaster supplies kit
- Get Information



Creating a Personal Disaster Plan

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Plan Your Actions (Disaster Checklist)

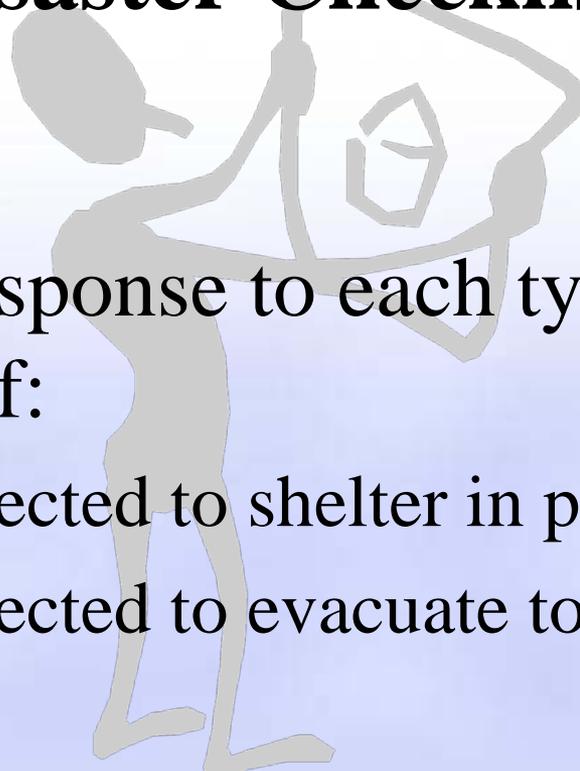
- Plan and practice the best escape routes from your home
- Find the safe spots in your home for each type of emergency
- Have a plan to signal the need for help
- Post emergency phone numbers near your phone

Plan Your Actions (Disaster Checklist)

- Arrange for someone to check on you in the event of a disaster
- Be aware of others in your neighborhood who may need special help
- Plan what to do with you pets if you are evacuated

Plan Your Actions (Disaster Checklist)

- Plan your response to each type of emergency if:
 - You are directed to shelter in place
 - You are directed to evacuate to a Red Cross shelter



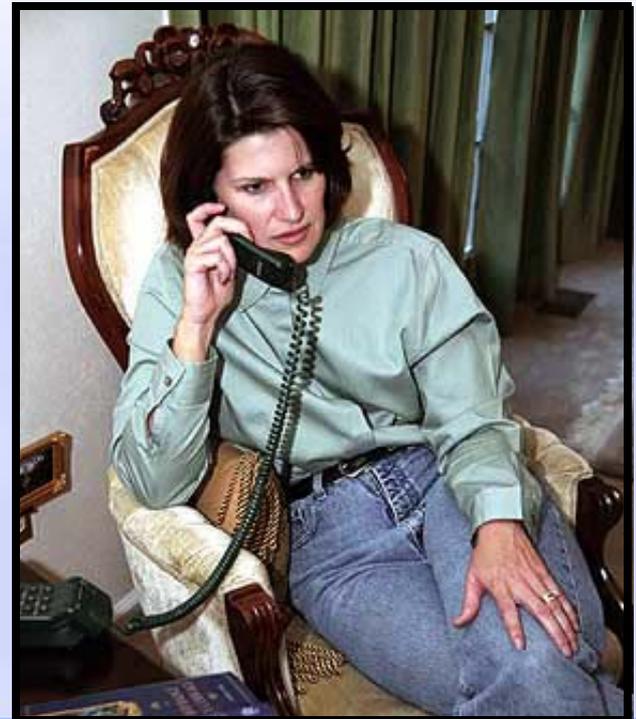
Creating a Personal Disaster Plan

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- **Establish a communication plan**
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Establish a Communication Plan

- Choose a contact person for your family
- Make sure all family members have correct contact information
 - Phone numbers
 - E-mail addresses



Creating a Personal Disaster Plan

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Establish a Meeting Place



- Outside your home in case of house fire
- Away from your home in case of evacuation

Creating a Personal Disaster Plan

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Assemble a Disaster Supplies Kit (Emergency Supplies for Three Days)

- Battery powered radio with extra batteries
- Flashlight with extra batteries
- Non-perishable food and water (one gal. per person per day) for three days
- One change of clothes and a blanket or sleeping bag for each person
- Sanitation supplies

Assemble a Disaster Supplies Kit (Emergency Supplies for Three Days)

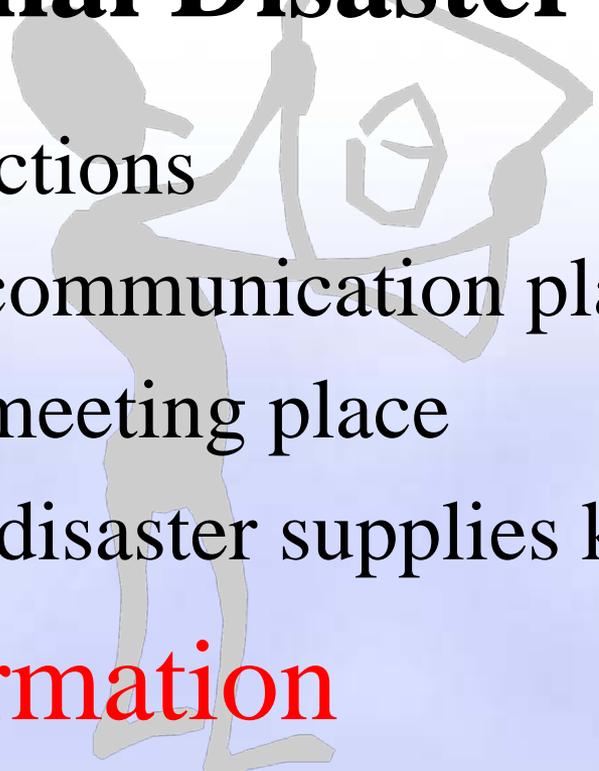
- First aid kit, including family extra family prescription medications
- Medical insurance and Medicare cards
- Extra eye glasses, hearing aid batteries, etc
- An extra set of car and house keys, a credit card, some cash or traveler's checks.
- Special needs equipment (wheelchair, oxygen, etc)

Assemble a Disaster Supplies Kit (Emergency Supplies for Three Days)

- Store in Easy to Carry Containers
 - Duffels
 - Backpacks
 - Covered trash containers
- Label and put tags on everything
- Refresh supplies every six months

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Disaster Plans at Children's or Grandchildren's Schools?

- Know the school's plan
- Keep contact information current
- Know authorizations required to release a child



Know your building or workplace's disaster plan, including:

- Chain of command
- Notification method
- Safe locations
- Instructions about leaving

Participate in fire drills



“Why is it important to tune in to local news stations during a disaster?”

**Because it's
Local!!**



Practice/Maintain Your Plan

- Review and Update Information and Plan Every Six Months
- Refresh/Re-supply Disaster Supplies Kit
- Family Meeting: Review and Practice Run



**American
Red Cross**

Together, we can save a life

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If Disaster Strikes...

- Implement Your Plan
- Follow Advice of Local Officials:
 - Shelter in Place
 - Evacuation

If Directed to Shelter in Place



Stay Put

Get your disaster supplies kit

Move to an interior room that has few or no windows

If Directed to Evacuate

- Follow local emergency instructions
- Wear appropriate clothing
- Take your disaster supplies kit
- Lock your home
- Use approved travel routes

A SPECIAL WORD ABOUT FIRES - -

In Case of Fire –

- Remain Calm.
- Do not try to fight the fire! Leave the building immediately. Call for help from a neighbor's phone.
- Drop to the floor and crawl.
- Feel any door before opening. If hot, don't.
- If your clothes catch fire, drop to the floor and roll to suffocate the fire.
- Never, never re-enter a burning building!

What About Caring for Injuries?

Follow the Emergency Action Steps:

CHECK ⇒ CALL ⇒ CARE

Check - -

- Check the scene to make sure it is safe to approach
- Check the victim for consciousness and life-threatening conditions

Call - -



- 911
- Local Fire, Police, EMS, Hospital
- Shout for Help

CALL 9-1-1 for:

- Unconsciousness
- Trouble breathing
- Not breathing
- No signs of circulation
- Persistent chest pain
- Severe bleeding that does not stop
- Deep burn on the face and neck
- Severe burns anywhere on the body
- Seizures
- Shock
- Injury to the head
- Vomiting blood
- Possible broken bone

Care for the Victim

Use First Aid/CPR Training to
Care for Victim

Haven't had the training. Why
not?

Are You Ready!

American Red Cross

www.redcross.org

Centers for Disease Control and Prevention

www.cdc.gov

Federal Emergency Management Agency

www.fema.gov

For More Information:



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Red Cross**

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Knoxville Area Chapter

865-584-2999