

Be **Red Cross** Ready

Get a kit. Make a plan. Be informed.



American Red Cross

Odds Are That Disaster Will Strike



- Disasters happen often and sometimes without warning.
- They can affect any community.
- It's a disaster if:
 - Normal response systems are overwhelmed
 - People are hurt
 - Property is damaged or destroyed

Which hazards do we face?



Home Fire



Earthquake



Hurricane



Flood



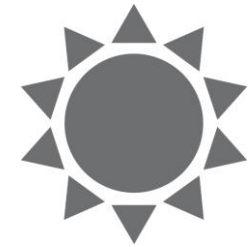
Tsunami



Tornado



Wildfire



Extreme Heat



Thunderstorm



Landslide



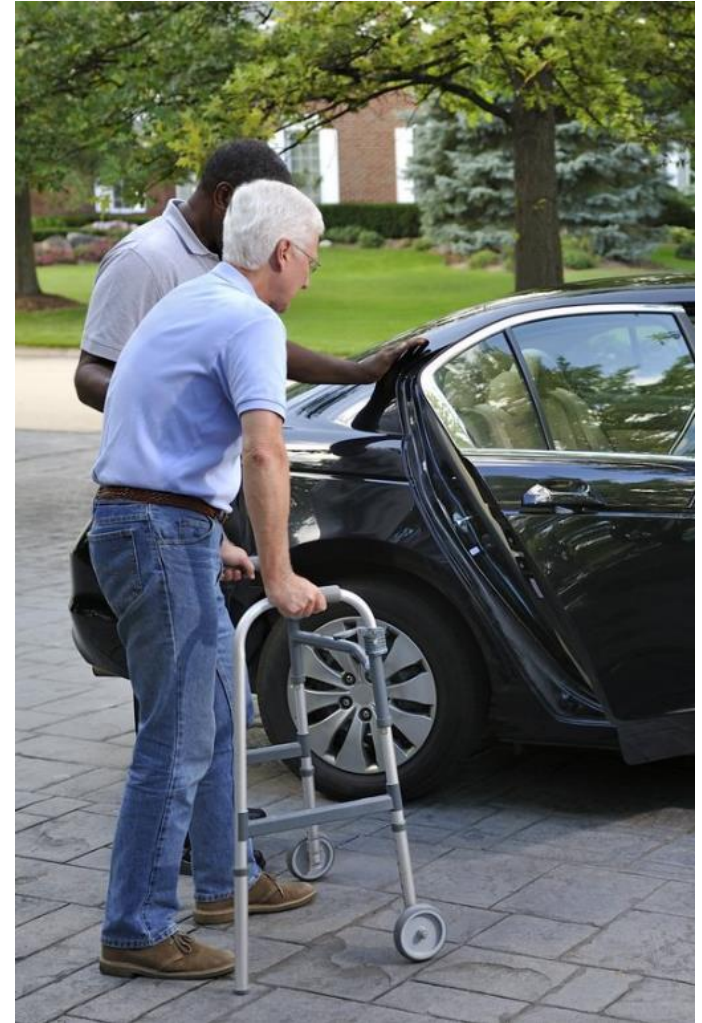
Winter Storm



Volcano

It Is Up To You To Be Ready

- Do not count on receiving help right away.
- You must be prepared to help:
 - Yourself
 - Your household
 - Neighbors
 - Older adults



You Can Prepare



Each of us can prepare ourselves and our households for any disaster.

Preparing helps us:

- Stay safe
- Adapt to challenges
- Recover quickly

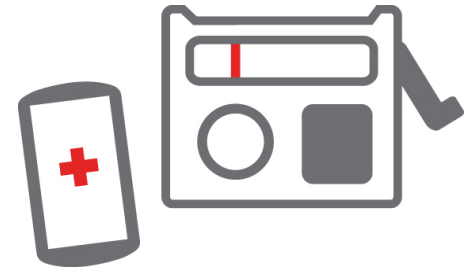
Be **Red Cross** Ready



Get a Kit



Make a Plan



Be Informed

Get a Kit

- Household kit – supplies for 3 days, 2 weeks is better
- Go-bag – mobile version, supplies for 3 days in case you need to evacuate quickly
- Supplies for each member of household
- Customize for personal needs and disasters common to your area



Gather The Essentials

- What is essential every day
- Needs of every household member
- Keep it fresh



1 gallon per day,
per person

Customize Your Kit

Add to your kit based on:

- Health or medical needs
- Pets and service animals
- Items that bring you comfort when stressed (playing cards, photos, books, games, etc.)
- Disasters common to your location

A Kit for Everywhere



Work

- Single, easy-to-grab container
- Food and water
- Walking shoes



Vehicles

- Food and water
- First aid supplies
- Flares and jumper cables
- Seasonal supplies

Make a Plan

Things to consider:

- Likely disasters
- Household members who travel
- Household members with access or functional needs
- Pets and service animals



Include the Right Details

- How to evacuate
- Where to meet
- How to communicate
- Important records
- Where you will stay
- Shelter in place



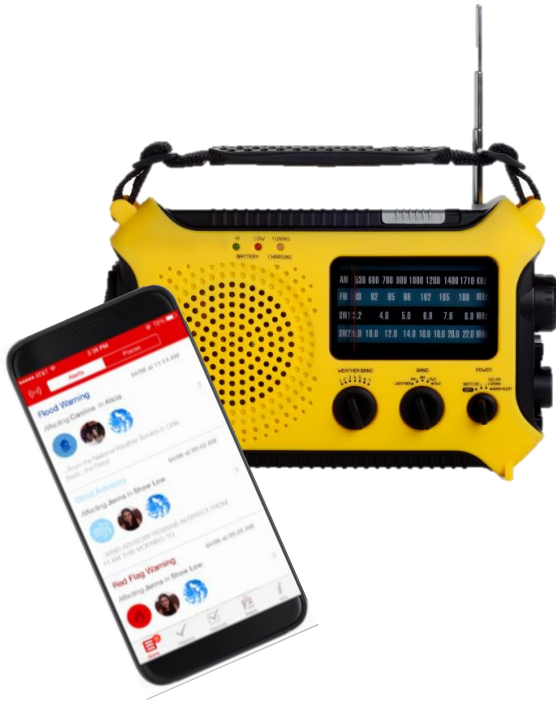
Practice your plan.

Communication After a Disaster

The form is a vertical sheet with dashed lines indicating fold lines. At the top, there are five lines for "Important Phone Nos." with labels: "Police: Call 9-1-1 or", "Fire Dept.: Call 9-1-1 or", "Ambulance: Call 9-1-1 or", "Poison Control Center: 800-222-1222", and "Health Care Provider:". To the right of these is a vertical red bar with the text "Important Phone Nos.". Below this is a red box with a white cross and the text "Emergency Contact Card". To the right of this box is another red box with a white cross and the text "American Red Cross". Below the red box are three lines for "Name:", "Phone:", and "Home Address:". Below this is another red box with a white cross and the text "People to Call or Text in an Emergency". To the right of this box is another red box with a white cross and the text "American Red Cross". Below the red box are five horizontal lines for writing names. Below these lines are three more horizontal lines. At the bottom, there are three lines for "Out-of-Area Contact Person:", "Phone:", and "Meeting Place Outside of Neighborhood:". On the left side, there are three arrows pointing right with the text "Fold Here" below each. At the top left, there is a pair of scissors icon.

- Carry the card at all times
- Memorize the emergency contact
- Use the Safe & Well website
safeandwell.communityos.org

Be Informed



- Identify how you will get information
- Understand weather alerts
- Follow instructions from authorities
- Know your neighbors
- Know what to do when travelling

Emotional Health After a Disaster



- Disasters can be stressful.
- Know the signs of stress.
- Take steps to help manage stress and minimize lasting effects.
- Get help when you need it.

Helping Children Cope

Help them cope with:

- Evacuation
- Injury
- Death or injury of relative, friend, or pet

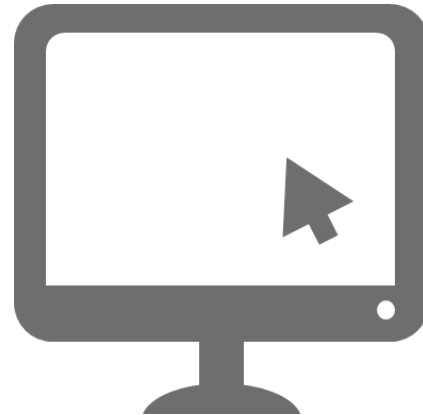
Help them build confidence before disasters.

Be supportive after disaster strikes.



Tools

- Emergency Contact Cards to carry with you
- Red Cross *Safe and Well* website
- Red Cross Apps available for free from the Apple App Store and Google Play



Be Red Cross Ready Checklist

- ✓ I know what disasters are most likely in my area.
- I have a household disaster plan and have practiced using it.
- I have a disaster preparedness kit.
- At least one member of my household is trained in CPR and First Aid.

Be Red Cross Ready

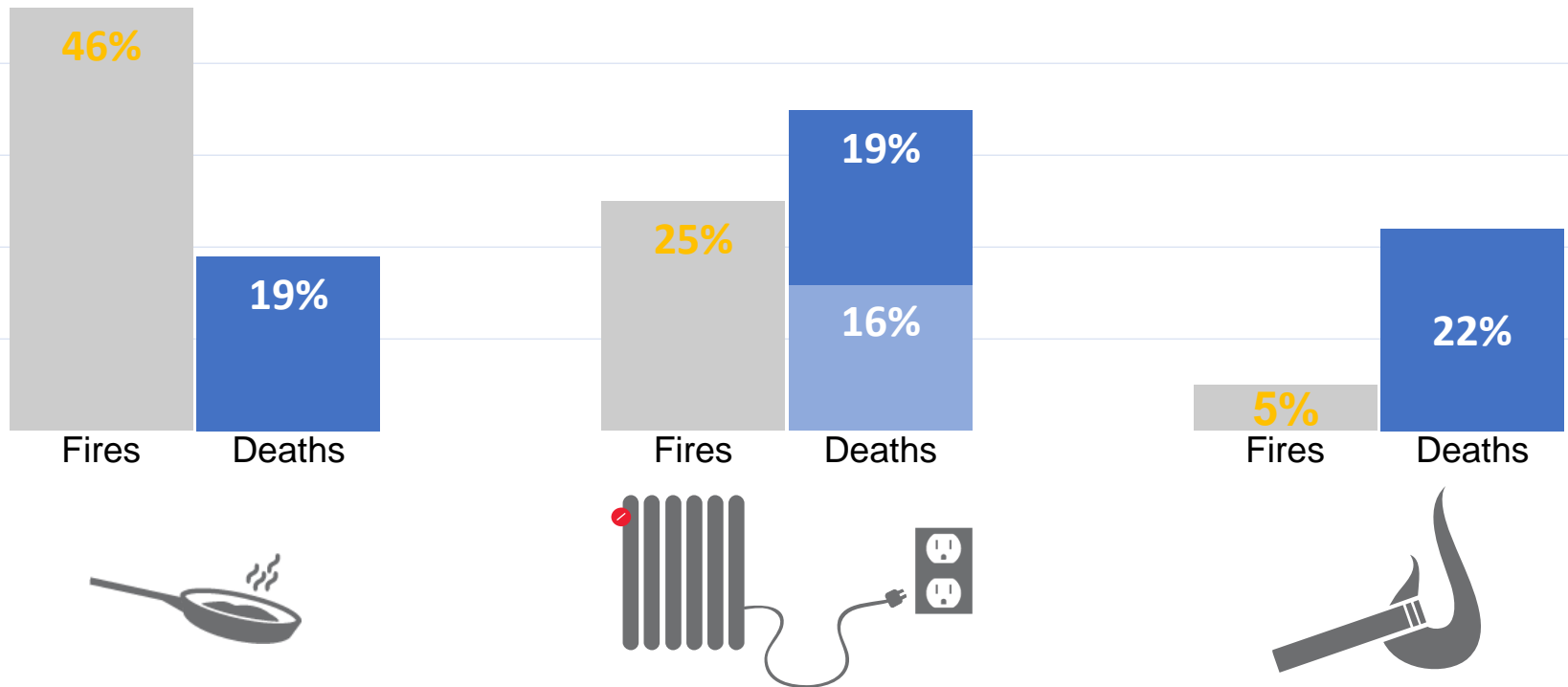
Prepare so you can protect.

Home Fires



**American
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Home Fire Causes



Be **Red Cross** Ready Prepare so you can protect.



V.2 2020.07.14

Reduce Fire Risk in Your Home

- Stay in the kitchen when cooking.
- Never leave anything burning unattended.
- Install fire extinguishers.



Keep an eye on what you fry!

Reduce Fire Risk in Your Home



3 feet from the heat!

- Plug appliances directly into wall outlets.
- Avoiding overloading outlets.
- Make sure electrical cords are used safely.

Smoking is Dangerous

- Never smoke in bed or when drowsy.
- Never smoke where medical oxygen is used.
- Always properly extinguish.
- Keep matches and lighters away from kids.



Smoke Alarms Save Lives

- Install on every floor – inside and outside of sleeping areas.
- Test every month.
- Maintain them properly.
- Replace after 10 years.
- Don't disable alarms!



Know What to Do

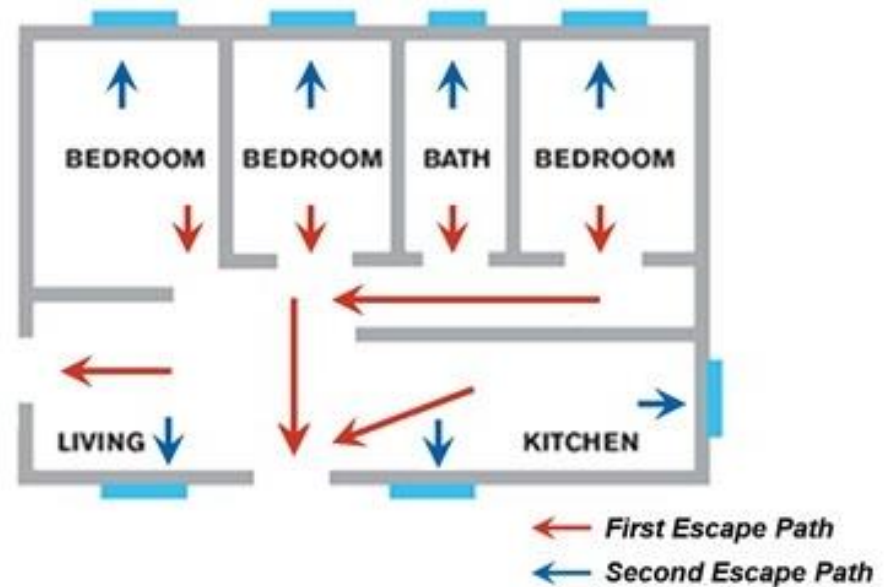


Get out and stay out!

- Find a safe escape route.
- If there is smoke, get low.
- Meet at the designated safe meeting place.
- Call 911 once safe.

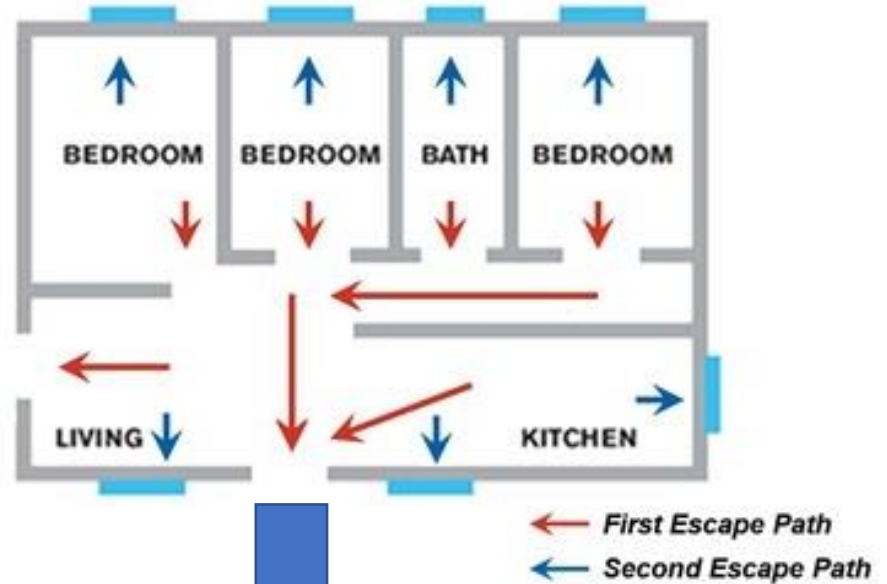
Plan Escape Routes

- Two exits from every room
- Windows and doors open easily
- Escape ladders for second floors and above
- Escape routes clutter free



Safe Meeting Place

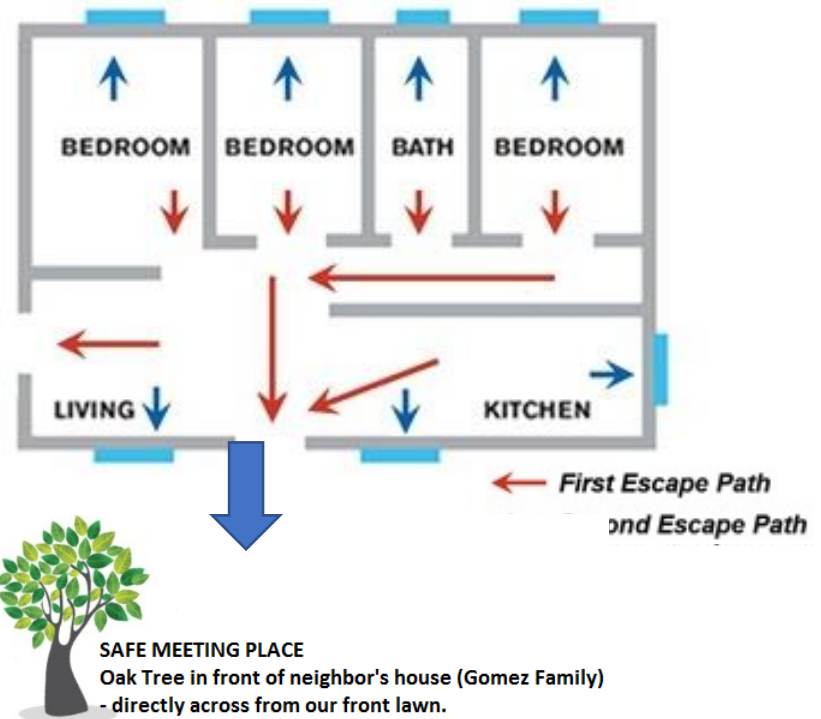
- Safe distance away
- Specific, fixed location
- In front of home
- Call 911 once safe



SAFE MEETING PLACE
Oak Tree in front of neighbor's house (Gomez Family)
- directly across from our front lawn.

Works for Everyone

- Assign evacuation assistants.
- Assess functional abilities and needs.
- Practice with pets.



Arrangements:

2-year-old son requires assistance to evacuate

- Mom — Primary person
- Dad — Secondary person if mom away

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

Practice Home Fire Escape Plan

- Practice your home fire escape plan at least twice a year.



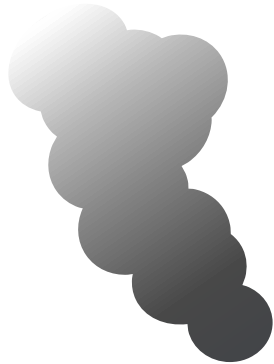
Prepare Children

- The dangers of fire
- What smoke alarms sound like
- How to open windows and use escape ladders
- Meet at your designated Safe Meeting Place
- How to call 911 from a safe place outside the home



In a Closed Room

1



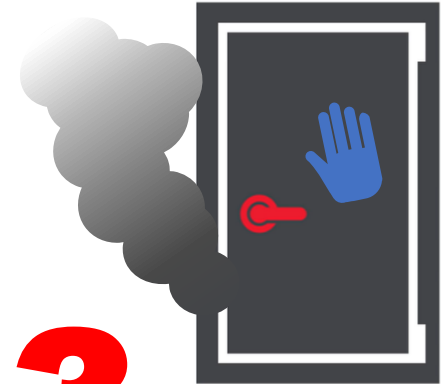
Look for smoke.

2



Feel the door.

3



Do NOT open.

If you can't evacuate:

- Seal your door.
- Block air vents.
- Call 911 and signal for help.

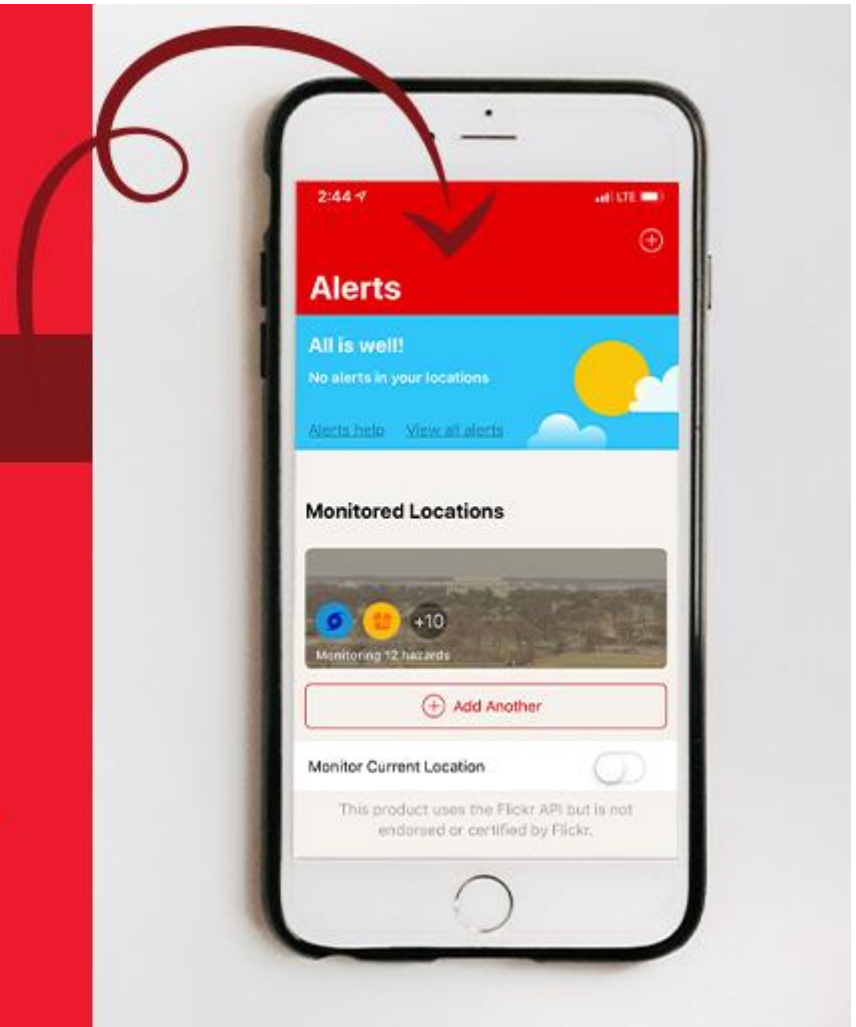
Be Prepared and Take Action



- Make a home fire escape plan.
- Test your smoke alarms every month.
- Practice your home fire escape plan.

Download the Red Cross Emergency App!

Monitor over 35 different
severe weather and
emergency alerts to keep
you and your loved ones safe.



Be Red Cross Ready

Prepare so you can protect.

Floods



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Floods

- Most frequent natural disaster in the United States
- Can happen anywhere
- Always dangerous to people, animals, and property



Flood Alerts

| Flood Watch | Flood Warning | Flash Flood Warning |
|---|---|---|
| Possible | Imminent or Occurring | Imminent or Occurring |
| <ul style="list-style-type: none">■ Stay tuned for updates.■ Be prepared to act. | <ul style="list-style-type: none">■ Take action!■ Move to higher ground. | <ul style="list-style-type: none">■ Take action!■ Move to higher ground. |

Flood Risks



- Drowning
- Damage to land, buildings, and other property
- Contaminated water
- Mold

Planning and Preparation



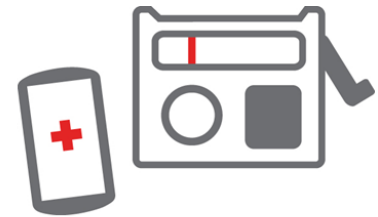
Enhance kits

- Items to secure home
- Rain gear
- Evacuation items



Tailor your plan

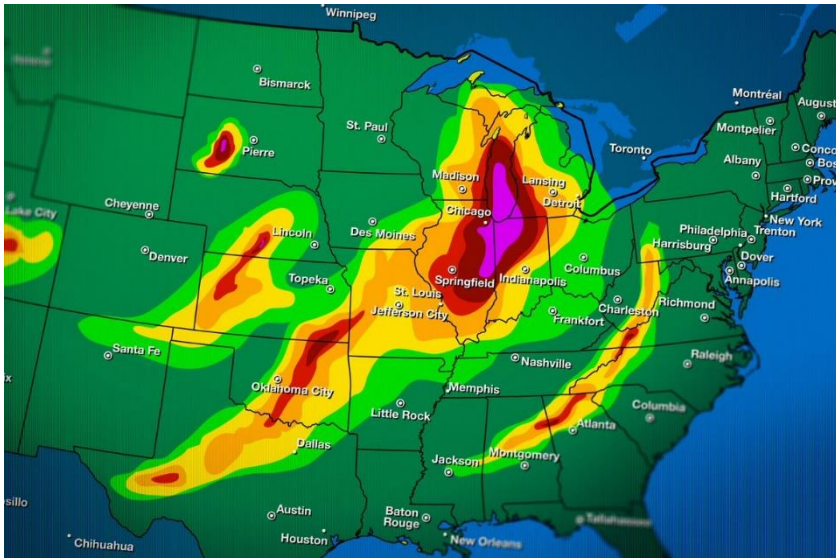
- Evacuation routes
- Household communication plan



Stay informed

- Listen for updates and special instructions

When a Flood is Predicted



- Prepare to evacuate.
- Check disaster kits.
- Secure important documents.
- Monitor local news and NOAA radio.

During a Flood

- Get to higher ground.
- Stay away from areas that can quickly flood.
- Turn Around! Don't Drown!
- Avoid contact with floodwater.



After a Flood

- Let others know you're safe.
- Watch for post-flood hazards.
- Make sure water is safe to use.
- Take care of yourself, your household, and pets.
- Monitor local news and NOAA radio.



Steps to Recovery

- Keep away from loose or downed power lines.
 - Wear protective gear.
 - Use a flashlight only – **NO** open flames.
 - Leave immediately if you smell gas.
-
- Take pictures and save all receipts.
 - Download the American Red Cross **Emergency!** App.



Protect Your Home Now

- Raise and reinforce your home.
- Install 'check valves' to prevent backflow of floodwater.
- Seal basement walls.
- Consider buying flood insurance.



**NATIONAL FLOOD
INSURANCE PROGRAM**