Preparing for Disasters

Life is a series of small daily decisions. The decisions you make today can be important to the safety of your family. Disasters strike all the time and may strike anywhere. The difference between life and death for you and your family may be the decisions you have made in advance to prepare for disasters.

Disaster Preparedness

Disaster preparedness means preparing for disasters. June 1st was the start of hurricane season for the United States. If you have not thought about preparing in advance, now is the time to do so. The two most important elements of disaster preparedness are 1) an individual or family plan for disaster; and 2) a “Go Kit”.

The individual plan is a written or typed document with information about you, your family and friends, your pets and service animals, your medical issues and the medications you take, information about your pharmacy, hospital, and doctors, arrangements for evacuation and travel, shelter locations, and copies of important documents proving your identity, property ownership, and bank accounts.

Your Go Kit contains 3 or more gallons of water per day per person and animal, food and some means of preparing it, clothing and bedding, a weather alert radio, first aid kit, your medications, flashlights and candles, matches, local and regional maps, toiletries, rope, chemicals for water purification, extra shoes and socks, and other objects necessary for the survival of you and your family.
Disaster Plan for Individuals

Don’t Get Caught Without One!

Disaster Plan for Individuals
John J. Trifiletti, Ph.D.
JohnT@cilj.com

DIRECTIONS: To prepare in advance for disasters, complete this form and bring it with you when you evacuate.

PERSONAL INFORMATION
1. Name ___________________________ Date of Birth ______________________

2. Social Security Number ____________________________

3. Street Address ___________________________ Apartment Number _______

4. City ___________________________ State ________ Zip ___________________

5. Telephone _________________ Cell Phone ________________ TTY _________________

6. Pager Number ___________________ E-mail address ______________________

7. Persons to Contact in Emergency ___________________________________________

   Name ___________ Relationship ______ Phone _______ E-mail ____________

   Name ___________ Relationship ______ Phone _______ E-mail ____________

   Name ___________ Relationship ______ Phone _______ E-mail ____________

   Name ___________ Relationship ______ Phone _______ E-mail ____________

8. What is the nature of your disability (if any)? ____________________________


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Disaster Plan for Individuals

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9. Names and ages of people live with you? __________________________________________
   __________________________________________________________________________

10. Are you the primary care giver?   YES NO

11. Describe your pets ____________________________________________________________

12. Do you have a service animal?   YES NO
   If YES, what service does it provide? ____________________________________________

13. Do you have a car or other means of transportation? ____________________________

14. Will you need assistance to evacuate?   YES NO

15. What type of assistance? ______________________________________________________
   __________________________________________________________________________

16. Which Agencies have you registered with to assist you with evacuation?
   __________________________________________________________________________
   __________________________________________________________________________

IMPORTANT PAPERS

17. Do you have important documents to take with you?
   * Drivers License or State ID ________________________________________________
   * Social Security Card _____________________________________________________
   * Proof of Residence (water bill, etc.) _______________________________________
   * Insurance Policies ______________________________________________________
   * Will/Living Trust _________________________________________________________
   * Property Deeds __________________________________________________________
   * Birth and Marriage Certificates ___________________________________________

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Disaster Plan for Individuals

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* Tax Records _______________________________________________________
* Maps ___________________________________________________________
* Plan of Care _____________________________________________________
* Other Important Documents _________________________________________

COMMUNICATION PLAN

Family
18. List your immediate and extended family members.
Name                  Relationship  Address          Phone   Email
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Additional Contacts
19. List any other additional contacts you might wish to reach during or after evacuation:
Name                  Phone        Email
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

EVACUATION PLAN

20. Identify three (3) places where you can go in an emergency (friend's home, motel, and shelter)
    Address _______________________________ Phone _____________________________
    Description of Above Address _______________________________________________
    Address _______________________________ Phone _____________________________
    Description of Above Address _______________________________________________
    Address _______________________________ Phone _____________________________
    Description of Above Address _______________________________________________

21. What preparations have you made for your pets/service animal during the emergency?
    Describe: __________________________________________________________________

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Disaster Plan for Individuals

...Continued from Page 4

22. Identify your medicines and medical supplies that you have to take with you:
   Describe ________________________________________________________________
   ______________________________________________________________________

23. Do you have a first aid kit to take with you?
   YES NO DON'T KNOW

24. What bedding and clothing, including sleeping bags and pillows will you take with you?
   Describe: ________________________________________________________________
   ______________________________________________________________________

25. Do you have bottled water to take with you or shelter in place?
   (3 gallons or more per person is recommended)
   YES NO DON'T KNOW

26. Do you have a battery-operated radio and extra batteries to take with you?
   YES NO * DON'T KNOW

27. Do you have food and a can opener to take with you?
   YES NO DON'T KNOW

28. Do you have written instructions on how to turn off the electricity, gas, and water?
   YES NO * DON'T KNOW
   If YES, where are these instructions kept? _________________________________
   ______________________________________________________________________

SUPPLY KIT CHECKLIST (Go Kit)

29. Recommended Disaster Supplies Kit Items:
   * First Aid Kit and essential medications including prescriptions (in the original containers)
   * Canned food and can opener
   * At least 3 gallons of water per person
   * Protective clothing, rainwear, and bedding or sleeping bag
   * Battery-powered radio, flashlight, and extra batteries
   * Special items for infants, elderly, or disabled family members

Continued on Page 6...
Disaster Plan for Individuals

...Continued from Page 5

- Written instructions on how to turn off electricity, gas, and water if authorities advise
- Money, preferably cash (if power goes out, ATM machines won't work)
- Identification papers
- Spare car keys and local, state, and regional maps
- Hurricane Tracking Map
- NOAA Weather Radio frequency, and local radio frequencies
- Names, addresses, telephone numbers, and email addresses of family, friends, and people who can provide assistance with evacuation
- Detailed evacuation procedures
- Plan of care

Work Location

30. Where are you located at work for most of the time?
   Building ________ Floor ________ Room Number ________

31. Do you routinely use other locations and/or buildings?
   YES  NO
   If 'Yes' - please provide further details below.

AWARENESS OF EMERGENCY EXIT PROCEDURES

In The Home?  At Work?

32. Are you aware of the emergency exit procedures which operate in the building(s) in which you reside and work?
   YES  NO
   YES  NO

33. Do you require written emergency exit procedures?
   YES  NO
   YES  NO

33a Do you require emergency exit procedures to be supported by ASL interpretation?
   YES  NO
   YES  NO

Continued on Page 7...
Disaster Plan for Individuals

...Continued from Page 6

33b  Do you require the emergency exit procedures to be in Braille?
    YES  NO  YES  NO

33c  Do you require the emergency exit procedure to be on tape?
    YES  NO  YES  NO

33d  Do you require the emergency exit procedures to be in large print?
    YES  NO  YES  NO

33e  Do you require the emergency exit procedures as text on a disk?
    YES  NO  YES  NO

34. Are the signs which mark emergency routes and exits clear enough?
    YES  NO  YES  NO

EMERGENCY ALARM SYSTEM

In The Home? At Work?
35. Can you hear the fire alarm(s) in your home and workplace?
    YES  NO  YES  NO

36. Could you raise the alarm if you discovered a fire?
    YES  NO  YES  NO

ASSISTANCE

In The Home? At Work?
36. Do you need assistance to get out of premises in an emergency?
    YES  NO  YES  NO

37. Is anyone designated or employed to assist you to get out in an emergency?
    YES  *  NO  *  YES  NO

If YES give name(s), location(s) and contact details

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Disaster Plan for Individuals
...Continued from Page 7

38. Is the arrangement with your assistant(s) a formal arrangement?
   (A formal arrangement is an arrangement specified by the Director/Administrator or written into their job description or where someone is employed to provide support or some other formal procedure.)
   YES    NO    YES    NO

38a   Are you always in easy contact with those designated to help you?
   YES    NO    YES    NO

39. In an emergency, could you contact the person(s) in charge of evacuating the building(s) in which you reside and work and tell them where you were located?
   YES    NO    YES    NO

GETTING OUT

40. Can you move quickly in the event of an emergency?
   YES    NO    YES    NO

41. Do you find stairs difficult to use?
   YES    NO    YES    NO

42. Are you a wheelchair user?
   YES    NO    YES    NO

MEDICAL INFORMATION

43. List all the drugs and medications you are taking (including over-the-counter and herbal remedies):
   NAME          AMOUNT         HOW OFTEN
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

44. Are you allergic to any medications, foods, or environmental factors?
   NAME          DESCRIPTION
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
   Continued on Page 9...
Disaster Plan for Individuals

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45. Information about your pharmacy:
   NAME   ADDRESS   PHONE

46. Alternative source for medications:
   NAME   ADDRESS   PHONE

47. Your hospital information:
   NAME OF HOSPITAL   ADDRESS   PHONE

48. Are you an organ donor?
   YES   NO

   If YES, Describe

49. Have you assigned Medical Power of Attorney to anyone?
   YES   NO

   NAME   RELATIONSHIP   ADDRESS   PHONE

Continued on Page 10...
Disaster Plan for Individuals

...Continued from Page 9

50. Who are your doctors?

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<thead>
<tr>
<th>NAME</th>
<th>TYPE OF PHYSICIAN</th>
<th>PHONE</th>
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51. List any serious medical operations, surgeries, etc.

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<th>NAME OF PROCEDURE</th>
<th>DATE</th>
<th>RESULT</th>
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52. List any other medical problems:

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53. Health Insurance Information:

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<th>POLICY NUMBER</th>
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For Information contact John Trifiletti at JohnTrif007@yahoo.com or view online at http://www.jsca.org
Family Disaster Kit (Go Kit)
Collect these items and store them to expedite evacuation

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in a few hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives? Here is how to create a Family Disaster Kit.

- **Water.** Store at least 3 gallons per day per person and a 3-day supply.

- **Food.** Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

- **First Aid Kit.** Include standard items and non-prescription drugs.

- **Tools and Supplies.** Include the following:

  - Paper cups, plastic utensils, plates
  - Emergency Preparedness Manual
  - Battery or Hand Crank Radio, batteries
  - Flashlight, extra batteries
  - Cash and traveler’s checks
  - Manual can opener, utility knife
  - Fire extinguisher - ABC type
  - Wrench to turn off gas and water
  - Pliers, hammer, screwdrivers
  - Plastic garbage bags and ties
  - Plastic storage containers
  - Matches
  - Aluminum foil
  - Signal Flare
  - Compass
  - Hammer, screwdrivers, pliers
  - Anti-bacterial, waterless hand wash
  - Paper and pencils, pens
  - Needles and thread
  - Tent
  - Whistle
  - Map of area and state
  - Toilet paper, towelettes
  - Soap, liquid detergent
  - Feminine supplies
  - Personal hygiene items
  - Tape
  - Plastic bucket with lid
  - Disinfectant
  - Household chlorine bleach
  - Towels
  - Rope
  - Insect repellent

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Family Disaster Kit (Go Kit)  
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- **Clothing and bedding.** *Include these:*  
  Sturdy shoes or work boots  
  Rain gear  
  Blankets or sleeping bags and pillows  
  Hat, coat, and gloves  
  Thermal underwear  
  Sunglasses

- **Special items for babies.** *Include these:*  
  Formula, diapers, bottles, powdered milk, medications.

- **Special items for elderly.** *Include these:*  
  Prescription and non-prescription medications  
  Denture needs  
  Contact lenses and supplies  
  Eye glasses

- **Entertainment.** *Include games and books.*

- **Important family documents.** *Store in a waterproof, portable container. Include the following:*  
  Will or trust, insurance policies, contracts, deeds, stocks and bonds  
  Passports, social security cards, immunization records  
  Bank account numbers  
  User names and passwords  
  Credit card account numbers and companies  
  Inventory of valuable household goods, important telephone numbers  
  Family records: birth, marriage, death certificates  
  Vehicle titles

Disaster Planning Resources  
*Free Information and Materials*

*Check out these free disaster planning resources...*

- FEMA Plan Ahead  

- Disaster Preparedness and Response  

- Humane Society Disaster Preparedness Resources  
  [http://www.hsus.org/hsus_field/hsus_disaster_center/resources/](http://www.hsus.org/hsus_field/hsus_disaster_center/resources/)

- FEMA Library  

- Family Disaster Plan  

- Disaster Planning Portal  
  [http://www.sla.org/content/resources/infore sour/sept11help/disip/](http://www.sla.org/content/resources/infore sour/sept11help/disip/)

- Children and Disasters  
  [http://www.naccrra.org/disaster/](http://www.naccrra.org/disaster/)

- FEMA for Kids  

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Swine Flu Worsens

Latest Information on the Swine Flu H1N1 Pandemic

Here’s a round up of the recent swine flu news:

As of 06:00 GMT, 8 June 2009, 73 countries have officially reported 25,288 cases of influenza A(H1N1) infection, including 139 deaths. WHO

By June 3, 2009, all 50 states in the United States and the District of Columbia and Puerto Rico were reporting cases of novel H1N1 infection. While nationwide U.S. influenza surveillance systems indicate that overall influenza activity is decreasing in the country at this time, novel H1N1 outbreaks are ongoing in parts of the U.S., in some cases with intense activity. CDC

A central Alberta pig farmer whose animals were quarantined after it was discovered they were infected with swine flu has voluntarily culled his entire herd, according to an industry organization. cbc.ca

New Orleans Mayor Ray Nagin is being held in a Shanghai hotel, after a passenger on his flight from the US fell ill with suspected swine flu. BBC

The number of swine flu cases in the UK is probably double the official figure, a leading bacteriologist has said. Why a bacteriologist is discussing the issue as opposed to a virologist is unclear. BBC

New Zealand confirmed its 14th case of swine flu Sunday. All of the country’s cases so far have been contracted overseas. Beinghealthyhomeandaway blog

South Korea’s health ministry says it has confirmed one more case of swine flu, bringing the country’s total to 47. Beinghealthyhomeandaway blog

An Ontario man who died in hospital over the weekend had tested positive for the H1N1 flu virus, a spokesman with the Ontario Ministry of Health said Tuesday. The adult male was the third person with swine flu to die in Canada. NY Times

The global spread of the swine flu — influenza virus A(H1N1) — virus shows no sign of slowing as Africa reported its first confirmed case, in Egypt, this week.

Keiji Fukuda, WHO assistant director-general for health security and environment, said the agency was close to declaring a ‘phase six’ pandemic alert — a fully-fledged pandemic where community spread is established outside the first region where the disease was reported.
NOAA forecasters say a near-normal Atlantic hurricane season is most likely this year. However, as with any season, the need to prepare for the possibility of a storm striking near you is essential.

Commerce Secretary Gary Locke.

High resolution (Credit NOAA)

“Today, more than 35 million Americans live in regions most threatened by Atlantic hurricanes,” Commerce Secretary Gary Locke said. “Timely and accurate warnings of severe weather help save lives and property. Public awareness and public preparedness are the best defenses against a hurricane.”

In its initial outlook for the 2009 Atlantic hurricane season, which runs from June through November, NOAA’s National Weather Service Climate Prediction Center calls for a 50 percent probability of a near-normal season, a 25 percent probability of an above-normal season and a 25 percent probability of a below-normal season. Global weather patterns are imposing a greater uncertainty in the 2009 hurricane season outlook than in recent years. Forecasters say there is a 70 percent chance of having nine to 14 named storms, of which four to seven could become hurricanes, including one to three major hurricanes (Category 3, 4 or 5).

“This outlook is a guide to the overall expected seasonal activity. However, the outlook is not just about the numbers, it’s also about taking action,” said Gerry Bell, Ph.D., lead seasonal hurricane forecaster at NOAA’s Climate Prediction Center. “Prepare for each and every season regardless of the seasonal outlook. Even a near- or below-normal season can produce landfalling hurricanes, and it only takes one landfalling storm to make it a bad season.”

NOAA administrator Jane Lubchenco and Rear Admiral Philip M. Kenul, director, NOAA Office of Marine and Aviation Operations.

High resolution (Credit NOAA)

Shaping this seasonal outlook is the possibility of competing climate factors. Supporting more activity this season are conditions associated with the ongoing high-activity era that began in 1995, which include enhanced rainfall over West Africa, warmer Atlantic waters and reduced wind shear. But activity could be reduced if El Nino develops in the equatorial Eastern Pacific this summer or if ocean temperatures in the eastern tropical Atlantic remain cooler than normal.

NOAA's seasonal hurricane outlook does not project where and when any of these storms may hit. Landfall is dictated by weather patterns in place at the time the storm approaches. For each storm, NOAA's National Hurricane Center forecasts how these weather patterns affect the storm track, intensity and landfall potential.

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“NOAA strives to produce the best possible forecasts to help emergency officials and residents better prepare for an approaching storm,” said Jane Lubchenco, Ph.D., under secretary of commerce for oceans and atmosphere and NOAA administrator. “I’m pleased to have the Administration’s support for an additional $13 million in next year’s budget request to continue the trend of improving hurricane track and intensity forecasts.”

Tropical systems acquire a name – the first for 2009 will be Ana – upon reaching tropical storm strength with sustained winds of at least 39 mph. Tropical storms become hurricanes when winds reach 74 mph, and become major hurricanes when winds increase to 111 mph. An average season has 11 named storms, including six hurricanes with two becoming major hurricanes.

NOAA scientists will continue to monitor evolving conditions in the tropics and will issue an updated hurricane outlook in early August, just prior to what is historically the peak period for hurricane activity.

NOAA understands and predicts changes in the Earth’s environment, from the depths of the ocean to the surface of the sun, and conserves and manages our coastal and marine resources.
Lightning strikes 5,000 times starting 90 fires in Northern California - June 2, 2009 photo

Motorists flee their flooded vehicle in Greensboro, North Carolina, after several inches of rain fell in the area