

Emergency Preparation

According to the Office of Homeland Security, all Americans should begin a process of learning about potential threats so we are better prepared to react during an attack. While there is no way to predict what will happen, or what our personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. With a little planning and common sense, you can be better prepared for the unexpected.

Be sure to visit these important websites:

www.ready.gov/americal

www.redcross.org



CREATING A FAMILY EMERGENCY PLAN

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Here's what you can do:

- 1** Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.
- 2** Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- 3** Pick two places to meet. These include right outside your home in case of a sudden emergency, like a fire and also outside your neighborhood in case you can't return home—Make sure everyone knows the address and phone number .
- 4** Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- 5** Discuss what to do in an evacuation. Plan how to take care of your pets. Write down all of these contact numbers and information on the family emergency contact card.

Remember, simple steps upfront can mean a world of difference.

For more information visit
http://www.redcross.org/services/prepare/0,1082,0_80_00.html
and <http://www.ready.gov/>.





Better Safe



WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

When disaster STRIKES

Planning for disaster is the first step in making sure that you and your family remain safe in time of uncertainty—the first items on the

list should be food and water. According to homeland security, the following items should be included in your plan.

WATER

- * One gallon of water per person per day, for drinking and sanitation.
- * Children, nursing mothers, and sick people may need more water.
- * If you live in a warm weather climate more water may be necessary.
- * Store water tightly in clean plastic containers such as soft drink bottles.
- * Keep at least a three-day supply of water per person.

FOOD

- * Store at least a 3-day supply of non-perishable food.
- * Select foods that require no refrigeration, preparation or cooking and little or no water.
- * Pack a manual can opener and eating utensils.
- * Choose foods your family will eat.
- * Ready-to-eat canned meats, fruits and vegetables
- * Non-perishable pasteurized milk
- * Dry cereal or granola
- * Comfort/stress foods
- * Protein or fruit bars
- * High energy foods
- * Food for infants
- * Canned juices
- * Peanut butter
- * Dried fruit
- * Crackers
- * Vitamins
- * Nuts



Recommended Supplies To Include In A Basic Kit

- ✘ Water, one gallon of water per person per day, for drinking and sanitation
- ✘ Food, at least a three-day supply of non-perishable food
- ✘ Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- ✘ Flashlight and extra batteries
- ✘ First Aid kit
- ✘ Whistle to signal for help
- ✘ Dust mask or cotton t-shirt, to help filter the air
- ✘ Moist towelettes for sanitation
- ✘ Wrench or pliers to turn off utilities
- ✘ Can opener for food (if kit contains canned food)
- ✘ Plastic sheeting and duct tape to shelter-in-place
- ✘ Unique family needs, such as daily prescription medications, infant formula or diapers, and important family documents
- ✘ Garbage bags and plastic ties for personal sanitation



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