



Emergency Preparedness Tip #1

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Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly.





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What are the best escape routes from your home? Find at least two ways out of each room. Now, write it down — you've got the beginning of a plan.





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Tip #2

Pick a place to meet after a disaster. Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency.



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The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.





Emergency Preparedness Tip #3

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Choose an emergency contact person outside your area because it may be easier to call long distance than locally after a local/regional disaster.





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Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency.





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Be sure to share the contact's phone number with everyone in the family. During an emergency, you can call your contact who can share with other family members where you are;





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how you are doing; and how to get in contact with you. After a disaster, Register Yourself as *“Safe and Well”* with American Red Cross so your family will know you are OK.



www.redcross.org



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Emergency Preparedness Tip #4

Complete an emergency contact card and make copies for each member of your family to carry with them.



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Be sure to include an out-of-town contact on your contact card. It may be easier to reach someone out of town if local phone lines are out of service or overloaded.





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You should also have
at least one
traditionally wired
landline phone, as
cordless or cellular
phones may not work
in an emergency.



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Visit

www.redcross.org

or

www.ready.gov

for sample
emergency contact
cards.



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Tip #5

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Due to health regulations, most emergency shelters cannot house animals. Indian River County has one pet-friendly shelter.





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Find out in advance
how to care for your
pets and working
animals when
disaster strikes





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Pets should not be left behind, but could be taken to a veterinary office, family member's home or animal shelter during an emergency. Also be sure to store extra food and water for pets.





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For more information,
visit the Animal
Safety section on
www.redcross.org
or visit the Humane
Society Web site at
www.hsus.org



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Emergency Preparedness Tip #6

Go through your calendar now, and put a reminder on it every six months to review your plan, update numbers, and check supplies



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Make sure nothing has expired, spoiled, or changed.

Also remember to practice your tornado, fire escape or other disaster plans.



Emergency Preparedness Tip #7

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Check your child's school Web site or call the school office to request a copy of the school's emergency plan.





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Keep a copy at home and work or other places where you spend a lot of your time and make sure the school's plan is incorporated into your family's emergency plan.



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Also, learn about the disaster plans at your workplace or other places where you and your family spend time.





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Tip #8

Teach your children how and when to call **9-1-1** or your local Emergency Medical Services number for help.

Post these and other emergency telephone numbers by telephones.





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Emergency Preparedness Tip #9

Practice.

Conduct fire drills and practice evacuating your home twice a year.



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Practice.

Drive your planned evacuation route and plot alternate routes on a map in case main roads are blocked or gridlocked.





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Practice evacuation and tornado drills at home, school and work. Commit a weekend to update telephone numbers, emergency supplies and review your plan with everyone.



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Emergency Preparedness Tip #10

A community working together during an emergency makes sense.

Talk to your neighbors about how you can work together during an emergency.





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Find out if anyone has specialized equipment like a power generator, or expertise such as medical knowledge, that might help in a crisis.





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Decide who will check on elderly or disabled neighbors. Make back-up plans for children in case you can't get home in an emergency. Sharing plans and communicating in advance is a good strategy.





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Tip #11

What if disaster strikes while you're at work?

Do you know the emergency preparedness plan for your workplace?



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Many companies have been more alert and pro-active in preparing for disasters of all types since the September 11, 2001 attacks.



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A national survey indicates that many employees still don't know what their workplace plan is for major or minor disasters.





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Tip #11

If you don't know what your workforce plan is, make a point to ask.



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Know multiple ways to exit your building, participate in workplace evacuation drills, and consider keeping some emergency supplies at the office.





Visit

www.ready.gov

and click on

“Ready Business”

for more information
about business
preparedness.

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Tip #12

You should keep enough supplies in your home to meet the needs of you and your family for at least three days.





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Build an emergency supply kit to take with you in an evacuation.

The basics to stock in your portable kit include:





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1. Water
2. Food
3. Battery-powered radio and flashlight (*extra batteries*)
4. First aid supplies,
5. Change of clothing,
6. Blanket or sleeping bag,



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7. Wrench or pliers

8. Whistle

9. Dust mask

10. Plastic sheeting
and duct tape

11. Trash bags

12. Map



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13. Manual can opener for canned food

14. Special items for infants, elderly, the sick or people with disabilities.





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Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffle bag.





Emergency Preparedness Tip #13

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Preparing for emergencies needn't be expensive if you're thinking ahead and buying small quantities at a time. Make a list of some foods that:





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Have a long shelf-life
and will not spoil
(non-perishable).

You and your family
like.

Do not require
cooking.

Can be easily stored.



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Have a low salt content as salty foods will make you more thirsty.

Keep the list in your purse or wallet





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Pick up a few items each time you're shopping and/or see a sale until you have built up a well-stocked supply that can sustain each member of your family for at least three days following an emergency.





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Tip #14

Take a minute to check your family's first aid kit, and note any depleted items — then, add them to your shopping list.





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Don't have a first aid kit? Add that to the list or build a kit yourself. Just add a few items to your shopping list and assemble a first aid kit.





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First Aid Kits -
Assemble a first aid
kit for your home
and one for each
car.

For more information
about first aid kits,
visit

www.redcross.org