



Disaster

The Facts

A disaster is an event that causes serious loss, destruction, hardship, unhappiness or death. Disasters are at most times unpredictable, yet not unexpected. Once a disaster happens, the time to prepare is gone and all you can do is cope. During the first few hours or days following a disaster, essential services may not be obtainable. People must be ready for anything and to act on their own. Being prepared for a disaster is everyone's job. Every business, organization, association, agency, neighborhood and citizen should be prepared for any possible disaster.

The unpredictable can happen at any time and at any place. For example: you could be shopping, working out, on vacation or at school. Most of the time you will be at or near either your work, home or car. Expect the unpredictable by preparing a supplies kit for each location.

Create A Disaster Supplies Kit

Food

- Canned goods: ready to eat soups, meats, veggies and fruit
- Staples: sugar, salt and pepper
- Freeze dried or dehydrated foods
- Foods for infants, elderly persons or persons on special diets
- Vitamins
- Pet foods (as needed)

Water

- One gallon per person per day (two quarts for drinking and two quarts for food preparation/sanitation)
- Keep at least a three-day supply of water for each person (store water in plastic containers such as soft drink bottles)

Sanitation

- Toilet paper and moistened towelettes
- Soap and/or liquid detergent
- Disinfectant
- Feminine hygiene items
- Garbage bags (can be used as toilet liners or as protective wear)



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- Tooth brush, tooth paste and a disposable razor
- Household chlorine bleach

First aid supplies

- Aspirin or ibuprofen, anti-diarrhea medication, antacid and laxative
- Sterile adhesive bandages, gauze pads, roller bandages and adhesive tape
- Scissors, tweezers, needles and safety pins
- Latex gloves
- Thermometer
- Antiseptic and soap

Tools and other supplies

- Multi-function pocket tool or knife, pliers and a shut-off wrench
- Fire extinguisher (small canister, ABC type)
- Plastic tarp and a nylon rope
- Duct tape
- Battery-operated radio (extra batteries)
- Flashlight (extra batteries), waterproof matches or lighter
- Compass, whistle and map of the area
- Needles and thread
- Pencil and note pad
- Blankets and sleeping bags

***Don't forget to rotate food and water items every six months**

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Prepare A Family Disaster Plan

A few tips on how to plan ahead:

Contact your local Red Cross

-Find out what types of disasters are most likely to occur in your community and how to prepare for them.

Hold a family meeting

-This is an opportunity for all family members to discuss the types of disasters that could occur, how you should prepare for them and how to respond.

Practice and maintain your family disaster plan

-This will allow for all family members to remember what to do if and when a disaster strikes.

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