

Disaster Preparedness Helps Save Lives

Once upon a time there were three pigs who needed shelter.

The first pig easily made a house with straw. The second pig quickly assembled a house with sticks. The two carefree pigs sang and danced while the third pig built a sturdy house, brick by brick.

A hungry wolf noticed the shoddy workmanship and chased the two carefree pigs into their houses. Then he huffed, and he puffed, and he blew their houses down. They both fled to the brick house, where the industrious third pig kept them safe and sound.

The wolf was defeated by disaster preparedness and the pigs lived happily ever after.

Are You Ready for the Big Bad Wolf?

You may think you are prepared – until Mother Nature or man-made threats deliver a harsh lesson.

It's difficult to be emotionally ready for casualties, but it is possible to be better prepared for anticipated challenges such as the need for medical care, loss of electricity, communication lapses, lack of safe shelter, and limited supplies of fresh water, food, fuel and other necessities. There are also after-effects to consider, including exposure to hazardous conditions during clean-up operations, economic impacts and post-traumatic stress.

Develop a Preparedness Plan

There are a number of steps you can take to protect yourself and others in the event of a disaster. Here are some suggestions to help you get started:

1. Familiarize yourself with the types of disasters that could occur and their likely effect. Review your employer's disaster preparedness plan.
2. Develop a preparedness plan with input from family members, housemates, friends, neighbors and co-workers. Distribute an emergency contact list.

3. Know how you'll contact family members and reconnect if you are separated. Establish a meeting place that's familiar and easy to find.



4. Identify evacuation routes, potential shelter (in place or elsewhere), medical resources and communication mechanisms.
5. Assemble personal disaster preparedness kits for your home, car and workplace. Refer to the suggested supply list on the next page.
6. Enroll in a disaster planning or first-aid course. Get involved in community preparedness activities.

Experts recommend that you tailor plans and supplies to your daily life. Keep in mind:

- Household members' ages and abilities
- Responsibilities for assisting others
- Where you spend most of your time
- Dietary restrictions and preferences
- Medications and assistive medical equipment
- Language, culture and religious beliefs
- Pets or service animals

Once you have developed your plan, do a mock drill to identify potential gaps or limitations.

Disaster Preparedness Supply Kit Contents

The American Red Cross recommends the following disaster preparedness kit supplies:

- Water: One gallon per person, per day, with a three-day supply for evacuation and two-week supply for home
- Food: Non-perishable, easy-to-prepare items with a three-day supply for evacuation and a two-week supply for home
- Cell phone with charger
- Flashlight with batteries
- Battery-powered or hand-crank radio, preferably NOAA weather radio
- First aid kit (First aid kits are available from a number of sources. WorkCare's suggested supply list is on Page 3.)
- Prescription and over-the-counter medications (seven-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of important documents
- Family and emergency contact information
- Extra cash
- Emergency blankets
- Map(s) of the area



Personal and Family Needs

- Baby supplies
- Games/activities for adults and children
- Pet supplies
- Rain gear
- Extra clothing, hat, sturdy shoes, socks
- Towels

Health and Personal Protection

- Hearing aids
- Prescription eyewear
- Eldercare items
- N95 or surgical masks
- Sunscreen
- Insect repellent
- Household liquid bleach (for water purification)

Safety, Security and Communication

- Two-way radios
- Extra set of keys
- Whistle
- Work gloves
- Tools/supplies for valve shutoffs, repairs

Other Useful Items

- Tent and sleeping bags
- Camp stove and fuel
- Matches
- Plastic sheeting
- Duct tape
- Scissors

Put items in airtight plastic bags and store them in plastic containers or sturdy backpacks. Keep canned food in a cool, dry place. Replace expired items and update supplies annually as your needs change.

First Aid Kit Contents

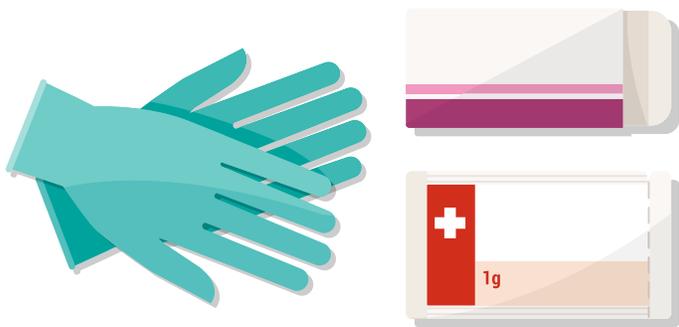
Place first-aid supplies in a water-proof container. Select contents based on anticipated needs. Enclose a restocking schedule to remind you when to replace items with expiration dates.

The following is a proposed list prepared by WorkCare.



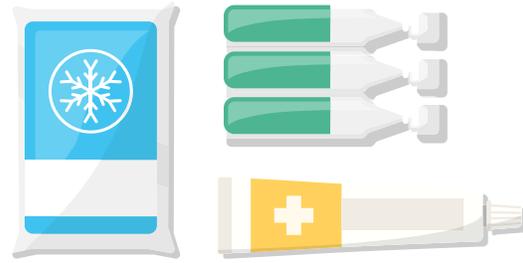
Bandages, Wraps and Splints

- Gauze roller bandages
- Adhesive tape roll
- Adhesive bandages (various sizes)
- Triangular bandages with safety pin
- Eye pads
- Ace bandages
- Wire or thin-board splints



Sterilizing and Protection

- Antiseptic applicators or swabs
- Alcohol – 70 percent swabs (box)
- Gloves, plastic or latex
- Germicidal hand cleansing solution
- Sterile cotton tip applicators
- CPR mouth shield



Over-the-Counter Remedies

- Antiseptic ointment (tube or packets)
- Hydrocortisone ointment for itching, rashes
- Medication for inflammation and pain
- Medication for pollen/dust allergies
- Medication for allergic reactions, bites and stings
- Chemical cold packs
- Eye irrigation solution
- Solution to soak lacerations/cuts



Tools and Other Supplies

- Tweezers
- Paramedic scissors
- Reference book on first aid
- Emergency blankets
- Penlight flashlight
- Bloodborne pathogens clean-up kit
- Thermometer

Recommended Resources

Download a Federal Emergency Management Agency (FEMA) sample [preparedness plan](#) and use it as a guide to create your own. Visit www.ready.gov for additional resources.