



MISSION, VISION, VALUES & CULTURE

Working collaboratively with Sandhills Center to Provide Education about Disaster Preparedness!

Being
Prepared
for a
Disaster-It
Just Makes
Sense



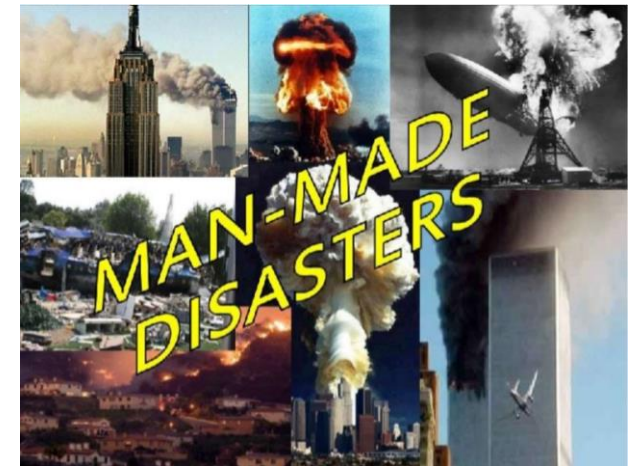
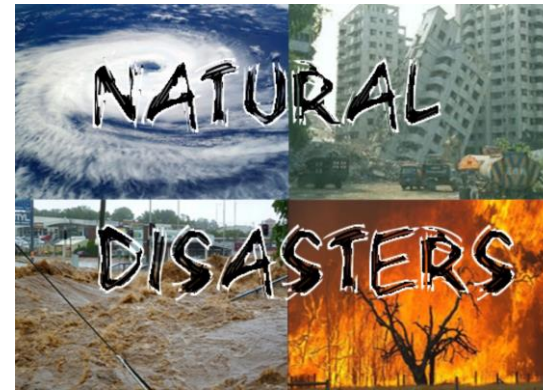
What is a disaster?

Wikipedia defines disaster as: a sudden event, such as an accident or a natural catastrophe, that causes great damage or loss of life.

Types of Disasters

Did you know there are 2 types of Disasters?

Can you name them?



Natural Disasters are divided into these types:

1. **Geophysical**-earthquakes, landslides, tsunamis and volcanic activity
2. **Hydrological**-avalanches and floods
3. **Climatological**-extreme temperatures, drought and wildfires
4. **Meteorological**-cyclones and storms/wave surges
5. **Biological**- disease epidemics and insect/animal plagues



Can you name the various types of Natural disasters that we have seen in NC?

- Tornadoes: Peak seasons are March to May
- Hurricanes: NC and 3 other southern states, lead the nation in the number of billion dollar weather related disasters since 1980.
- Flooding: can occur anywhere in NC and in 2005 the national weather service issued 116 flash flood warnings.
- Snow Storm: the most recent snow storm was in Dec 2018. Some areas of the triad received up to 18 inches of snow over a 24 hour period.



How can I be ready for a disaster?

Have a Plan-Everyone should have and know the plan.

The likelihood of you and your family surviving a disaster is to have a plan, everyone know the plan and have a safe evacuation plan or exit strategy. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Preparing for the unexpected makes sense. Get ready now.

Family Communications 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.

Out of Town Contact Name: _____

Email: _____

Telephone Number: _____ Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____


Important Medical Information: _____

Name: _____

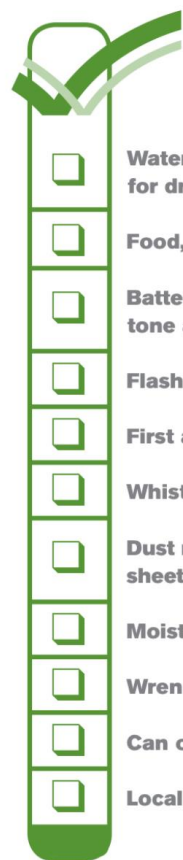
Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans. (over)



Have a Disaster Kit



Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank 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, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps



Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children

Keep Your Disaster Kit Restocked!

Is Your Disaster Kit Stocked?

Food in your fridge stays good for approximately four hours without power. Hurricane Sandy knocked out power to 8.5 million customers for seven days. What is your disaster preparedness plan?

Be Prepared



Make sure you have an appliance thermometer.



Have a few days of ready-to-eat food.



Know where to get dry ice or block ice.

When the Power Goes Out



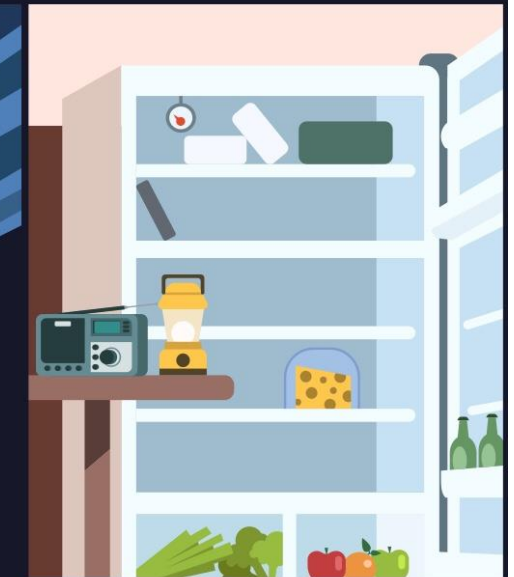
If the freezer isn't full, group together to form an "igloo."

If you anticipate a power outage, put water in the fridge ahead of time, it'll help keep everything cool.



Keep the fridge and freezer door closed.

When the Power Returns



Check temperature inside fridge and freezer.



Discard perishables, meats, poultry, seafood, eggs, leftovers. When in doubt, throw it out!



Unusual odor, color, or texture? Throw it out!

Important Things to Have

Prepare your Disaster Kit:

What items should you have on-hand for a power outage:



Store at least a three-day supply of non-perishables.



Choose foods your family will eat.



Avoid foods that will make you thirsty.



Remember any special dietary needs.



Choose salt-free crackers, and whole grain cereals.



Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

- 1 Ready-to-eat canned meats, fruits, vegetables and a can opener
- 2 Protein or fruit bars
- 3 Dry cereal or granola
- 4 Peanut butter
- 5 Dried fruit
- 6 Nuts
- 7 Crackers
- 8 Canned juices
- 9 Non-perishable pasteurized milk
- 10 High energy foods
- 11 Vitamins

Where can a disaster occur?

- Home
- School
- Church
- Concert or Event
- Work
- In the car on the way somewhere
- A Disaster can happen anywhere, so it's important to be ready no matter where you are!

Car Safety

Plan long trips carefully, listening to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if absolutely necessary.

Emergency Kit for the Car

In case you are stranded, keep an emergency supply kit in your car with the addition of these automobile extras:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blanket
- Map
- Cat litter or sand for better tire traction

Stay Put or Leave?

WATCHES AND WARNINGS

The National Weather Service (NWS), part of the National Oceanic and Atmospheric Administration (NOAA), issues alerts when weather conditions make hurricanes more likely. Know the terms used to describe changing hurricane conditions and be prepared to take appropriate action.



ADVISORY

Tropical Storm or Hurricane Advisory—The NWS issues an Advisory when it expects conditions to cause significant inconveniences that may be hazardous. If caution is used, these situations should not be life-threatening.



WATCH

Tropical Storm or Hurricane Watch—The NWS issues a Watch when a tropical storm or hurricane is possible within 48 hours. Tune in to NOAA Weather Radio All Hazards, local radio, TV, or other news sources for more information. Monitor alerts, check your emergency supplies, and gather any items you may need if you lose power.



WARNING

Tropical Storm or Hurricane Warning—The NWS issues a Warning when it expects a tropical storm or hurricane within 36 hours. During a Warning, complete your storm preparations, and immediately leave the threatened area if directed to do so by local officials.

DECIDING TO STAY OR GO

If authorities advise or order you to evacuate, grab your “go bag” and **leave immediately**. If you are not in a mandatory evacuation zone, you may still decide to leave the area, you may need to move to higher ground, or you may choose to stay in your home. If you decide to stay home, remember that even if the high winds and floodwaters do not reach your home, you may lose power and water, and you may not be able to leave your home for several days if the roads are impassable.



IF YOU ARE IN AN AREA WHERE AUTHORITIES ADVISE OR ORDER YOU TO EVACUATE: TAKE ACTION IMMEDIATELY TO EVACUATE!



Grab your “go bag” and leave immediately. Follow posted evacuation routes and do not try to take shortcuts because they may be blocked. Stick to designated evacuation routes. **For localized information:**

- **Evacuation routes:** Check with your state’s Department of Transportation or Office of Emergency Management website to find routes near you.
- **Emergency shelter location:** To find a shelter near you, check the FEMA mobile app: fema.gov/mobile-app.

Don’t forget: Write down your evacuation route and shelter information on your Hurricane Preparedness Checklist.

IF YOU ARE IN AN AREA WITHOUT AN EVACUATION NOTICE:



If you are in an area that is flooding (e.g., on the coast, on a floodplain, near a river, or on an island waterway), move to a location on higher ground before floodwaters reach you.



Stay indoors and away from windows and glass doors. If you are in a temporary structure, safely move to a sturdy building and go to a windowless room on the lowest level that is not likely to flood.



Never use a generator, gasoline-powered equipment and tools, grill, camp stove, or charcoal burning device inside or in any partially enclosed area. Keep these devices outside and at least 20 feet from doors, windows, and vents.

How to Protect Your Home

- Protect against winds
- Cover windows and glass
- Remove debris or items from yard and surrounding area.
- Have a safe room pinpointed for you and the family. Could be an interior room, a basement or a room with no or few windows.
- Keep drain & gutters clear
- Know how to turn off main water supply valve and electrical breaker.
- Keep emergency supplies like plastic sheeting, plywood on hand when possible.

TAKE ACTION TO PROTECT YOUR PROPERTY AGAINST WIND AND WATER DAMAGE

Planning and preparing before a hurricane strikes can help you manage the impact of high winds and floodwaters. Take the steps outlined below to keep you and your family safe while protecting your home and property. If you are a renter, talk with your landlord or property manager about the steps you can take together to protect yourself, your family, your home, and your property.

WIND

High winds: The best way to reduce the risk of damage to a structure from hurricane winds is to reinforce or strengthen the building including doors, windows, walls, and roofs. The best way to protect yourself is to consider either constructing a safe room that meets FEMA criteria or a storm shelter that meets ICC 500 criteria.

Wind-borne debris: Bring loose, lightweight objects (e.g., patio furniture, garbage cans, and bicycles) inside; anchor objects that would be unsafe to bring inside (e.g., gas grills and propane tanks); and trim or remove trees close enough to fall on buildings.

FLOOD

There are steps that you or your property owner can take now to make your home or business more flood resistant. Some improvements are simple and inexpensive; others require more of an investment. As your budget allows, take these steps to protect your property from flood damage and manage your risks.

- Keep gutters and drains free of debris.
- Install a water alarm and sump pumps with battery backup.
- Install "check valves" in sewer lines to prevent floodwater from backing up into your drains.
- Stockpile emergency protective materials such as plywood, plastic sheeting, and sandbags.
- Elevate the heating system (furnace), water heater, and electric panel if susceptible to flooding.
- Waterproof the basement.
- In areas with repetitive flooding, consider elevating the building.

FLOOD INSURANCE

Most property insurance policies do not cover flood losses, so you will need to purchase separate flood insurance if your property is at risk for flooding. Talk to your insurance agent about buying flood insurance. Flood insurance is available for homeowners, renters, and business owners through the National Flood Insurance Program in participating communities. Keep in mind that a policy purchased today will take 30 days to go into effect, so act now!

Learn how to financially protect yourself from flood damage by visiting [FloodSmart.gov](https://www.floodsmart.gov).

Find your flood risk at msc.fema.gov/portal.



Be Ready For All Disasters

THERE ARE MANY TYPES OF MAN MADE DISASTERS THAT ONE MAY NEVER EXPECT -BUT YOU SHOULD BE PREPARED FOR ANYTHING

- Car crash
- Explosion or fire
- Robbery or Gun event
- Co-worker or family member falling out in front of you! Do you know CPR & First Aid?
- Gas/oil truck spill in the road you're traveling.
- Personal Physical Attack. Can you defend yourself?



ROAD EMERGENCIES/DISASTERS



Be Ready for All Disasters

ROAD EMERGENCIES/DISASTERS



Public Events

PUBLIC ASSAULT/ATTACK



Personal Attack/Robbery

HOME INVASION

PERSONAL ASSAULT

ROBBED AT GUNPOINT.

HOW DO YOU STAY SAFE?



Thank You !

All information in this presentation was obtained thru FEMA's website and Homeland Security website. If you would like to know more about disaster, safety and how to be prepared please visit:

www.fema.gov

www.homelandsecurity.gov

If someone you know is experiencing mental health or addiction issues and need help, please reach out to us at www.rhahealthservices.org or call

1-800-848-0180