

Emergency Preparedness Information
 In the event of a disaster, you may need to survive on your own for three or more days. This means having your own water, food and emergency supplies on hand for you and your family.



WHY A 72 HOUR KIT ?



During and after a disaster, first responders need to respond to the emergency itself and first help those in most critical need. If you and your family are ready, you can play an effective part in the response and recovery and assist first responders, neighbors or family members.

Prepare emergency supplies for the following situations:

- A disaster supply kit with essential food, water and supplies for at least 3 days - this "READY" kit should be easy to carry and kept in a designated place in case you have to leave your home quickly because of a disaster, such as a flash flood or fire. Make sure all household members know where the kit is kept.
- You may be asked to "shelter in place." Consider having additional supplies for sheltering or home confinement for extended periods of time.
- You should also have a disaster supply kit at work. It should be in one container and easy to carry in case you have to evacuate the building quickly.
- A car kit of emergency supplies, including food and water, to keep in your car at all times. This kit should also include flares, jumper cables and seasonal supplies.

**START
HERE** ▼

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SHELTER IN PLACE Instructions

Taking appropriate shelter is critical in times of disaster. Sheltering is appropriate when conditions require that you seek protection in your home, place of employment or other location when disaster strikes. Sheltering outside the hazard area could include staying with friends and relatives, seeking commercial lodging or staying in a mass care facility operated by disaster relief groups.

To effectively shelter, you must first consider the hazard and then choose a place in your home or other building that is safe for that hazard. For example, for a tornado, a room should be selected that is in a basement or an interior room on the lowest level away from corners, windows, doors and outside walls. The safest locations to seek shelter vary by hazard. Be Informed about the sheltering suggestions for each hazard.

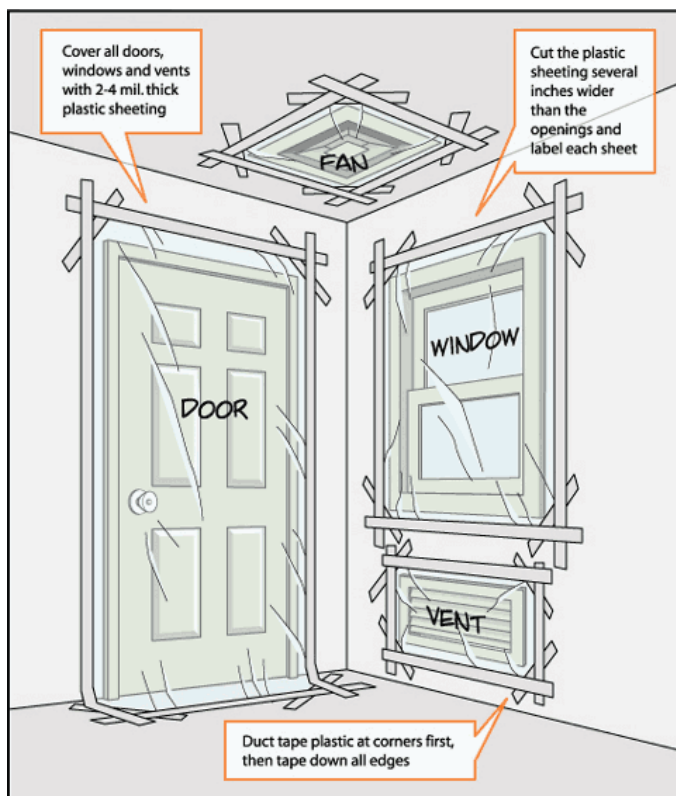
Shelter-in-Place for a CHEMICAL EMERGENCY:

- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your Shelter-In-Place kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.
- Seal all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to improvise and use what you have on hand to seal gaps so you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

If local officials recommend Shelter-in-Place:

- Do not call 9-1-1 unless there is a life-threatening situation.
- **Schools have emergency plans and will protect your children by evacuating or sheltering them.**
- Tune to a local radio or TV station to learn where and when to pick up your children.

Follow instructions immediately when told to exit shelter. In order to bring fresh, clean air inside, you may be told to let outside air into the shelter and building as quickly as possible. Open windows and doors and turn on all air circulation systems and equipment - thorough and quick ventilation is crucial.



BASIC EMERGENCY SUPPLY KIT

The first 72 are on YOU!

Store your disaster supplies in a sturdy, but easy to carry container. A large covered plastic bin or trash container, overnight packpack or duffel bag will also work. Keep a smaller version of the kit in your vehicle. If you become stranded or are not able to return home, having some items with you will help you be more comfortable until help arrives.

A basic emergency supply kit could include the following recommended items:

- Water** (one gallon per person per day for at least three days)
- Food**
Pack non-perishable food, high-protein items, including energy bars, ready to eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water. Manual can opener.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert** (include extra batteries)
- Flashlight** (include extra batteries)
- First aid kit** (see checklist below)
- Whistle** (to signal for help)
- Dust mask** (to help filter contaminated air)
- Plastic sheeting and duct tape** (to shelter-in-place)
- Sanitary supplies**
Moist towelettes, feminine supplies, personal hygiene items, bleach, garbage bags and plastic ties for personal sanitation
- Tools** (a wrench or pliers to turn off utilities)
- Local maps**
Mark an evacuation route on it from your local area
- Cell phone** (include chargers, inverter or solar charger)
- Clothing**
A change of clothes for everyone, including sturdy shoes and gloves
- Special items**
Include any necessary items for infants, seniors and people with disabilities.
- Meeting place** (see communication cards below)

FIRST AID SUPPLIES CHECKLIST

- First aid manual
- Sterile adhesive bandages in assorted sizes assorted sizes of safety pins
- Cleansing agents (isopropyl alcohol, hydrogen peroxide) soap/germicide
- Antibiotic ointment
- Latex gloves
- 2-inch and 4-inch sterile gauze pads
- Triangular bandages
- 2-inch and 3-inch sterile roller bandages
- Cotton balls
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressor blades
- Tube of petroleum jelly or other lubricant
- Sunscreen

MEDICATIONS CHECKLIST

Prescription Medications (list)

Eye Wear

- Extra pair of prescription glasses or contact lens

Over the Counter Medications

- Aspirin and non-aspirin pain reliever
- Antidiarrhea medication
- Antacid (for upset stomach)
- Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- Laxative
- Vitamins

COMMUNICATIONS PLAN

Contact Name and Telephone _____

Out of town Contact Name and Telephone _____

Neighborhood Meeting Place and Telephone _____

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