



Disaster Preparedness Kit

Copyright 2003 Rod Purnell, All rights reserved.

Please Read This First

Terms of Use

No alteration by anyone to the appearance, format or content of this eBook as supplied by eBookwholesaler is allowed. This Electronic book is Copyright © 2012 eBookwholesaler. All rights are reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s). You must not distribute any part of this eBook in any way. eBookwholesaler Members are the sole distributors and must abide by the [eBookwholesaler page for Terms of Use](#). No one may offer or distribute this book through eBay or any type of auction. This book is published by eBookwholesaler and no-one else may claim to be the publisher.

Disclaimer

The advice contained in this material might be suitable for everyone. The author got information from sources believed to be reliable and from personal experience, but does not imply nor offer any guarantee of accuracy.

The author, publisher and distributors never give legal, accounting, medical or any other type of professional advice. The reader must always seek those services from competent professionals that can review their own particular circumstances. The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who act on the information here. All readers must accept full responsibility for their use of this material.

All pictures used in this book are for illustration only. No link or endorsement between the people pictured and the book, author or publisher is implied and should not be assumed. All pictures must not be used for anything else without the rights holder's prior written permission.

Images © 2012 JupiterImages Corporation, a Getty Images company.



Dear Friend,

You have been given this free booklet as a gift from [A Proud Member of The eBookWholesaler.](#)

The contents of this booklet are all available in the public domain and have been compiled together here for ease of use and wider dissemination in hopes that you will not only read what is contained, but you will act on it as well. It is our sincere wish that this booklet provides you with a better understanding of how important it is to be prepared before a disaster strikes.

Special Thanks! Goes out to The American Red Cross Organization! The Humane Society of the United States, and FEMA which developed the "**Family Disaster Plan**". They are truly making the world a better place to live for millions worldwide.

The Information in this guide was collected and compiled by Rod Purnell who has faithfully served the United States Navy as an Active Duty Hospital Corpsman for over 15 years.

He is both owner and webmaster of **The Military Entrepreneur** which is dedicated to helping Military Members and their Families discover how they too can develop their own online presence and earn extra income while still serving their country.

We hope you will enjoy reading and learning from this material.

Best Wishes,

Rod Purnell



<http://www.militaryentrepreneur.com>

SPECIAL NOTE:

If you paid for this booklet, please report the offending person by sending an email to Rod Purnell at support@militaryentrepreneur.com

CONTENTS

Four Steps to Safety.....	6
Find Out What Could Happen to You.....	6
Create a Disaster Plan.....	6
Complete This Checklist.....	7
Practice and Maintain Your Plan.....	8
Your Disaster Preparedness Kit.....	10
Children & Disasters.....	15
Children and Their Response to Disaster.....	15
Advice to Parents:	16
Special Needs Section People with Disabilities and Senior's.....	18
Introduction.....	18
Understanding Disasters.....	19
Know the difference between a "watch" and a "warning".....	19
Know what your environment is likely to look like after the disaster.....	20
Know some other effects of a disaster.....	22
Know how disaster-related stress may affect your disability.....	22
Know how a disaster may affect your independence.....	25
Know how to reduce the impact of a disaster on you.....	25
Creating a Personal Support Network	25
Completing a Personal Assessment.....	28
Personal Care.....	29
Personal Disaster Preparation.....	32
Emergency Information List.....	33
Medical Information List.....	33
Date Completed.....	39
Disaster Supplies.....	41
Basic Disaster Supplies Kit.....	42

Disaster Supplies for Your Car.....	43
Service Animal and Pet Supplies.....	44
Power-Dependent Equipment.....	44
Additional Information on Equipment and Supplies.....	45
Storing Supplies.....	47
Date Completed.....	48
Making Your Home or Office Safer.....	49
Glossary.....	50
Considerations for Pets and Pet Owners.....	53
Have a Safe Place To Take Your Pets.....	53
Assemble a Portable Pet Disaster Supplies Kit.....	54
Know What To Do As a Disaster Approaches.....	55
Your Quick Click Reference Guide.....	58

NOTE: Please feel free to pass this information on to your friends and family. You may copy it to a disk, print it or even attach it to an email if you wish. The **ONLY** thing that you cannot do is sell this booklet.





Disaster Planning Guide

Disaster can strike quickly and without warning. It can force you to evacuate your neighbourhood or confine you to your home. What would you do if basic services - water, gas, electricity or telephones - were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Four Steps to Safety

Find Out What Could Happen to You

- Contact your local Red Cross chapter or emergency management office before a disaster occurs--be prepared to take notes.
- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after a disaster. Animals are not allowed inside emergency shelters because of health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Find out about the disaster plans at your workplace, your children's school or day care centre, and other places where your family spends time.

Create a Disaster Plan

- Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighbourhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Complete This Checklist

Home Hazard Hunt

- In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break, or cause a fire is a potential hazard.
- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Secure water heater. Strap to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides, and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors, and gas vents.

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).

- Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the utilities (water, gas, and electricity) at the main switches.
- Check if you have adequate insurance coverage.
- Get training from the fire department for each family member on how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe places in your home for each type of disaster.

Practice and Maintain Your Plan

- Quiz your kids every six months or so.
- Conduct fire and emergency evacuations.
- Replace stored water and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

Neighbours Helping Neighbours

Working with neighbours can save lives and property. Meet with your neighbours to plan how the neighbourhood could work together after a disaster until help arrives. If you're a member of a neighbourhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbours' special skills (e.g., medical, technical) and consider how you could help neighbours who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.

If Disaster Strikes

Remain calm and patient. Put your plan into action.

Check for Injuries

Give first aid and get help for seriously injured people.

Listen to Your Battery-Powered Radio for News and Instructions

Check for Damage in Your Home...

Use flashlights. Do not light matches or turn on electrical switches, if you suspect damage.

Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities. (You will need a professional to turn gas back on.)

Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately.



Remember to...

- Confine or secure your pets.
- Call your family contact--do not use the telephone again unless it is a life- threatening emergency.
- Check on your neighbours, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut off.
- Stay away from downed power lines.

Your Disaster Preparedness Kit



There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy- to carry container—suggested items are marked with an asterisk(*). Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

Store one gallon of water per person per day.

Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).*

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods



First Aid Kit

Assemble a first aid kit for your home and one for each car.

- (20) Adhesive bandages various sizes.
- 5" x 9" sterile dressing.
- Conforming roller gauze bandage.
- Triangular bandages.
- 3 x 3 sterile gauze pads.
- 4 x 4 sterile gauze pads.
- Roll 3" cohesive bandage.
- Germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) Antiseptic wipes.

- Pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.
- Non-Prescription Drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhoea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Centre)
- Laxative
- Activated charcoal (use if advised by the Poison Control Centre)

Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils*
- Emergency preparedness manual*
- Battery-operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash or traveller's checks, change*
- Non-electric can opener, utility knife*
- Fire extinguisher: small canister ABC type
- Tube tent

- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminium foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Sanitation
- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Clothing and Bedding

- *Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves
- Thermal underwear
- Sunglasses
- Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

- Entertainment

Games and books

- Important Family Documents
- Keep these records in a waterproof, portable container:
- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.

Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc. Ask your physician or pharmacist about storing prescription medications.



Children & Disasters

Disasters may strike quickly and without warning. These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine. Children may become anxious, confused, or frightened. It is important to give children guidance that will help them reduce their fears.

Children and Their Response to Disaster

Children depend on daily routines: They wake up, eat breakfast, go to school, and play with friends. When emergencies or disasters interrupt this routine, children may become anxious.

In a disaster, they'll look to you and other adults for help. How you react to an emergency gives them clues on how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real. If you seem overcome with a sense of loss, a child may feel their losses more strongly. Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable.

Feelings of fear are healthy and natural for adults and children. But as an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what's uppermost in his or her mind. Having children participate in the family's recovery activities will help them feel that their life will return to "normal." Your response during this time may have a lasting impact.

Be aware that after a disaster, children are most afraid that:

- The event will happen again.
- Someone will be injured or killed.
- They will be separated from the family.
- They will be left alone.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

