



Are You Ready?

Preparing a disaster kit for your home

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Desired Outcomes

1. Create awareness of the need for home disaster emergency kits.
2. Identify the items needed to complete a kit.
3. Identify the steps in developing a family disaster plan.
4. Set goals for using these materials at home or with other groups.

Before the program

1. Read through the program and handouts. Order or make copies of the handouts you decide to use. Copies of the FEMA/Red Cross publication "Your Family Disaster Kit" are available for NDSU Extension Service staff from the Distribution Center. Others may get the brochure from www.fema.gov/pdf/library/fdsk.pdf or www.redcross.org/disaster/safety/fds-all.pdf or a local Red Cross chapter. You may want to order copies of NDSU Extension publication HE-446, "Inventory of Important Family Records," www.ext.nodak.edu/extpubs/yf/fammgmt/he446w.htm to use as an additional handout.
2. Become familiar with the items in the disaster kit. Add some clothing and bedding items, as well as any items you feel are needed.
3. Make sure you have a computer loaded with the PowerPoint and a projector with which to view it.



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Introduction

Welcome to *Are You Ready?* In this program, we'll look at making a home disaster kit and begin the discussion of having an overall family disaster plan.

Family Disaster Supplies Kit



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The family disaster supplies kit is one piece of being prepared for a possible disaster. After a disaster, local officials and relief workers will be on the scene, but they can't reach everyone immediately. You could get help in hours or it may take days. Would your family be prepared to cope with the emergency until help arrives?

What Disasters Could Happen in North Dakota?

- Floods
- Fires
- Tornadoes
- Bio-terrorism
- Blackouts
- Electrical loss
- Snowstorms
- Others?
- Chemical Spills

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What disasters could happen in our state?

(Have audience brainstorm some before cuing up the list).

How many of these did you think of? Often we think we're immune to many disasters, but when we think about it, some of these are very common in our state.

Information provided by:



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Today's information is provided by FEMA (Federal Emergency Management Agency) and the American Red Cross.

Six Basics to Stock

- Water
- Food
- First aid supplies
- Clothing and bedding
- Tools and emergency supplies
- Special items

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To begin preparing a disaster kit, keep in mind these six basics to stock. *(Read through the items on the slide.)*

We'll look at each of these individually.

Easy to Carry Container


- A large covered trash container
or
- A camping backpack
or
- A duffle bag



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The first thing to consider is an easy-to-carry or portable container to store your kit items. This could be a garbage container, backpack or even a duffle bag. Consider the size of your family and its individual needs to decide what type of container to use. The bigger the family and the more individual needs, the more space you will need.

Water



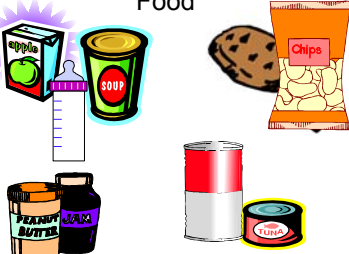
Store one gallon per person per day.

Keep at least a three-day supply for each person.

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- Store water in plastic containers, such as soft drink bottles.
- Store one gallon per person per day. Two quarts are for drinking, and two quarts are for food preparation and sanitation.
- Keep at least a three-day supply for each person.
- We'll talk about storage time later in the program.

Food



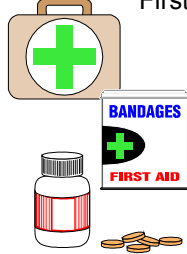
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(Show examples of each of these as you talk about them.)

Food

- Store at least a three-day supply of nonperishable food. Select foods that don't need refrigeration, preparation or cooking (and take little or no water). Some suggestions are snacks; canned foods that can be eaten cold; and high-energy foods, such as peanut butter, jelly, crackers and granola bars.
- Don't forget the infants or elderly people you may have in your family. They may need special-diet foods.
- And comfort or stress foods may be appreciated — cookies, sweetened cereals, candy, instant coffee or tea bags.

First Aid Kit



Home and Vehicle

- First aid kit
- Nonprescription drugs
 - Aspirin
 - Anti-diarrhea
 - Antacids
 - Laxative

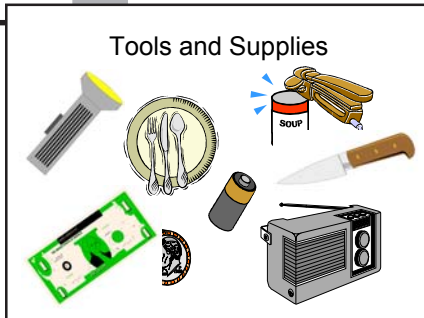
Slide 9

(Show examples as you talk about them.)

First aid kit

Make one for your home and for your vehicles.

- A kit should include bandages, gauze pads, scissors, needle, antiseptic, thermometer, safety pins, cleansing agent and latex gloves.
- Remember to include nonprescription drugs, such as aspirin, anti-diarrhea medication, antacids and any others your family uses.

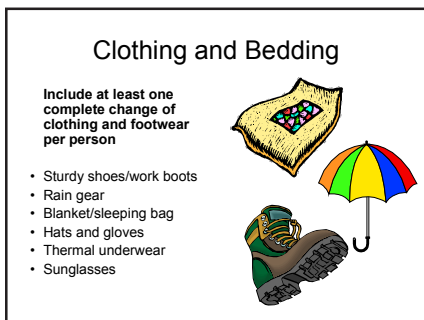


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(Show examples as you talk about them.)

Tools and supplies

- Paper and plastic products, such as plates, towels, cups and utensils. Can opener.
- Battery-operated radio with extra batteries — a weather band radio would even be better. *(Show audience how a weather band radio works.)*
- Flashlight with extra batteries
- Cash or traveler's checks and change *(Ask: Why would this be important? Because banks could be closed, and stores may only take cash in certain emergencies.)*
- Basic tools – screwdriver, pliers
- Tape
- Needles and thread



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(Show examples you've added to the kit.)

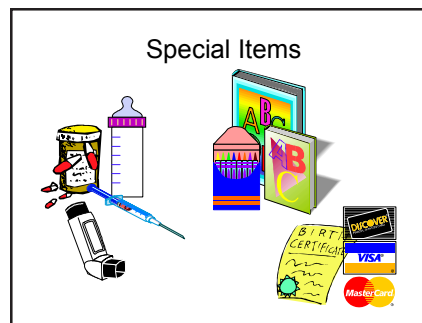
- Include at least one complete change of clothing and footwear per person.
- Rain gear
- Blanket/sleeping bag
- Hats and gloves
- Sunglasses



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(Show examples in kit.)

Don't forget sanitation items like toilet paper and plastic pail, towelettes, garbage bags, soaps, personal hygiene items and chlorine bleach.



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(Show examples in kit.)

- Remember family members with special needs, such as infants and elderly or disabled people.
- For babies, you may need formula, diapers, powdered milk and medications.
- For adults, you may need prescription medications, insulin, denture needs, extra contact lenses or a pair of eyeglasses.
- Entertainment items, such as puzzle books, coloring books and cards, can help pass the time.
- And remember your important family documents. These should be kept in a waterproof and fireproof container. It could include copies of your will, insurance policies, passport, immunization records, important telephone numbers, etc. *(Ask: What else might you want to have copies of?)*
- We encourage you to get the NDSU Extension publication HE-446, "Inventory of Important Family Records." This will list your important records, including bank accounts, investments, credit cards and other important papers.

Remember

- Store your kit in a convenient place known to all family members
- Keep items in air tight plastic bags
- Change your water supply every 6 months
- Rotate your food every 6 months
- Rethink your kit and family needs yearly. Replace batteries, update clothes
- Ask your doctor about storing prescription medication

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Once your kit is assembled, remember these points about storage and updating.

(Read through the slide.)

(Ask: Where would you keep this kit in your home?)

If you have a basement — or another area of your home — that you would go to in an emergency, store it there. You don't want to have to move it any more than necessary, as it will probably be very heavy. Make sure all family members know where it is.

So you have your kit,
now what?



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Well, now that you have your kit, what do you do?

Create Your Family Disaster Plan

- Meet with your family
- Plan how your family will stay in contact if separated
- Learn your home's safety features
 - Water/gas/electricity shutoffs
 - Emergency phone numbers
 - Smoke detectors
- Meet with your neighbors

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Create your family disaster plan.

Many of us grew up having regular fire drills at school.

(Ask: Who has had a home fire drill this past year? Who has a fire evacuation plan for their home?)

■ **The first step is to meet with your family.** Discuss what disasters are most likely to happen in your community. Discuss how to prepare for each of them.

■ **Plan how you will stay in contact if separated.**

You should pick two meeting spots — one should be a safe distance from your home in case of fire, and one should be outside your neighborhood in case you can't return home. You should also choose an out-of-state friend or relative or a check-in contact for everyone to call.

(Ask: Can you think of a time when you might use an out-of-state contact?)

Possible answer: it creates a communication triangle. If you and your spouse are separated for a time, one of you may be on an out-of-state trip. In case of a disaster in your home community, you may not be able to make local calls to find out where your spouse is located. In that case, both of you would call that out-of-state contact to find out if both are OK and to get a status report on what is happening. This actually happened during the Grand Forks flood — one of our agents wasn't able to locate a relative for days.

■ **Learn your home's safety features.** Show responsible family members how and when to shut off water, gas and electricity at main switches. Make sure smoke detectors are on each level of your home, test monthly and change the batteries two times a year. (A good way to remember to do that —



do it when the time changes.) Post emergency phone numbers (include family member cell phone numbers) by all your phones.

- **Meet with your neighbors.** Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors with special needs — elderly, disabled, etc. Make plans for childcare in case parents can't get home. What about pets?

Questions/comments?


Show examples of other resources you might have on this topic.

Evaluation

Have the participants complete the evaluation.

In Summary

- Develop family disaster kit and update as needed
- Practice and maintain your family plan



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In summary:

- Be prepared to cope with an emergency until help arrives.
- Develop a family disaster kit and update as needed.
- Develop a family disaster plan, practice and maintain or update it as needed.
- Having these two pieces completed before a disaster strikes will help you and your family cope better in case of an emergency.

For Extension Agents

Ask how they might use this program – with what audiences, time frame, presentation or displays, etc.

Ask what other resources they need to use this program.

Web sites on this topic

www.redcross.org

www.fema.gov/emi

www.ready.gov

Other resources

- Your local city and county emergency managers
- Your local Red Cross chapter
- “Are You Ready? A Guide to Citizen Preparedness” book by FEMA. Distributed to NDSU Extension staff at the Spring 2003 Extension Conference. (H-34, September 2002)



**For more information on this and other topics, see:
www.ag.ndsu.nodak.edu**

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