



# 10

Easy Steps for

## DISASTER

# PREPAREDNESS



American  
Red Cross



### **TERRORISM TORNADOS FIRES OTHER DISASTERS**

Follow the 10 easy steps below to increase you and your family's safety and survival chances during any disaster such as tornados, fires, floods, terrorism and other disasters. Remember – Preparedness is the key. Take proactive steps **now** to be prepared.

1. In the event of a disaster, **LISTEN** to the radio or other news media for information and guidance. A battery-powered radio is a must.
2. Have a **Family Disaster Kit** in easy to carry containers (specifics on the back)
3. Have a **Family Emergency Plan** (specifics on the back)
4. If asked to **“Evacuate,”** leave your home or hazard area immediately and shut off water, gas, electricity as if you were leaving for the day, and lock all doors (if time allows).
5. If you are instructed to **“Shelter-In-Place”**
  - a) Go inside your home (or nearest shelter) and stay there;
  - b) Remove radio from Family Disaster Kit and turn to local radio stations;
  - c) Close and lock all doors and windows, including garage doors;
  - d) Turn off heaters, air conditioners and close fireplaces;
  - e) Turn off exhaust fans and switch all units to the closed position;
  - f) Select a room to shelter-in-place and take your Family Disaster Kit to that room
  - g) Use plastic sheeting and duct tape to cover windows, doors and vent covers.
6. Hotlines will be established for information; only for emergency situations and injuries call 911; call 211 for access to community services and information.
7. Make plans for the family pets. Take them with you if you are asked to evacuate, have proper identification on them, have a leash or carrier available and food, water and medication if needed.
8. In a disaster situation, remain calm and follow the advice of local emergency officials.
9. Become familiar with your child's school and day care emergency plans ahead of time.
10. For further information contact your local Red Cross or Emergency Management Agency, or visit the following websites:

[www.ready.gov](http://www.ready.gov)  
[www.fema.gov](http://www.fema.gov)

[www.redcross.org](http://www.redcross.org)  
[www.get.cdc.gov](http://www.get.cdc.gov)

[www.dhs.gov](http://www.dhs.gov)  
[www.co.douglas.ne.us/dept/emergency](http://www.co.douglas.ne.us/dept/emergency)

# **Be prepared: Build a Kit – Make a Plan**

## **Family Disaster Kit (for three days): In easy to carry containers**

- Water: one gallon per person per day
- Food: non-perishable, ready-to-eat
- Toiletries and toilet paper
- Medications, eyeglasses and prescription numbers
- First aid kit and non-prescription pain killers
- Eating utensils and can opener
- Battery-powered radio, flashlight and extra batteries
- Cash, checks and credit/debit cards
- Cell phone and/or phone cards
- Simple tools (pliers, hammer, etc.)
- Duct tape and plastic tarps
- Matches in a waterproof container
- Whistle and compass
- Maps (local and regional)
- Special needs: diapers, formula, medication
- Clothing, blankets and rain gear

## **Family Emergency Plan:**

- Pick two places to meet – just outside your house and somewhere outside your neighborhood
- Put important papers or copies in a safe place
- Ask an out-of-state friend to be your family's point of contact in an emergency
- Know how to evacuate your home, office, etc.
- Plan for the care of your pets
- Keep a list of all your important account numbers