

DISASTER PREPAREDNESS

DISASTER PREPAREDNESS- PART 1 GENERAL INFORMATION

Are you prepared?? Hurricane season has the potential to end with a bang- make sure you are ready!!! By planning ahead, you can be prepared and with a plan on how to address the emergency at hand. MAKE A DISASTER KIT!!! Details can be found on building a kit at www.ready.gov/build-a-kit. Have a family communication plan including contact numbers (in town and out of town), meeting places and make sure everyone knows their roles.

Additional things to think about before disaster strikes:

- Label any equipment that you would need to take with you (walkers, canes, rollators, CPAP machine)
- Speak to neighbors and friends to see who would be available to help if you have special needs or don't drive- make a plan to help them if you are able
- Have a **3 day** supply of medications, medical supplies, infant formula and diapers, pet food and medication in addition to your disaster kit
- Extra hearing aid batteries, eyeglasses, wheelchair batteries and oxygen if use these items
- Copies or medical insurance card and medical history/medication lists for each member of your family and any household pets
- Important documents such as banking information, family records and social security numbers
- Leashes, pet carriers and portable litter box
- Books, games, puzzles, comfort objects for you and your family/ pets

Remember, if it is not safe for you, it is not safe for your pet. Check with neighbors to see if they need assistance. Stay tuned to your Emergency Alert System (EAS) radio stations WBZ-AM 1030 and WPLM-FM 99.1. The Town of Norfolk utilizes Reverse 911 to all landlines and any additional numbers listed with the Town Hall.

If told to evacuate- please do so. If told to shelter in place- please do so. It makes it much safer for all of us!

DISASTER PREPAREDNESS- PART 2- MAKING A KIT

September is National Disaster Preparedness month and it's time to get everyone more prepared in case of natural disaster or disease outbreak. Disasters can happen at any moment! By planning ahead, you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

Disaster preparedness can arm you, your loved ones and friends with a plan on how to address the emergency at hand (weather related, fire, evacuation or hazardous materials issues) and increasing chances of survival.

- Have a disaster supplies kit packed and ready in one place before disaster hits. For help and advice on building all your disaster supply kits, visit www.ready.gov/build-a-kit
- Assemble enough supplies to last for at least **3 DAYS** for each person and pet in your family
- Make sure to include medications and medical information in your supplies (for people and pets)
- Store your supplies in one or more rolling backpacks or wheeled duffel bags that are easy to carry/ roll (you may want to consider storing supplies in a container that has wheels)
- Label each bag with an ID tag
- Label any equipment that you would need (ex. wheelchairs, canes or walkers) with your name, address and phone number - keep them in a designated place, so they can be found quickly
- Think about clothing and bedding needs for the season (ex. heavy jackets and blankets in winter and bug spray/ sun screen in summer). Also consider comfort objects like a book, pictures or special items
- Consider a disaster kit for your vehicle as well with season appropriate items.

The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety!

Disaster Preparedness Part 3- The Communication Plan

The basic theme behind preparedness is to be ready for an emergency and there are a number of different ways to accomplish this. The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety!

Your family may not be together if a disaster strikes, so it is important to think about the following situations and plan just in case. Consider the following questions when making a plan:

- How will my family/household get [emergency alerts and warnings](#)?
- How will my family/household get to safe locations for relevant emergencies?
- How will my family/household get in touch if cell phone, internet, or landline doesn't work?
- How will I let loved ones know I am safe?
- How will family/household get to a meeting place after the emergency?

Before a disaster happens, it is a good idea to have a conversation with those in your support network: your friends, family and neighbors. Let them know your needs in an emergency situation; ask them how they could assist with your plan and whether they would be willing to help. Consider that during some emergencies travel is severely limited and they may not be able to get to you.

Have a **family communication plan**!!! A family communication plan includes a local contact and an out of state contact and meeting places if you have to evacuate from your home or from the area.

- Carry family contact information in your wallet (both home and cell numbers)
- Make sure to choose an out-of-town contact person, in case you need to evacuate your area
- Post emergency numbers near all of your phones. Include the numbers of those in your support network and consider having alternative plans for contacting those in your network
- Keep a list of important school and business numbers with you

PLEASE TAKE YOUR DOGS AND CATS WITH YOU IF YOU HAVE TO EVACUATE!!!!