

DISASTER PREPAREDNESS 101

Every 8 minutes a disaster strikes!

Each year, the American Red Cross responds immediately to more than 67,000 disasters, including house or apartment fires (the majority of disaster responses), hurricanes, floods, earthquakes, tornadoes, hazardous materials spills, transportation accidents, explosions, and other natural and man-made disasters.

The Good News Is That We Can Help

Although the American Red Cross is not a government agency, its authority to provide disaster relief was formalized when, in 1905, the Red Cross was chartered by Congress to "carry on a system of national and international relief in time of peace and apply the same in mitigating the sufferings caused by pestilence, famine, fire, floods, and other great national calamities, and to devise and carry on measures for preventing the same." The Charter is not only a grant of power, but also an imposition of duties and obligations to the nation, to disaster victims, and to the people who generously support its work with their donations.

Red Cross disaster relief focuses on meeting people's immediate emergency disaster-caused needs. When a disaster threatens or strikes, the Red Cross provides shelter, food, and health and mental health services to address basic human needs. In addition to these services, the core of Red Cross disaster relief is the assistance given to individuals and families affected by disaster to enable them to resume their normal daily activities independently.

The Red Cross also feeds emergency workers, handles inquiries from concerned family members outside the disaster area, provides blood and blood products to disaster victims, and helps those affected by disaster to access other available resources.

Disaster Safety

Different types of disasters may require different precautions before and during an emergency. You should know what disasters strike where you live and what to do to protect your family.



www.redcross.org



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<http://sis.nlm.nih.gov/outreach/enhiop.html> ; <http://medlineplus.gov/>

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Are You Ready?



The Z-HOPE™/NLM EnHIOP Initiative:

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7 STEP DISASTER PLAN

www.wavy.com

Step 1: Find out if your home is in the storm surge flooding zone. The Hampton Roads Emergency Management Committee provides online maps that show potential flooding caused by storms of different intensities

Step 2: Determine your evacuation route should you be forced to leave your home or place of work. The Virginia Department of Transportation provides online access to the Hurricane Evacuation Routes for Hampton Roads. Also, determine where you will go if you are advised to evacuate. Will you go inland to a hotel, to the home of a friend or relative, or to a local public shelter? It's best pre-plan more than one potential destination.

Step 3: If you're in an area of likely flooding, make sure you have a current flood insurance policy. Flood insurance is not typically a part of a homeowner's policy. A 30-day waiting period is required to purchase flood insurance, so take the time now to contact your insurance agent to learn more.

Step 4: Take pictures of your property (both inside and out) to help validate any potential insurance claims. Also, remember to take copies of your policies with you should you need to evacuate.

Step 5: Pre-pack a hurricane supplies kit. Make it readily available and transportable should you need to evacuate. At a minimum, it should contain a seven-day supply.

Step 6: Take action to protect your home. Cut back dead trees and limbs that could fall or be blown onto your home. Consider purchasing storm shutters or pre-cutting plywood for all your windows. Re-check your supply of additional plywood, tools, batteries, tarps and plastic sheeting for roof repairs. Also, consider retrofitting your garage door by installing horizontal bracing onto each door panel. High winds that enter though the garage can blow out doors, windows, walls, and even the roof.

Step 7: Plan now for any special preparations necessary for pets (only daily living assistance animals can stay with their owner in the shelter) or loved ones with special medical, physical, or emotional needs. Online resources offering advice and tips for animal care during a storm are available from [FEMA](http://www.fema.gov) and the [Red Cross](http://www.redcross.org).

DISASTER SUPPLIES KIT

- Three-day supply of non-perishable food.
- Three-day supply of water (one gallon of water per person, per day).
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First Aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle.
- Extra clothing (locations vary, so be prepared for all types of weather).
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit card and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

Students:

Copy of Transcripts or School Records

Bank Information:

ATM Card and recent bank statement

Taxes:

Proof of Paid property taxes.

Vehicle Information:

Copy of Vehicle registration

Registered Voters:

Copy of Voters Registration Card

Remember:

Some organizations will not send financial payouts to a P.O. Box.

FOR MORE INFORMATION GO TO:

[MedlinePlus](http://www.medlineplus.com/)

<http://www.medlineplus.com/>