

NATURAL & MAN
MADE DISASTER
PREPAREDNESS
INFORMATION
BOOKLET

TABLE OF CONTENT

Unit 1: General preparedness tips for natural disaster.

Chapter 1Bushfire

Chapter 2Drought

Chapter 3Earthquake

Chapter 4Fire

Chapter 5Flood

HURRICANE needs

Chapter 6Land-slippage

Chapter 7Tsunami

Unit 2:

Disaster preparedness tips for the most vulnerable population.

Chapter 8.....Children

Chapter 9..... The Elderly

Chapter 10.....Expectant & New parents

Chapter 11.....People with disabilities

General preparedness tips for natural disaster

Chapter 1 - Bushfire

What to do during and after a bushfire

A bushfire refers to a fire in scrub or a forest, especially one that spreads rapidly. The most important thing that you and your family must consider before the onset of a bushfire is whether to stay and fight a fire, or to go.

If you do not think you that you or your family can fight a bushfire then relocate as early as possible. Experience has shown that lives can be lost when people make a last-minute decision to flee. Lives and property can be saved with timely and adequate planning.

If a fire is approaching, make sure you:

- Alert your family and neighbours
- Bring your pets inside
- Make sure everyone is wearing protective clothing
- Tune your radio to your television
- Shut all doors and windows in your home
- Fill your bath, sinks and as many buckets or containers with water
- Place wet towels under doorways
- Move your furniture away from windows and take your curtains down
- Wet down all areas of your home on the side facing the direction of the fire
- Dampen window ledges allowing water to get into any gaps
- Plug drains and fill gutters with water

Once a fire arrives:

- Go inside your house and bring buckets, hoses and mops with you
- Drink plenty of water
- Look around inside your house for embers or spot fires

If you decided to leave your home, make sure you:

- Close doors and windows, fill sinks with water and move outdoor furniture away from the house
- Pack food, water and your survival kit in your car, adding any final items
- Turn off mains gas supply
- Take your list of contacts in order to inform them of your departure and destination
- Develop a back-up plan, including where you will shelter if you have not left early and it is unsafe to leave. This is a dangerous situation and you must know where you will seek shelter from radiant heat
- Establish the location and route to your closest Neighbourhood Safer Place (NSP). NSPs are places of last resort. They may save your life but they do not guarantee safety
- If you are able, identify several exits to ensure you can leave safely if your planned route is blocked
- Make sure you are wearing protective clothing to shield you from deadly radiant heat

If you decide to stay and defend your home

- Fire agencies say defending your home requires at least two able-bodied, fit and determined adults.
- Everyone defending your home should wear protective clothing.
- Make sure all cars, farm equipment, caravans and portable gas cylinders are moved away from the house. Also remove door mats, outdoor furniture and all other flammable items.
- Ensure the mains gas supply is switched off; switch off air-conditioning units, and gas cylinders should be kept upright with their relief valve away from the building.
- Fill gutters with water and wet down around the building. Keep wet towels and rags nearby windows and doors should be closed and wet towels used to fill gaps under doors.
- It is recommended that you shelter inside until the fire front passes but still patrol for embers and extinguish them on landing.

- If your house catches alight, close the door to the room behind you. Never get caught in a room without an exit. If you must go outside, move onto burnt ground as soon as possible.
- Ensure your home is prepared by the local fire authority and ask for an assessment or advice.
- It is recommended that you have 10,000 litres of water for firefighting purposes as well as a firefighting pump and hoses.
- Other equipment needed includes a water sprayer, bucket, mop, shovel, torch and battery-powered radio.

What to wear During a Fire

During a bush fire, it can be very hot and there may be sparks or embers flying around. For this reason, it is important to wear personal protective clothing.

Loose fitting clothing made from natural fibres such as pure wool, heavy cotton drill or denim is important to protect you from injury. Synthetic fabrics can melt or burn.

Recommended personal protective clothing includes:



A wide brimmed hat or hard hat

A hat can stop embers from dropping onto your head or down the back of your shirt



Glasses or goggles

Eye coverings can protect your eyes against any smoke, embers and debris that may be in the air



Gloves

Gloves can protect your hands from radiant heat, embers and debris that may be in the air or on anything you pick up around your yard when protecting your property



A mask or cloth (non-synthetic)

Covering your nose and mouth, may protect you from inhaling smoke, ash and embers



A long-sleeved shirt made from thick cotton or wool is ideal (e.g. cotton drill work shirt)

A shirt can stop embers from burning your skin and help protect you from radiant heat and debris



A pair of heavy cotton pants, such as denim jeans, oil free drill pants or cotton overalls

Long pants can stop embers from burning your skin and help protect you from radiant heat and debris



Sturdy leather work boots or shoes along with a pair of woollen or cotton socks

Sturdy leather footwear can stop embers from burning your skin, help protect you from radiant heat and debris

If you are travelling

- Find out what bushfire safety plans are in place in the area where you are camping, caravanning or renting accommodation.
- Know the most up-to-date fire danger rating in the area.
- Find the nearest Neighbourhood Safer Place when you are staying in a high-risk fire area and know alternative routes to leave your destination.
- Plan activities carefully on hot, dry and windy days. Contact the visitor information centres for safe tourist activities and locations.
- Pack your own emergency survival kit and have it accessible at all times.

Seeking shelter

If you need to seek shelter due to a sudden change in your bushfire survival plans, fire agencies say the main priority is sheltering from radiant heat.

- It is recommended you seek shelter in a well-prepared home that can be actively defended, a private bunker built to regulation or at a community shelter or refuge.
- If sheltering in a building, make sure you have a point of exit in every room of the shelter.
- Maintain visibility so you know what is happening with the fire outside.
- Take your survival kit and wear protective clothing to help guard against radiant heat.
- Leaving when a bushfire has arrived is extremely dangerous, but if you have no other option you can go to your local place of last resort; ploughed paddock or the beach, dam or river but don't shelter in water tanks.
- Radiant heat can be blocked by a solid object such as a concrete wall or building which creates a barrier between you and the fire.

Radiant heat

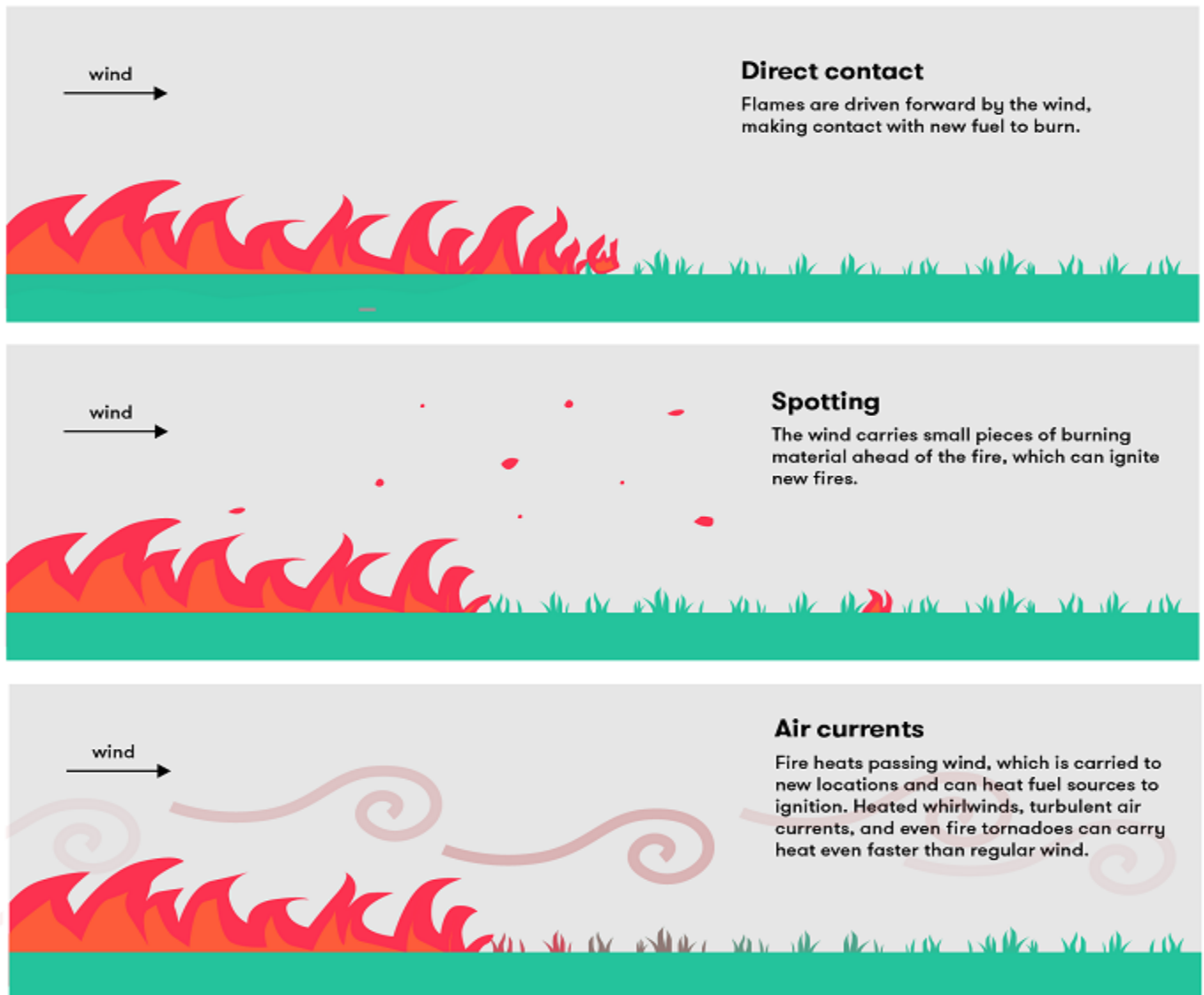
Being outdoors during a bushfire means you risk exposure to radiant heat, which can kill a human without flames ever touching them. Extreme temperature from radiant cause death from heatstroke where the body's cooling system fails, leading to heat exhaustion and heart failure. Ensure you continue to stay cool and keep drinking water to stay hydrated. If someone is affected by heatstroke, move them to a shaded area and try to cool them down.

Driving

This is a last resort. Cars are a very dangerous place to be during a bushfire as they offer very little protection from radiant heat.

Driving somewhere will take longer than you expect and road conditions can become dangerous. There may be road closures, smoke, fallen trees and embers.

- Park behind a solid structure to block as much heat as you can. If this is not possible, pull over to the side of the road into a clear area, well away from debris that may ignite.
- Wind up your windows, close the vents, put on your hazard lights and headlights, leave the engine running and air conditioning on recirculate.
- Get down as low as possible below window level and cover up with a woollen blanket until the fire passes, if you have water, drink it.
- Get out of the car only once the fire has passed.



Fire spreads in different ways depending on the conditions

(Supplied: Australian Academy of Science/Nova)

After the fire has passed

- If you have evacuated, do not return home until you are advised it is safe to do so.
- For those who have stayed and defended their homes continue to wear your protective clothing and patrol your property for embers hours after the fire front has passed.
- Call your family and friends to let them know you are safe.

- Go outside and extinguish any small sport fires and embers.
 - Maintain a "fire watch", checking for smoke and sparks throughout the house.
 - Stay tuned to the radio or emergency services
 - Stay home until you are sure the area is clear of fire.
 - Throw away any food that may have been exposed to heat, smoke or soot.
 - Do not use any water that may have been contaminated to wash dishes, prepare food or bathe in.
 - Fire agencies recommend that you develop a written bushfire survival plan and discuss this with your family.
- Know the fire danger ratings and what they mean. Use them as your trigger to stay or leave the area.
 - Consider moving children, the elderly and people with illness or disability, as well as animals, away from danger as early as possible.
 - If you live in or intend to travel to a high-risk bushfire area, know the location of the nearest bushfire safer place, meeting point or evacuation centre and how to get there..

Property damage and insurance

- Contact your insurance company as soon as possible to inform them of any loss or damages.
- Your local fire service will help secure the premises until responsibility can be handed over to the owner/occupier or insurance company where possible.
- If your home is unsafe to occupy, notify police and check with your insurance company whether you can claim temporary housing expenses or obtain an advance on your eventual settlement.
- It is the owner's responsibility to secure a site following a fire. Make sure outside doors can be locked and that openings are covered against weather and entry. If you are the occupier, contact your landlord or real estate agent and inform them of the fire.
- Food, beverages and medicines exposed to heat and smoke should be discarded.

Utilities

- Services such as telephones and supply of water, electricity and gas may be affected by the bushfire.
- If your house is damaged, your local fire service will contact the local council, gas, fuel and electricity suppliers to disconnect services as required.
- If any services have been disconnected, it is the owner's responsibility to have the service checked and reconnected by the utility service provider. Do not attempt to reconnect services yourself.

Chapter 2 – Drought

A drought refers to a prolonged period of abnormally low rainfall, leading to a shortage of water. Nearly every part of our country experiences periods of reduced rainfall. If we plan for drought, then we can enjoy the benefits of normal or rainy years and not get caught unprepared in dry years.

Before a Drought

- Strategies for drought preparedness focus mainly on water conservation. Make these practices a part of your daily life and help preserve this essential resource.
-
- Indoor Water Conservation Tips Prior to a Drought

GENERAL

- Never pour water down the drain when there may be another use for it. For example, use it to water your indoor plants or garden.
- Repair dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of water per year.
- Check all plumbing for leaks and have any leaks repaired by a plumber.
- Retrofit all household faucets by installing aerators with flow restrictors.
- Install an instant hot water heater on your sink.
- Insulate your water pipes to reduce heat loss and prevent them from breaking.
- Install a water-softening system only when the minerals in the water would damage your pipes. Turn the softener off while on vacation.
- Choose appliances that are more energy and water efficient.

BATHROOM

- Consider purchasing a low-volume toilet that uses less than half the water of older models.
Note: In many areas, low-volume units are required by law.
- Install a toilet displacement device to cut down on the amount of water needed to flush.
Place a one-gallon plastic jug of water into the tank to displace toilet flow (do not use a

brick, it may dissolve and loose pieces may cause damage to the internal parts). Be sure installation does not interfere with the operating parts.

- Replace your showerhead with an ultra-low-flow version.

KITCHEN

- Start a compost pile as an alternate method of disposing of food waste or simply dispose of food in the garbage. (Kitchen sink disposals require a lot of water to operate properly).
- Outdoor Water Conservation Tips Prior to a Drought

GENERAL

- Check your well pump periodically. If the automatic pump turns on and off while water is not being used, you have a leak.
- Plant native and/or drought-tolerant grasses, ground covers, shrubs, and trees. Once established, plants adapted to your local climate do not need water as frequently and usually will survive a dry period without watering. Small plants require less water to become established. Group plants together based on similar water needs.
- Install irrigation devices that are the most water efficient for each use, such as micro and drip irrigation, and soaker hoses.
- Use mulch to retain moisture in the soil. Mulch also helps control weeds that compete with landscape plants for water.
- Avoid purchasing recreational water toys that require a constant stream of water.
- Avoid installing ornamental water features (such as fountains) unless they use re-circulated water.

- Consider rainwater harvesting where practical.
- Contact your local water provider for information and assistance.

LAWN CARE

- Position sprinklers so water lands on the lawn and shrubs and not on paved areas.
- Repair sprinklers that spray a fine mist. Most misting issues result from a pressure problem, properly regulating pressure in an irrigation system will prevent misting.
- Check sprinkler systems and timing devices regularly to be sure they operate properly.
- Raise the lawn mower blade to at least three inches or to its highest level. A higher cut encourages grass roots to grow deeper, shades the root system, and holds soil moisture.
- Plant drought-resistant lawn seed. Reduce or eliminate lawn areas that are not used frequently.
- Avoid over-fertilizing your lawn. Applying fertilizer increases the need for water. Apply fertilizers that contain slow-release, water-insoluble forms of nitrogen.
- Choose a water-efficient irrigation system such as drip irrigation for your trees, shrubs, and flowers.
- Turn irrigation down in fall and off in winter. Water manually in winter only if needed.
- Put a layer of mulch around trees and plants to reduce evaporation and keep the soil cool. Organic mulch also improves the soil and prevents weeds.
- Invest in a weather-based irrigation controller or a smart controller. These devices will automatically adjust the watering time and frequency based on soil moisture, rain, wind, and evaporation and transpiration rates. Check with your local water agency to see if there is a rebate available for the purchase of a smart controller.

POOL

- Install a new water-saving pool filter. A single back flushing with a traditional filter uses 180 to 250 gallons of water.
- Cover pools and spas to reduce evaporation of water.

During a Drought

Always observe local restrictions on water use during a drought. If restricted, for example, do not water your lawn; wash your car, or other non-essential uses, to help ensure there is enough water for essential uses.

Indoor Water Conservation Tips While in a Drought

BATHROOM

- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other similar waste in the trash rather than the toilet.
- Avoid taking baths take short showers turn on water only to get wet and lather and then again to rinse off.
- Avoid letting the water run while brushing your teeth, washing your face or shaving.
- Place a bucket in the shower to catch excess water for watering plants.

KITCHEN

- Operate automatic dishwashers only when they are fully loaded. Use the "light wash" feature, if available, to use less water.
- Hand wash dishes by filling two containers; one with soapy water and the other with rinse water containing a small amount of chlorine bleach.
- Clean vegetables in a pan filled with water rather than running water from the tap.
- Store drinking water in the refrigerator. Do not let the tap run while you are waiting for water to cool.
- Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.

- Avoid rinsing dishes before placing them in the dishwasher; just remove large particles of food. (Most dishwashers can clean soiled dishes very well, so dishes do not have to be rinsed before washing).
- Avoid using running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave oven.

LAUNDRY

- Operate automatic clothes washers only when they are fully loaded or set the water level for the size of your load.

Outdoor Water Conservation Tips While in a Drought

CAR WASHING

- Use a commercial car wash that recycles water.
- If you wash your own car, use a shut-off nozzle that can be adjusted down to a fine spray on your hose.

LAWN CARE

- Avoid over watering your lawn and water only when needed:
- A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.
- Check the soil moisture levels with a soil probe, spade or large screwdriver. You don't need to water if the soil is still moist. If your grass springs back when you step on it, it doesn't need water yet.
- If your lawn does require watering, do so early in the morning or later in the evening, when temperatures are cooler.
- Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
 - Water in several short sessions rather than one long one, in order for your lawn to better absorb moisture and avoid runoff.
 - Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.

- Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.
- In extreme drought, allow lawns to die in favour of preserving trees and large shrubs.

Chapter 3 - Earthquake

An earthquake is the sudden, rapid shaking of the earth, caused by the braking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting injuries and property damage.

What to Do Before an Earthquake

Make sure you have a fire extinguisher, first aid kit, a battery-powered radio, a flashlight, and extra batteries at home.

- Learn first aid.
- Learn how to turn off the gas, water, and electricity.
- Make up a plan of where to meet your family after an earthquake.
- Don't leave heavy objects on shelves (they'll fall during a quake).
- Anchor heavy furniture, cupboards, and appliances to the walls or floor.
- Learn the earthquake plan for school, home and workplace.

What to Do During an Earthquake

- **Stay calm!** If you're indoors, stay inside. If you're outside, stay outside.
- If you're indoors, stand against a wall near the centre of the building, stand in a doorway, or crawl under heavy furniture (a desk or table). Stay away from windows and outside doors.
- If you're outdoors, stay in the open away from power lines or anything that might fall.
- Stay away from buildings (stuff might fall off the building or the building could fall on you).
- Don't use matches, candles, or any flame. Broken gas lines and fire don't mix.
- If you're in a car, stop the car and stay inside the car until the earthquake stops.
- Don't use elevators (they'll probably get stuck anyway).

What to Do After an Earthquake

- Check yourself and others for injuries. Provide first aid for anyone who needs it.
- Check water, gas, and electric lines for damage. If any are damaged, shut off the valves. Check for the smell of gas. If you smell it, open all the windows and doors, leave immediately, and report it to the authorities (use someone else's phone).
- Turn on the radio. Do not use the phone unless it's an emergency.
- Stay out of damaged buildings.
- Be careful around broken glass and debris. Wear boots or sturdy shoes to keep from cutting your feet.
- Be careful of chimneys (they may fall on you).
- Stay away from beaches. Tsunamis and seiches sometimes hit after the ground has stopped shaking.
- Stay away from damaged areas.
- If you're at school or work, follow the emergency plan or the instructions of the person in charge.
- Expect aftershocks.

<http://www.geo.mtu.edu/UPSeis/bda.html> - information on EQ

<https://www.ready.gov/earthquakes>- definition for Earthquake

Chapter 4 - Fire

Fire is the visible effect of the process of combustion a special type of chemical reaction. It occurs between oxygen in the air and some sort of fuel. The products from the chemical reaction are completely different from the starting material.

The fuel must be heated to its ignition temperature for combustion to occur. The reaction will keep going as long as there is enough heat, fuel and oxygen. This is known as the fire triangle.

Preparedness is the important key in all crises, but being prepared does not always equate to prevention. However, in some cases, as in fire safety, preparations can prevent fires and can most certainly save lives in cases where a fire hazard is somehow overlooked. Knowing what to do in case of a fire can also be beneficial in cases where you are at work, at the grocery store, or in other buildings which may have faulty fire prevention systems in place.

What to Do Before, During, & After a Fire

It is crucial to learn how to decrease the chances of a fire breaking out and what to do should you find yourself in the midst of a fire emergency.

Before

- You should create and practice a fire escape plan. During a fire, every second counts, escape plans help you get to safety quickly. Each room should have two different ways of escape in case one is blocked by fire.
- You should practice your escape routes at least twice a year and they should include two ways to get out of a room.
- Purchasing collapsible ladders which can be used as an escape from higher elevations such as a second story window can aide as alternative escape routes.
- Checking windows and doors to ensure the screens can be removed quickly, and that security bars and windows themselves can be properly opened.

- Never use an elevator during a fire! Also be sure to test all alarm and detection systems regularly, it significantly increases your chances of surviving a fire.
- Install smoke detectors. Check them monthly. Change the batteries yearly, whether they need it or not.
- Choose a safe meeting place outside the home. Make sure that everyone knows where it is.
- Keep flashlights in each room. Keep at least one fire escape ladder on upper levels.
- Practice evacuating while blindfolded. Smoke from house fires can be so thick that you will not be able to see. Practice staying low to the ground while evacuating.
- Know simple fire rules, such as feeling a door before opening it to determine if it is safe. If it is hot, find another way out. Remember to stop, drop, and roll if your clothing catches fire.

During

- Staying low to the ground while proceeding to the nearest exit by crawling is essential.
- Don't open doors that are hot to the touch, but if you do open a door, do it slowly.
- STOP, DROP, & ROLL immediately if any part of your clothing catches fire.
- The most important thing to keep in mind is that you need to make an attempt to leave as soon as the alarm goes off. Any hesitating on exiting the building can be dangerous.
- Immediately upon exiting, CALL 9-1-1! If you can't exit, stay low to the ground close the nearest door, use cloth or tape to cover any vents and cracks along the door to keep smoke out, call 9-1-1, and signal for help with a cloth or flashlight at a window.
- Getting out quickly and safely is your only goal. Do not try to "save" any objects, no matter how valuable.
- Never use an elevator during a fire. Always take the stairs.

- Stay low to the ground. Cover your mouth and nose with a cloth or your shirt to prevent breathing in smoke or dangerous fumes.
- Meet at your safe place, away from the fire.
- Call the fire department or head to a neighbor's house to ask them to call.

After

- The First priority should always be the safety of your family, co-workers, employees, etc, and then you can assess the damage.
- If you are in need of temporary housing, medicine, or food contact your local disaster relief service, such as The Red Cross.
- Check with your fire department to ensure your home or business is safe to enter. Try to locate valuable documents and records and don't throw away any damaged goods until after an inventory is created.
- You should save all receipts for any costs you incur related to the fire, they may be needed by the insurance company or for your losses that may be claimed on your income tax.(Check with an accountant)
- Be sure that all individuals who are injured – be if from burns, smoke inhalation, or injuries incurred while escaping – should be treated by a doctor.
- Do not return to the building until given the okay by the fire authorities. For minor fires, make sure that there is no damage to the structure of the home that could cause its collapse.
- Throw out all food that was exposed to the fire and smoke.
- Contact your insurance agent to get an inventory of all damaged items, which could be covered. Save receipts that are related to the fire.

<https://www.firefighter-pgh.com/blog/what-to-do-before-during-after-a-fire/>

<https://www.holisticsurvival.com/fire-safety-before-during-after/>

Chapter 4 - Flood

It is a natural event or occurrence where a piece of land (or area) that is usually dry land, suddenly gets submerged under water. Some floods can occur suddenly and recede quickly. Others take days or even months to build and discharge.

What to Do Before, During, and After a Flood

Even if you feel you live in a community with a low risk of flooding, remember that anywhere it rains, it can flood. Just because you haven't experienced a flood in the past, doesn't mean you won't in the future. Flood risk isn't just based on history; it's also based on a number of factors including rainfall, topography, flood-control measures, river-flow and tidal-surge data, and changes due to new construction and development.

Before a Flood

to prepare for a flood, you should:

- Build an emergency kit and make a family communications plan
- Avoid building in a floodplain unless you elevate and reinforce your home
- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk
- Consider installing "check valves" to prevent flood water from backing up into the drains of your home
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds

During a Flood

if a flood is likely in your area, you should:

- Listen to the radio or television for information
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move
- Be aware of stream, drainage channels, canyons and other areas known to flood suddenly. Flash floods can occur in these areas with or without typical warnings such as rain clouds or heavy rain.

- If you must prepare to evacuate, you should do the following:
- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

After a Flood

your home has been flooded. Although floodwaters may be down in some areas, many dangers still exist. Here are some things to remember in the days ahead.

- Avoid moving water.
- Stay away from damaged areas unless your assistance has been specifically requested by police, fire, or relief organization.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.
- Return home only when authorities indicate it is safe.
- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.

If you must walk or drive in areas that have been flooded

- Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
- Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay out of any building if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.

Staying safe

- Avoid floodwaters; water may be contaminated by oil, gasoline or raw sewage.
- Service damaged septic tanks, cesspools, pits and leaching systems as soon as possible.
- Damaged sewer systems are serious health hazards.
- Listen for news reports to learn whether the community's water supply is safe to drink.
- Clean and disinfect everything that got wet. Mud left from floodwaters can contain sewage and chemicals.
- Rest often and eat well.
- Keep a manageable schedule. Make a to do list and complete the list one at a time.

- Discuss your concerns with others and seek help.

Cleaning Up and Repairing Your Home

- Turn off the electricity at the main breaker or fuse box, even if the power is off in your community. That way, you can decide when your home is dry enough to turn it back on.
- The Red Cross can provide you with a clean-up kit: mop, broom, bucket, and cleaning supplies.
- Contact your insurance agent to discuss claims.
- Listen to your radio for information on assistance that may be provided by the state or federal government or other organizations.
- If you hire clean-up or repair contractors, check references and be sure they are qualified to do the job. Be wary of people who drive through neighbourhoods' offering help in cleaning up or repairing your home.

Information on tips for flood-<https://www.ci.patterson.ca.us/488/What-To-Do-Before-During-and-After-a-Flo>

Chapter 6 - Land slippage

Before a landslide or mudslide:

Be aware of your environment. If you travel or are on vacation somewhere, look around and make sure you understand where the threat may be. Look out for slopes and tricky landscapes. Contact your local authorities and tell them about your observations.

When you drive around hills or mountains, keep your eyes and ears open for signs of debris falling. Plan communications with your family so that you know where they are and what you will do in an event of a landslide. Have an emergency kit in a safe and reliable place. Talk to neighbours and discuss an escape plan. If possible, evacuate before it happens.

During a landslide:

Landslides and mudslides happen very fast and there may be very little time to act. Move away quickly from the path of the mudflow or landslide to another location. Do not try to stay close and take photographs; Landslide debris move from uphill to downhill, therefore, avoid low-lying areas or valleys. If there is a way to sound an alarm, do so. Listen and look out for signs of further flows in that area, as the flowing debris often knock against surrounding slopes and sets off new flows.

After a landslide:

Stay away from the location until the emergency workers and the experts confirm that it is safe to go back. Look out for loose wires, broken utility lines, and hanging objects, as they may be hazards. Report them to your rescue officials. Get in touch with emergency officials or listen to the radio or TV on what to do.

<http://eschooltoday.com/natural-disasters/landslides/before-during-after-landslides.html>

Flooding, landslides reported in four parishes in Jamaica

(Jamaica Observer, Friday, October 28, 2016)

Heavy rain yesterday caused flooding and landslides in sections of St Mary, Portland, St Thomas and St Andrew, leaving residents in some communities marooned and some roads impassable.

Manager for communication and customer services at the National Works Agency (NWA), Stephen Shaw, said the Pencar River in St Mary overflowed its banks, resulting in the flooding of several homes in Annotto Bay.

The Junction Road in St Mary, which was earlier in the day impassable because of landslides, was later reopened to vehicular traffic.

However, up to late evening several roads in the affected parishes were still impassable.

Shaw, in a late afternoon release, said that in St Thomas, Hagley Gap was inaccessible to vehicular traffic, while in St Mary the Rosemont, Border to Coffee Gully, Long Road, and the Windsor Castle to Long Cane Hill roads were inaccessible.

In Portland, landslides caused blockages from Silver Hill Gap to Section, Buff Bay to Cascade, Windsor to Moore Town, and the road leading to the community of Ginger House. The community of Belview was inaccessible, so too was Craigmill, Bottom Eden and Ythanside.

Shaw said that heavy equipment was deployed across the affected parishes regained some of the affected communities.

The New Castle Road in St Andrew, which was blocked by landslide earlier in the day, was reopened by the NWA, while in Portland corridors from School House Corner to Chepstowe, Spring Garden to Chepstowe, Mount Olive to Coopers Hill, and Fellowship to Berrydale were reopened to single-lane traffic.

In St Catherine, the Rio Cobre was in spate, forcing the police to close the Bog Walk Gorge.

In the meantime, the Meteorological Service last night said a flash flood warning was in place for low-lying and flood-prone areas of Portland, St Mary and St Ann, while there was a flash flood watch for low-lying and flood-prone areas of St Catherine, Clarendon, Kingston and St Andrew, and St Thomas.

"A broad trough currently across the central Caribbean continues to produce unstable weather across Jamaica. The trough is expected to linger across the region until Saturday and will continue to influence the weather over the island during the period," said the Met Service.

It said that the forecast is for cloudy conditions with periods of light to moderate rainfall and occasional thunderstorms to continue affecting sections of all parishes, particularly central and eastern parishes this evening into Saturday.

http://www.jamaicaobserver.com/news/Flooding--landslides-reported-in-four-parishes_78611

Information from a different source

What to do before, during and after a land slippage

Before

The following are things you can do to protect yourself, your family and your property from the effects of a landslide or debris flow:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Prepare for landslides by following proper land-use procedures - avoid building near steep slopes, close to mountain edges, near drainage ways or along natural erosion valleys.
- Become familiar with the land around you. Learn whether debris flows have occurred in your area by contacting local officials. Slopes where debris flows have occurred in the past are likely to experience them in the future.
- Get a ground assessment of your property.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.
- Protect your property by planting ground cover on slopes and building retaining walls.
- In mudflow areas, build channels or deflection walls to direct the flow around buildings. Be aware, however, if you build walls to divert debris flow and the flow lands on a neighbour's property, you may be liable for damages.
- If you are at risk from a landslide talk to your insurance agent. Debris flow may be covered by flood insurance policies from the National Flood Insurance Program (NFIP).

During

- During a severe storm, stay alert and awake. Many deaths from landslides occur while people are sleeping.
- Listen to local news stations on a battery-powered radio for warnings of heavy rainfall.
- Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.

- Move away from the path of a landslide or debris flow as quickly as possible. The danger from a mudflow increases near stream channels and with prolonged heavy rains. Mudflows can move faster than you can walk or run. Look upstream before crossing a bridge and do not cross the bridge if a mudflow is approaching.
- Avoid river valleys and low-lying areas.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.
- Curl into a tight ball and protect your head if escape is not possible.

After

- Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home.
- Stay away from the slide area. There may be danger of additional slides.
- Listen to local radio or television stations for the latest emergency information.
- Watch for flooding, which may occur after a landslide or debris flow. Floods sometimes follow landslides and debris flows because they may both be started by the same event.
- Check for injured and trapped persons near the slide, without entering the direct slide area direct rescuers to their location.
- Look for and report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.
- Check the building foundation, chimney, and surrounding land for damage. Damage to foundations, chimneys, or surrounding land may help you assess the safety of the area.
- Replant damaged ground as soon as possible since erosion caused by loss of ground cover can lead to flash flooding and additional landslides in the near future.
- Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk. A professional will be able to advise you of the best ways to prevent or reduce landslide risk, without creating further hazard.

Source: Federal Emergency Management Agency, <http://www.ready.gov/landslides-debris-flow>

Landslide Safety Tips

A landslide refers to a downhill movement of mud, rocks, soil, and other debris. It can be slow and capable of causing gradual damage or fast and capable of quickly destroying anything in its path. A majority of landslides are caused by heavy rains, earthquakes and other natural forces.

Landslides tend to occur in the same area. During rainstorms, a sudden or gradual flow of debris onto roads is common. Areas that become highly saturated with water have higher chances of debris and mud flows.

It is important to know what to do to stay safe before, during and after a landslide occurs, especially if you live in a landslide-prone area. Below are some landslide safety tips.

Living In High-Risk Landslide Areas

- Landslide-prone areas should have an emergency response team and evacuation plans.
- Be aware of your region's highest landslide risk areas.
- Investigate storm water drainage patterns, particularly on the slopes nearest to your house.
- Devise an emergency landslide evacuation plan with your household.
- Conduct practice evacuation drills to ensure each member knows what to do and where to go.
- Prepare and maintain an emergency kit for your entire household.

Things to Pack in Landslide Emergency Kits

- Seven-day supply of medicine and a first aid kit
- Flashlight and extra batteries Battery-powered radio
- Three-day water supply, one gallon per person daily
- Three-day supply of easy-to-prepare food that stores well such as canned meat, powdered milk, canned vegetables and fruits, peanut butter and hard candy
- Personal hygiene items

- Handy tool kit
- Contact information of family and emergency departments
- Mobile phones with extra chargers
- Copies of important documents such as birth certificates, passports, insurance policies, proof of address and the lease or deed to your home
- Cash

Signs of Danger and Immediate Action

- Tune in to the local news and monitor updates on evacuation notices.
- Evacuate immediately if you suspect that a landslide will occur.
- Inform neighbours who might be at risk.
- Moving debris often make cracking sounds due to breaking trees and knocking boulders.
- Listen for unusual sounds.
- Residents near bodies of water should watch out for changes in water flow and appearance.
- Muddy waters could indicate moving debris, mud and fallen rocks.
- Many landslide deaths occur while people are sleeping. It is vital that you stay awake and monitor changes in your surroundings during severe storms.

Post-Landslide Actions

- Landslide areas are prone to additional slides. It is best to steer clear of these areas until officials announce it is safe to go back.
- Look for trapped and injured individuals.
- Extend a hand to neighbours who require help like the elderly, persons with disabilities and families with infants.
- Report any damaged utility lines to authorities, as well as potential hazards that could cause harm.
- When assessing the safety of an area, look for damage in the area's foundation and chimney.

- Get help from geotechnical experts to evaluate the hazards of landslide areas. These experts can help in employing techniques to reduce landslide risks.

Chapter 7 - Tsunamis

Tsunamis are a series of waves generated in the sea by sudden vertical displacements of a column of seawater. They come in all sizes from less than 1cm to tens of metres. Earthquake is one the causes of tsunamis, however, an earthquake must have a magnitude of 6.5 or higher to trigger a tsunami. In addition, the earthquake must displace the sea floor vertically, either up or down.

Tsunamis cause damage in a number of ways: the force of the wave can destroy buildings, piers, bridges and other structures. Even relatively small waves can cause strong currents. Damage can also be caused by battering by water carried debris such as logs, boats, automobiles, etc. The retreating waves can scour the support for bridges, piers, breakwaters, etc. and cause failures. Chemical spills and fires caused by ruptured storage tanks are also common. Waves can also travel long distances up rivers as bores.

Jamaica's tsunami history

Jamaica has experienced two tsunamis before. They were in 1692 and 1907, following the two biggest earthquakes to ever shake the island.

In the first documented major earthquake in the Caribbean, Port Royal was devastated on June 7, 1692. According to this paper by Dr Margaret D Wiggins-Grandison, head of the Earthquake Unit at the University of the West Indies – Mona,

“THE SINKING OF A PART OF PORT ROYAL INTO THE SEA IN 1692 CAUSED A WAVE OF 1.8 METRES (6 FEET) TO CROSS THE [KINGSTON] HARBOUR WITH A WITHDRAWAL OF 274 METRES. AT YALLAHS A WITHDRAWAL OF 1.6 KM IS MENTIONED THOUGH NOT SUBSTANTIATED BY THE TOMBLIN & ROBSON EARTHQUAKE CATALOGUE OR BY ANY CONSEQUENT DAMAGE REPORTS. IN 1907, WAVES OF 1.8 – 2.4 METRES WERE REPORTED ALONG THE NORTH

COAST BETWEEN PORTLAND AND ST ANN, ACCOMPANIED BY WITHDRAWAL OF THE SEA BY 70-90 METRES. IN KINGSTON HARBOUR, WAVES OF 2.5 METRES WERE OBSERVED. BOTH EVENTS FOLLOWED STRONG TO MAJOR LOCAL EARTHQUAKES WHICH DISPLACED LAND AT PORT ROYAL AND PROBABLY ALONG THE NORTH COAST SUDDENLY AND VERTICALLY INTO THE SEA. THERE ARE NO REPORTS THAT ANYONE WAS KILLED BY THE TSUNAMIS. THE DEATH TOLL FROM THE EARTHQUAKES WAS 2000 OUT OF A POPULATION OF 8,000 AT PORT ROYAL (1692) AND 1,000 IN KINGSTON (1907)."

The Caribbean's tsunami history

The UWI Seismic Research Unit reports that "in the past 500 years, there have been 10 confirmed earthquake-generated tsunamis in the Caribbean Basin, with four causing fatalities" of an estimated 350 people. They also note that potentially destructive tsunamis occur at an average rate of 1-2 per century in the Caribbean, with the recurrence rate for tsunamis in the Caribbean being approximately: 1 destructive tsunami per century for local earthquakes, and 1 destructive tsunami per 200 years for distant earthquakes.

Of all the recorded earthquakes that have occurred in the region, the 1947 quake in El Cibao, Dominican Republic, is believed to be the largest. It reportedly measured magnitude 8.1 and generated a tsunami that caused 75 deaths and rendered 20,000 homeless, with aftershocks extending through 1947 and 1948. Another potential source for tsunamis, the submarine volcano Kick-‘em-Jenny, located 9 km north of Grenada, erupts on average every 11 years. At least two of those eruptions, in 1939 and 1965, generated small tsunamis that were witnessed on the north coast of Grenada.

Work is being done by the UWI's Seismic Research Unit and others to develop an early warning system for tsunamis in the region. However, none currently exists. An interim arrangement exists with the Pacific Tsunami Warning Centre, who sends a warning to specific government agencies

in the Caribbean. A procedure for information dissemination to the public also does not exist, and is being developed.

<http://digjamaica.com/m/blog/jamaica-and-the-caribbeans-tsunami-history/>

Before a tsunami

- Establish whether your home and other places you frequent are in tsunami hazard areas.
- Know how high above sea level your street is and how far it is from the coast. Evacuation orders may be based on those figures.
- Cobble together an emergency supplies kit.
- Plan your escape and evacuation routes. From the Red Cross: “If possible, pick areas 100 feet (30 meters) above sea level or go as far as 2 miles (3 kilometres) inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference. You should be able to reach your safe location on foot within 15 minutes.”
- Practice evacuating.
- Know your children’s school evacuation plans and figure out how to get them.
- Tourists should get familiar with evacuation information.

During a tsunami

- If there is an earthquake while you are on the coast and indoors, drop, cover and hold on. If you’re outside, stay away from falling objects.
- When the shaking is over, move quickly to inland, higher ground. Go on foot if you can. Stay there until officials say its all clear.
- Bring your animals if you evacuate. Bring your preparedness kit.
- Listen to official sources frequently to know if and when a tsunami watch has been issued.

After a tsunami

- Tell family and friends you are OK.
- Keep tuned in to official information sources or local media.
- Don't assume the danger is over after the first wave. The next one might be bigger.
- Call authorities if someone needs to be rescued.
- Help people such as the elderly, infants and people with disabilities.
- Stay away from disaster zones and out of buildings that have water around them.
- Be cautious when re-entering buildings and cleaning up.

Disaster preparedness tips for the most vulnerable population

Chapter 8 – Children

Disaster Preparedness for children

Preparing for disasters at school: Tips for parents

The sudden and unexpected nature of disasters mean there is always a chance we can be separated from our families during an emergency. It is a frightening scenario, especially for parents. While there is no substitute for having your children safely in your care, there are ways to allay your worries. Get to know the emergency preparedness plans at your children's schools, get involved in the planning process and talk with your children about the importance of planning ahead.

Preparedness at school:

Most schools have some type of emergency preparedness plan. We can all remember lining up and marching outside at the ear-splitting sound of a fire alarm. Today, most school preparedness plans are much more extensive and address a variety of human-caused and natural disasters. A good first step in assessing whether your child's school is prepared; is to learn about the kinds of disasters that can happen in your community. Such disasters can range from tornadoes and earthquakes to terrorist attacks and school shootings. After your research, talk to the relevant persons at the school about what you have discovered and find out how they are prepared for such disasters.

Do not be hesitant to ask the school for a copy of its emergency preparedness plans. Also, be aware of various school safety procedures for example, is there a sign-in procedure for visitors? Learn about the school's evacuation procedures and locations and how they will notify you in case of an emergency. How often school emergency drills are practiced and updated, and are individual faculty trained in emergency response? In what emergency instances should you

not attempt to pick your child up from school? Remember, many school buildings also serve as community shelters and so the school may be one of the safest places for your child to be.

Make sure the school has all of your contact information on file. If your child has special medical needs, consider talking with the school nurse on how to prepare for your child's care in case you are separated from your child for a longer period of time. If you find the school's emergency preparedness plans are lacking, ask what you can do to contribute. Many school emergency plans are formed with input from parents.

Also, find advice from the experts that offers a variety of information for school administrators on effective crisis planning; this information will be helpful to you as you assess the school's emergency plans.

An important note to keep in mind: Research on school-based crisis planning is still in its early years and so there is little hard evidence to help measure what practices work best. Fortunately, according to the Department of Education, major crises in the nation's schools are somewhat rare.

Talk with your child, make a family plan:

After you have learned about the school's emergency plans, talk to your child about them. There can be a lot of distractions in a classroom and students do not always pay attention. So a one-on-one refresher course certainly cannot hurt. Also, make sure your child knows her or his address, the full names of parents or guardians as well as important phone numbers. It is also a good idea to designate another trusted emergency contact for your child in case you are unavailable.

When creating your household emergency plan, consider how school procedures will affect it. Also, designate an emergency meeting place in case you cannot remain at home, and check that everyone knows where it is and how to get there. Do not forget to talk about an emergency plan for your family, which may include designating a long-distance relative or friend that everyone can contact if necessary. If your child is old enough to drive to school, consider

putting a portable emergency stockpile kit in his or her car and make sure they know about your community's evacuation routes.

<http://www.getreadyforflu.org/schoolpreparedness.htm>

Preparing Children for Natural Disasters

Calm your child's fears about hurricanes, earthquakes, and other disasters with these steps. By **Tamekia Reece**

Within the past year, natural disasters have made huge headlines. Although you probably try to keep your children away from the news when events like these happen, they are bound to hear about it and start to worry. Taking steps to prepare children for natural disasters can help reduce their anxiety when severe weather occurs in their area.

Give the Facts

Depending on your child's age, he/she might know that hurricanes and tornadoes can cause serious damage and hurt people, but he/she may not understand what actually happens during these events or what causes them. Parents should start by teaching their children about natural disasters that could affect the home and the country they live in or the world. The fire emergency is a smart starting point for the discussion because both natural disasters and non-weather-related issues can cause fire. Choose the other emergency by determining which is likely to occur in your area. Once you feel your child is ready, you can teach him about other natural disasters.

If you are unsure about how to explain disasters to your children, (the Office of Disaster Preparedness and Emergency Management have training sessions for children which is done in their schools.) There are also books on disaster for children that parents can use to explain what disaster is all about.

Offer Comfort

It is natural for children to be fearful of these events so you should try to reassure your child, but do not say there is no reason to be afraid or that the disaster will not happen in your area. This can sound dismissive of your child's feelings, and it is not good to make promises about situations you cannot control. Instead, let your child or children know it is okay to be scared; then be honest about the situation. An example of a way you could address your child's or children's anxiety according to Kate Roberts, Ph.D., clinical, school psychologist "Even for kids as young as age 5, you could say, sometimes these things do happen. It is very rare, but not impossible. Here is what we will do to get through it."

Create a Family Disaster Plan

The family member with the most knowledge about natural disaster preparedness would have to gather everyone within the family and explain the importance of preparing for natural disaster which the family is most at risk for and how to prepare for and respond to each danger as it arises. Then create an evacuation plan that should include two outside meeting places in case your family members are separated. One spot should be right outside your home, maybe near the mailbox. The other should be outside the neighbourhood for instance at the library or in front of the police station, in case they cannot return home. The family would also need a shelter-in-place plan. Choose a room with the fewest windows and doors to designate as the safe room.

Another important part of disaster preparedness is communication. In an easily accessible place, keep a list of emergency services numbers and the cell phone, school, and work numbers for all household members.

Prepare a Disaster Kit

No disaster plan is complete without supplies. Allow your child to help you gather the gears; this will reassure him/her that you really are prepared, and he/she will feel good about doing his/her part to protect the family.

Your kit should include:

- Non-perishable foods
- Water
- Battery-powered radio
- Flashlights
- Extra batteries
- Manual can opener
- Cash
- Copies of personal identification
- Cell phone & charger
- Prescription medications
- Other essentials (depending on the needs of the family).

Parents are recommended to add their child's or children's favourite snacks as well as a couple of colouring books or other small hobbies he/she enjoys. Making the day after the disaster as much like the day before the disaster helps children have a sense of normalcy during a distressing time.

Do Disaster Drills

Just as your child practices fire drills at school, disaster drills at home are a good way to review what to do during a crisis. First, model the drill for your children and then have them participate. Depending on which drill you are practicing, you want to teach your kids how to warn others of the danger, how to escape from the home, where to meet after escaping, where to "shelter" inside the home, how to contact emergency personnel, and what steps to take after the incident. Practice drills regularly and as your kids get the hang of them, pick up speed to simulate the sense of urgency during a true emergency.

Monitor Exposure to Media Coverage

When there is a disaster warning for your city or a different part of the world, be aware of what your child sees on TV or on other media. "Much of media coverage is visual, and these images are for adult brains and very difficult to get out of a child's

mind," Dr. Roberts says. Plus, when children see multiple reports of the same event, they may think it is happening repeatedly. If your child sees or hears coverage that causes her to worry, answer any questions and remind her that if it ever happens in your area, you have a plan in place."

Chapter 9 – The Elderly

Emergency Preparedness for Older Adults

Follow these easy steps to make sure you are protected.

Take responsibility to protect your life, Prepare NOW! For a sudden emergency; emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighbourhood or be confined to your home. What would you do if your basic services such as water, gas, electricity or communications were cut off?

Learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself. Local officials and relief workers may not be able to reach everyone right away but you can deal with disaster better by preparing in advance and by working with those in your support network such as your family, neighbours and friends as a team. Knowing what to do is your responsibility.

Basic Steps to Prepare

Disasters can happen at any moment but 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. Some suggestions for building your disaster supplies kit are as follows; include any additional items that you feel might be useful for your particular needs.

- For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits.
- Assemble enough supplies to last for at least three days.
- Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.
- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.

- Label any equipment, such as wheelchairs, canes or walkers, which you would need with your names, addresses and phone numbers.
- Keeping your kit up-to-date is also important. Review the contents at least every six months or as your needs change.
- Check expiration dates and shift your stored supplies into everyday use before they expire.
- Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

Three Steps to Preparedness

1. Get a Kit
2. Make a Plan
3. Be Informed

Get a Kit

Items You Should Store in Your Emergency kit:

- Water - (one gallon per person, per day; 3-day supply for evacuation and 2-week supply for home)
- Food - it is a good idea to include foods that do not need cooking (canned, dried, etc.; 3-day supply for evacuation and 2-week supply for home)
- Flashlight with extra batteries and bulbs (do not use candles)
- Battery-operated or hand-crank radio
- First aid kit and manual
- Medications (7-day supply) and medical items
- Multi-purpose tool (several tools that fold up into a pocket sized unit)
- Sanitation and personal hygiene items (toilet paper, plastic garbage bags)

- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with an extra battery and charger (s)
- Family and friends' emergency contact information
- Cash and coins (ATMs may not be accessible)
- Emergency blanket
- Map(s) of the local area
- Whistle (to attract the attention of emergency personnel)
- One change of clothing
- Manual can opener
- Pet supplies (including food and vaccination records)
- Extra set of keys (car, house, etc.)
- Pack of cards or other games to provide entertainment and pass the time

Cold Climate Supplies:

It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person.

- Jacket or coat
- Long pants and long-sleeve shirt
- Sturdy shoes
- Hat and scarf
- Sleeping bag or warm blanket

Supplies for Your Vehicle:

- Flashlight with extra batteries and extra bulbs
- Maps

- First aid kit and manual
- Tire repair kit
- Jumper cables
- Flares
- Bottled water
- Non-perishable foods such as granola bars
- Shovel
- Windshield scraper
- Florescent distress flag
- Umbrella

Make a Plan

The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety. Prepare now for a sudden emergency and remember to review your plan regularly.

Meet With Your Family and Friends to Help Plan

- Explain your concerns to your family and others in your support network and work with them as a team to prepare.
- Arrange for someone to check on you at the time of a disaster.
- Be sure to include any caregivers in your meeting and planning efforts.
- Assess yourself and your household.
- Assess personal abilities and limitations that may affect your response to a disaster and think about how you can resolve these or other questions and discusses them with your family and friends.
- Details are important to ensure your plan fits your needs.
- Practice the planned actions to make sure everything “works.”

Disaster Preparedness Plans

- Carry family contact information in your wallet
- Choose an out-of-town contact person because after a disaster, it is often easier to make a long- distance call than a local call from a disaster area.
- Know about your community's response and evacuation plans for disasters.
- Ask about the emergency plans and procedures that exist in your community.
- Plan the best and quickest escape routes out of your home and evacuation routes out of your neighbourhood.
- If you do not own a vehicle or drive, find out in advance what your community's plans are for evacuating those without private transportation or make arrangements with a neighbour who would drive you.
- If you receive home care, speak with your case manager to see what their plan is in times of emergency and how they can assist with your plan.
- Decide on a meeting place outside your neighbourhood in case you cannot return home.
- If you or someone in your household uses a wheelchair, make sure all escape routes from your home are wheelchair accessible.
- Know the safe places within your home in case you need to shelter during extreme weather events.
- Practice your escape drill every six months.
- Plan for transportation if you need to evacuate to a shelter.
- Post emergency numbers near all of your phones; include the numbers of those in your support network.
- Remember that in some emergencies telephone lines might not be working. Consider having alternative plans for contacting those in your network

Plan for Those with Disabilities

Keep support items like wheelchairs and walkers in a designated place so they can be found quickly. This step is essential for those who have home-health caregivers, particularly for those who are bed bound. If you wear hearing aids or assistive devices, consider storing them in a bedside container that is attached to your nightstand. Some disasters (e.g., earthquakes) may shift items that are not secured, making them difficult to find quickly.

Plan for Your Pets or Service Animals

Take your pets with you if you evacuate. However, be aware that pets (except service animals) are not permitted in emergency public shelters for health reasons. Prepare a list of family, friends, boarding facilities, veterinarians and ‘pet-friendly’ hotels that could shelter your pets in an emergency.

Utilities Plan

- Talk to your utility company about emergency procedures and know how and when to turn off water, gas and electricity at the main switches or valves.
- Share this information with your family.
- Keep any tools you will need nearby.
- Turn off the utilities only if you suspect the lines are damaged, you suspect a leak or if local officials instruct you to do so. (Note: If gas is turned off for any reason, only a qualified professional can turn it back on.
- It could take several weeks for a professional to respond; Heating and cooking would need alternative sources.
- Test your smoke alarms and carbon monoxide alarms regularly.

- Consider strobe or vibrating alert systems that might meet your needs.
- Change the batteries in all alarms at least once a year or according to the manufacturer's instructions.

Insurance Coverage

Talk with your insurance agent to be sure that you have adequate insurance coverage. Homeowners insurance does not cover flood damage and may not provide full coverage for other hazards.

Community Hazard Assessment

What hazards threaten your community and neighbourhood? Make a list of how they might affect you. Think about both natural and human-caused, and about your risk from those hazards. Which of these hazards are most likely to happen in your community? Preparing for a hazard that is most likely to happen in your area will help you become prepared for any disaster so ask yourself these questions:

- Do I live alone?
- Do I drive or own a car?
- How good is my sense of smell?
- Do I have any physical, medical, thinking or learning limitations?
- Has my sense of hearing or vision decreased?
- Am I reliant upon any medical equipment?
- Am I reliant upon a caregiver?

Be Informed

Community Warning Systems

How will you be notified of a possible emergency? Know how local authorities will warn you of a pending or current disaster situation and how they will provide information to you before, during and after a disaster. It is a good idea to have a conversation with those in your support network. 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.

- Connect with a group in your local neighbourhood such as neighbourhood watch, a church related club or any other community association.
- Connect with your local natural disaster organization or ambulance and let them know your needs (especially if you live in a rural area). Discuss with them how they might be able to assist in your disaster plan.
- Certain television and radio stations will broadcast emergency messages from local authorities; make use of the information given.
- Radio stations provide one of the earliest warnings of weather and other emergencies, and can be programmed to alert you to hazards in your specific area.
- Natural disaster organizations hold town hall meetings where they deliver emergency messages or warnings. Listen carefully and follow their instructions!
- If you live in a senior community become familiar with any disaster notification plans that may already exist. Talk to your community management or resident council about how you can all be more prepared together.
- Help inform others, there may be people in your community that need extra assistance when a disaster occurs. Consider how you can assist them in their preparedness planning and during an emergency.
- Find out what provisions are available for family member who requires an uninterrupted power source for survival.

Sheltering In Place vs. Staying at Home

In some emergencies you would need to know how to ensure you are safe as possible in your home until the emergency passes or you are told to evacuate. In this situation it is safer to remain indoors than to go outside. Stay in your home and listen to instructions from emergency personnel. Listen to your television or radio for emergency messages. Be prepared to be on your own and have additional food and water for seven to fourteen days.

If You Need to Evacuate

- Coordinate with your family and home care provider for evacuation procedures.
- Try to carpool, if possible.
- Wear appropriate clothing and sturdy shoes.
- Take your disaster supplies kit – “go bag.”
- Lock your home.
- Use the travel routes specified or special assistance provided by local officials. Do not take any short cuts, they may be unsafe.
- When you arrive at a shelter, notify the shelter management of any needs you may have.
- Let your out-of-town contact know when you left and where you are going.
- Make arrangements for your pets. Take them with you if you leave and place them in designated animal care.

Public Shelters

Be prepared to go to a shelter if:

- Your area is without electrical power
- Floodwater is rising
- Your home has been severely damaged
- Police or other local officials tell you to evacuate
- Shelters do not provide everything; so walk with your personal emergency kit

Immediately After a Disaster

- If the emergency occurs while you are at home, check for damage using a flashlight. DO NOT light matches or candles or turn on electrical switches.
- Check for fires, chemical spills and gas leaks; shut off any damaged utilities.
- Check on your neighbours, especially those who are elderly or have disabilities.
- Call your out-of-town contacts and let them know you are okay.
- Stay away from downed power lines.

- Do not drive through flooded roads.
- Monitor local broadcasts for information about where you can get disaster relief assistance.
- Turn off or unplug all major appliances (e.g., stove, refrigerator, and dryer). They could be damaged by the electrical surge when the power is restored.
- Keep refrigerator and freezer doors closed as much as possible.
- Use portable generators cautiously. Make sure they are operated only out-of-doors in a well-ventilated area. Refuel a generator only after it has cooled. Do not connect a generator to your home's electrical system except through an approved transfer switch installed in compliance with the local electrical code.

Before a Fire

- Plan two escape routes out of each room. Choose a place to meet outside after escaping from a fire. Practice your fire escape with everyone in your home every six months.
- Plan to use the stairs during a fire evacuation, even in buildings with elevators. If you cannot use stairways, make special arrangements for help in advance.
- Sleep with the bedroom door closed. Install smoke alarms inside and outside sleeping areas to give you warning of toxic fumes.
- Test your smoke alarm every month. Change batteries on the same day each year.
- Replace smoke alarms every ten years; they lose sensitivity over time.

In Case of Fire

- **Remain calm.**
- Drop to the floor and crawl; most fire fatalities are due to breathing toxic fumes and smoke. The cleanest air is near the floor. Breathing toxic fumes and smoke is more dangerous than the risk of injury in getting to the floor quickly.
- Feel any door before you open it. If it is hot, find another way out.
- If your smoke alarm sounds, never waste time to get dressed or collect valuables or pets. Get out of your home immediately.
- Do not try to fight the fire! Call for help from a neighbour's phone.

- **Never go back into a burning building for any reason; get out and stay out!**
- If your clothes catch on fire, drop to the floor and roll to suffocate the fire. Keep rolling (running from the fire only “fans” the flames and makes it worse).
- If you are in a wheelchair or cannot get out of your home, stay by the window near the floor and signal for help.

Grandparents and Grandchildren

Many children visit their grandparents often; they may even live with them. The following safety advice for children can help grandparents prepare a safe environment at home for children:

- Store matches and lighters up high in locked cabinets, away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, soap, drain cleaner and other poisons to high cupboards OR install a childproof lock if you must keep these items in low cabinets.
- Store prescription medicines and over the counter drugs like aspirin, cough medicines and stomach-ache remedies in a cabinet out of reach of children.
- If children are playing outside or in a pool when skies grow dark or you hear thunder, have them come indoors right away.
- Ask your grandchildren to help you assemble your disaster supplies kit and get them to assemble one for their family at the same time.

Source of information

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7

Chapter 10 – Expectant & New parents

Preparedness for Expectant and New Parents

Disasters can be unpredictable and devastating. Learn general tips to get prepared before a disaster and what to do in case of a disaster to help keep you and your family safe and healthy. Disasters can also be scary and stressful, especially if you are expecting or have a baby. You can take the following steps now to help you prepare for an emergency and better cope if an emergency happens.

- Talk to your doctor or other healthcare provider about where you will get prenatal care or deliver your baby if your doctor's office or hospital is closed.
- If you are close to your due date, learn the signs of labour and talk to your healthcare provider about what to do in case of an emergency.
- Be informed check with your local emergency management agency to find out how to get emergency alerts (such as text alerts).
- Make a family communication plan for how you and your family will contact one another and what steps you will take in different types of situations.
- Prepare an emergency kit that includes a 3-day supply of food and water, health supplies including medications, baby care and safety supplies, electronics, and important documents, such as emergency telephone numbers.
- Plan ahead to help your baby sleep safely if you have to evacuate your home. Your baby is safest sleeping on his or her back in his or her own sleep area (e.g., a portable crib or bassinet) that does not have pillows, blankets, or toys.
- If you have any signs of labour, call your healthcare provider or 911, or go to the hospital immediately if it is safe to leave.
- If you have to evacuate your home, be prepared to leave quickly and have your emergency kit ready to go.

- If staying at a shelter or in temporary housing, tell the staff as soon as possible that you are pregnant and if you have any health problems.
- If you have your prenatal vitamins or prescription medicines with you, continue taking them as directed.
- Once you are out of immediate danger, continue your prenatal care, even if it is not with your primary doctor. Tell the doctor or other healthcare provider if you have any health problems and if you need help getting your prenatal vitamins or medications.
- Protect yourself from infections by washing your hands often and staying away from people who are sick. If you do get sick, talk with a healthcare provider right away.
- During disasters, harmful chemicals from businesses and other places may be released into the environment. Listen to announcements from emergency officials about chemical safety and actions you may need to take to protect yourself.
- To help with physical stress, drink plenty of clean water and rest as often as you can. To help relieve emotional stress, talk to a healthcare provider, friend, or family member about your concerns and feeling



Parents of Infants

A disaster can make it difficult to access necessary supplies and health care. Parents and caregivers of infants can take the following steps to help keep their families safe and healthy in the event of a disaster.

- If you have to evacuate, be prepared to leave quickly and have your emergency kit that includes infant care supplies, such as baby food and a portable crib.
- If you breastfeed your baby, continue to do so. If you feed your baby formula, use ready-to-feed formula if possible. Clean water may not be available for mixing formula or washing bottles.
- If staying at a shelter or in temporary housing, tell the staff as soon as possible that you have a new-born.
- If you or your baby use prescription medicines and you have them with you, continue taking or giving them as directed.
- As soon as it is safe to do so, get a postpartum check-up if you are due for a visit, even if it is not with your usual doctor. Tell them if you need help getting your prescription medications.
- If you are not ready to get pregnant, you can ask for several months' supply of the pill, patch, or ring or consider using a birth control method that will prevent pregnancy for an extended period of time.
- As soon as it is safe to do so, see a doctor or other healthcare provider for well-baby check-ups or if you are concerned about a health problem, even if it is not with your baby's usual doctor. Tell them if you need help getting your baby's prescription medications.
- To help relieve emotional stress, talk to a healthcare provider, friend, or family member about your concerns and feelings

Items You Should Store In Your Emergency Kit:

- Water - store more than 1 gallon of water for pregnant women. Store at least a 3-day supply of water and try to store a 2-week supply. Observe the expiration date for store-bought water.

- Non-perishable and ready-to-eat food, including special foods such as nutrition drinks and ready-to-feed formula for infants, people with dietary restrictions, food sensitivities and allergies, and medical conditions such as diabetes.
- Medical alert identification bracelet or necklace.
- Health protection supplies including insect repellent, water purification tablets, and sunscreen.
- A change of clothes

Medical equipment, including:

- Canes, crutches, walkers, and wheelchairs
- Nebulizers
- Oxygen equipment
- Blood sugar monitors

Medical supplies, including:

- Antibacterial wipes
- Catheters
- Syringes
- Nasal cannulas
- Blood test strips

First aid supplies, including:

- First aid reference
- Non-latex gloves
- Digital thermometer
- Waterproof bandages and gauze
- Tweezers and scissors
- Personal hygiene supplies, including:
- Soap
- Hand sanitizer
- Sanitizing wipes

- Garbage bags and plastic ties
- Toilet paper
- Feminine hygiene supplies
- Childcare supplies
- Baby supplies

<https://www.cdc.gov/features/disaster-planning-parents/index.html>

Chapter 11- People with disabilities

Disaster Preparedness for People with Disabilities

Disasters and emergencies affect everyone but their impact on people with disabilities or special needs is often compounded by factors such as reliance on electrical power, elevators, accessible transportation and accessible communication; all of which can be compromised in emergency situations. By taking a few simple steps today, you can become better prepared to face a range of emergencies. These basic steps should help you to take care of yourself and your loved ones during an emergency.

Emergency preparedness involves three basic steps:

- 1) Knowing the risks
- 2) Making a plan
- 3) Getting an emergency kit

People with a Disability / Special Needs – Tips

- Make sure all your emergency kit items are organized in one place, easy to find and to carry.
- Tag all of your special needs equipment including instructions on how to use and/or move each assistive device during an emergency.
- Complete a checklist and personal assessment sheet and provide a copy to your designated network(s). Keep a copy in your emergency kit(s).
- List all food/drug allergies and current medications (for each medication, specify the medical condition being treated, the generic name, dosage, frequency, and the name and contact information of the prescribing physician). Provide this list to your designated network and keep a copy in your emergency kit(s).
- If you rely on any life sustaining equipment or if you require regular attendant care, ask your network to check on you immediately if an emergency occurs and have an emergency backup plan in the event of a power outage.

- During an emergency, if your support network is unable to help, ask others for help and inform them of your special needs and how they can assist you.
- Carry a personal alarm that emits a loud noise to draw attention.
- Be aware that experiencing an emergency can be overwhelming and stress can worsen some medical conditions.

Assisting People with a Disability / Special Needs – Tips

- Ask if the person wants your help, and how you may best assist them.
- If someone refuses your help, wait for first responders to arrive, unless it is a matter of life or death.
- Do not touch the person, their service animal or equipment without their permission, unless it is a matter of life or death.
- Follow instructions posted on special needs equipment.
- You may be asked to use latex-free gloves to reduce the spread of viral infection or to prevent an allergic reaction to latex.
- Ask the person if areas of their body have reduced sensation and if they want you to check those areas for injuries.
- Do not try to move someone unless you are trained in proper techniques.
- If a person is unconscious or unresponsive do not administer any liquids or food.
- If the person has a service animal, it is the animal owner's responsibility to assess whether or not it is safe for the animal to work through the emergency situation.
- To make this decision, the service animal owner will need information as to the nature of the hazards they are expected to face and any changes to the physical environment.
- If providing sighted assistance, the first responder or caregiver should confirm that the service animal is then not working, and is therefore off duty.

Mobility

Mobility limitations may make it difficult for a person to use stairs or to move quickly over long distances. Limitations may include reliance on mobility equipment such as a wheelchair, walker, crutches or a walking cane. People with a heart condition or respiratory difficulties may also have limited mobility.

Your emergency plan

- If you use a wheelchair or scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor where you work or live, so that your network can readily access it to help you evacuate. The person with the disability should be involved in the selection of the evacuation chair.
- People who require the use of an evacuation chair should designate a primary and backup contact to assist them in the event of an evacuation. Create an evacuation plan in collaboration with the building manager and contact persons, and practice using the chair with them.
- In your personal assessment checklist, identify areas of your body that have reduced sensation so that these areas can be checked for injuries after an emergency, if you cannot do so yourself.
- Check with your local municipal office to find out if emergency shelters in your area are wheelchair accessible.

Recommended additional items checklist:

- Tire patch kit and can of seal-in-air product (to repair flat tires on your wheelchair or scooter)
- Supply of inner tubes
- Pair of heavy gloves (to protect your hands while wheeling over glass or other sharp debris)
- Latex-free gloves (for anyone providing personal care to you)
- Spare deep-cycle battery for a motorized wheelchair or scooter
- A lightweight, manual wheelchair as a backup to a motorized wheelchair (if feasible)
- Spare catheters (if applicable)

- Your power outage backup plan

Assisting a person with a mobility disability – what to do

- If possible, use latex-free gloves when providing personal care.
- Try to ensure that the person's wheelchair is transported with the person.
- If this is not possible, employ other evacuation techniques as appropriate, such as use of the evacuation chair, shelter-in-place (if instructed to do so), or lifts and carries by trained personnel.
- Do not push or pull a person's wheelchair without their permission, unless it is a matter of life or death.

Non-Visible Disabilities

Individuals with non-visible disabilities may have difficulty performing some tasks even though their condition is not apparent. Non-visible disabilities can include communication, cognitive, sensory, mental health, learning or intellectual disabilities which may impair an individual's response to an emergency. Conditions can include allergies, epilepsy, diabetes, pulmonary or heart disease, and/or dependency on dialysis, different supplies, etc.

Your emergency plan

- Keep an emergency contact list on your person. This list should note key people that are aware of your special needs.
- Inform your designated support network of where you store your medication.
- Consider wearing identification to help notify emergency responders about your special needs.
- Request that a panic push-button be installed in your work and living areas so that in an emergency you can notify others of your location and that you need special assistance.

Recommended additional items for checklist:

- Supply of food items appropriate to your dietary restrictions
- List of instructions that you can easily follow in an emergency

- Personal list and minimum one-week supply of all needed medications, medical supplies and special equipment (i.e., ventilator for asthma, nitro lingual spray for a heart condition, an epinephrine pen against allergic reactions or anaphylactic shock, etc.)
- Detailed list of all prescription medications
- Identification

People with diabetes:

- Extra supply of insulin or oral agent
- Extra supply of syringes, needles and insulin pens (if used)
- Small container for storing used syringes and/or needles (if applicable)
- Blood glucose testing kit, spare batteries and record book
- Supply of blood glucose and urine ketone testing strips Fast acting insulin for high blood glucose (if applicable) Fast acting sugar for low blood glucose
- Extra food to cover delayed meals
- Ice packs and thermal bag to store insulin (if applicable)

Assisting a person with a non-visible disability – what to do

- Allow the person to describe the help they need.
- Find effective ways to communicate, such as drawn or written instructions, using landmarks instead of general terms like "go left" or "turn right".
- Maintain eye contact when speaking to the person.
- Repeat instructions (if needed).
- If a person needs to take medication, ask if he/she needs help taking it. (Never offer medicine not prescribed by a physician.)

Hearing

The way that emergency warnings are issued in an emergency is critical to the understanding of instructions and the subsequent response and safety of those with hearing loss.

Your emergency plan

- Communicate your hearing loss by moving your lips without making a sound, pointing to your ear, using a gesture, or if applicable, pointing to your hearing aid.
- Keep a pencil and paper handy for written communication.
- Obtain a pager that is connected to an emergency paging system at your workplace and/or your residence.
- Install a smoke detection system that includes flashing strobe lights or vibrators to get attention if the alarms sound.
- Test smoke alarms monthly by pushing the test button.
- Replace batteries every six months or whenever there is a low battery signal.

Recommended additional items checklist:

- Writing pads and pencils for communication
- Flashlight, whistle or personal alarm
- Pre-printed phrases you would use during an emergency, if you need to make any announcement; ensure that the phrases are written simply for easy communication
- Assistive equipment according to your needs (i.e., hearing aid, personal amplifier, etc.)
- Portable visual notification devices to know if someone is knocking on the door, ringing the doorbell, or calling on the telephone
- Extra batteries for assistive devices

Assisting a person with a hearing impairment – what to do

- Get the person's attention via a visual cue or a gentle touch on their arm. Do not approach the person from behind.
- Face the person, make eye contact when speaking to them as they may rely on lip reading and communicate in close proximity.
- Speak clearly and naturally. Do not shout or speak unnaturally slowly.
- Try to rephrase, rather than repeating yourself.
- Use gestures to help illustrate your meaning.
- If there is time, it may be helpful to write a message.
- Hearing aids amplify sounds and can create a physical shock to the user, so do not make loud noises.
- Note that some people may be deaf-blind.

Vision

A person who is blind or has reduced vision may have difficulty reading signs or moving through unfamiliar environments during an emergency. They may feel lost and/or dependent on others for guidance.

Your emergency plan

- Have a longer white cane available to readily manoeuvre around obstacles (there may be debris on the floor or furniture may have shifted).
- Identify all emergency supplies in advance with fluorescent tape, large print or Braille text, such as gas, water and electric shutoff valves.
- Familiarize yourself in advance with all escape routes and locations of emergency doors/exits on each floor of any building where you work, live and visit.

Recommended additional items checklist

- Extra white cane, preferably longer in length
- Talking or Braille clock
- Large print timepiece with extra batteries
- Extra vision aids such as an electronic travel aid, monocular, binocular or magnifier
- Extra pair of prescription glasses (if applicable)
- Any reading devices / assistive technology to access information or portable CCTV (Closed Circuit Television) devices or a Video Magnifier.

Assisting a person with a vision disability – what to do

- For people who are deaf-blind, draw an "X" on their back with your finger to let them know you can help them.
- To communicate with someone who is deaf-blind, trace letters in their hand with your finger.
- To guide a person, keep half a step ahead, offer them your arm and walk at their pace.
- Do not shout at a person who is blind or has reduced vision. Speak clearly and provide specific directions.
- Provide advance warning of upcoming stairs, major obstacles or changes in direction.
- Watch for obstacles that the person could walk into.
- Never grab a person with vision loss, unless it is a matter of life or death.
- Do not assume that the person cannot see you.
- Avoid the term "over there"; describe positions such as, "to your right / left / straight ahead / behind you", or by using the clock face positions (i.e., the exit is at 12 o'clock).
- If the person has a service animal on duty, ask them where you should walk to avoid distracting the animal. Do not separate the service animal from its owner.

Seniors with a Disability/ Special Needs

Seniors, especially those with special needs, should be informed of what to do in an emergency. Contact your municipality to find out about programs and services in your area that will help you during an emergency and assist you in returning to your daily routine.

Your emergency plan

- Create an emergency contact list identifying your personal support network, including physicians, case worker; contact from a senior citizen's group, neighbours and your building superintendent.
- Keep a copy of this list in your emergency kit and on your person.
- Familiarize yourself with all escape routes, emergency equipment and the location of emergency doors / exits in your home.
- If you have a pet, bring it with you in an evacuation and have an emergency plan for your pet. Determine in advance who can take care of your animal during an emergency.
- Request that a panic push-button be installed in your work and/or living area so that in the event of an emergency you can notify others of your location and that you need special assistance.

Recommended additional items for checklist:

- Non-perishable food appropriate to your dietary restrictions
- Assistive devices needed such as canes, walkers, lightweight manual wheelchair, hearing aids, breathing apparatus, blood glucose monitoring device
- Extra prescription eyewear and footwear (if required)
- Extra supply of medications and vitamin supplements

- A list of all your needed medical supplies and special equipment
- Copies of all medication prescriptions
- Extra dentures (if required) and cleaner
- Latex-free gloves (for anyone providing personal care to you)

Assisting a senior with a disability / special needs – what to do

- Check on neighbours to find out if there are seniors who would need your help during an emergency.
- Always speak calmly and provide assurance that you are there to help. Avoid shouting or speaking unnaturally slowly.
- Let the person tell you how you can help.
- Know the location of emergency buttons (many seniors' buildings have emergency buttons located in bedrooms and washrooms).
- Follow instructions posted on special needs equipment and/or assistive devices.

High Rise Safety

Residents of high rise buildings should make themselves aware of:

- Building superintendent's name and phone number
- Members of the Building Safety Committee
- The contact names of the coordinates of floor monitors
- Who conducts evacuation drills
- Location of fire extinguishers, automated external defibrillator units and oxygen tank
- Location of emergency evacuation device(s)

Your Emergency Plan

- Advise your building superintendent of your requirements during an emergency.
- Know your building's evacuation plan and escape routes.
- Know the location of emergency buttons in the building and exits that are wheelchair accessible (if applicable).
- If applicable, request that an emergency evacuation chair be installed close to the stairwell on the floor where you work or live. If you cannot have an evacuation chair, have a backup plan for evacuating without one.
- If you will need help during an emergency, obtain large printed signs from the building manager that you can place in your window/door, indicating that you need assistance.

Assisting a person with special needs in a high rise building – what to do

- Check on neighbours and/or co-workers with special needs to find out if they need your help.
- Offer to carry the person's emergency kit along with any special equipment.
- Avoid attempts to lift, support or assist the movement of someone down stairways unless you are familiar with safe techniques.
- Do not use elevators in event of fire or smoke, or if the emergency is likely to lead to a power outage.

Checklist and Personal Assessment

During an emergency, this checklist will enable emergency responders to better assist you.

I am able to:

- Hear
- See
- Walk without help
- Walk with help
- Prepare my meals
- Feed myself
- Dress myself
- Sit without help
- Sit with help
- Wash/bath without help
- Wash/bath with help
- Sanitary needs without help
- Sanitary needs with help
- If you will need specific help (explain)

Personal Support Network

A personal support network is a group of at least three people you know, trust and is sure they will help you during an emergency.

Service Animal Emergency Kit Checklist:

This checklist identifies the basic items you should prepare to keep your service animal comfortable during an emergency.

- Make sure the kit is easy to carry in case of a home evacuation.
- Minimum 72-hour supply of bottled water and pet food
- Portable water and food bowls
- Paper towels and manual can opener
- Medications with a list identifying medical condition, dosage, frequency and contact information of prescribing veterinarian
- Medical records including vaccinations
- Leash and collar
- Blanket and toy

- Plastic bags
- Bandages (a dog's paws could get cut on rough terrain)
- Up-to-date ID tag with your phone number and the name/phone number of your veterinarian (a microchip is also recommended)
- Recent photo of your service animal in case they get separated from you
- Name of the animal's training centre and qualifying number (for identification purposes)
- Copy of licence (if required)

https://www.mcass.gov.on.ca/documents/en/mcass/publications/accessibility/6453emo_eng_lp.pdf