

Are You Ready?

**Crawford County Medical Reserve
Corp Unit Training Session**

Are You Ready?

- IS-22 Are You Ready? An In-depth Guide to Citizen Preparedness
- Course developed by FEMA with information from local emergency management offices at the American Red Cross
- Full course materials can be accessed at www.training.fema.gov/EMIWeb/IS/is22.asp

Why prepare?

- Reduce fear, anxiety, & losses associated with disasters
- Can help reduce the impact of disaster
- Know how to respond to threats
- Be able to be self-sufficient for at least 3 days

Basic Preparedness

- **Develop family plans**
 - Know home escape routes
 - Communications - family contact cards
 - Know where utility shut offs are located
 - Maintain & know about your vital records
 - Assemble a disaster supplies kit
 - Practice your plan



Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-State Contact Name: _____ Telephone Number: _____
Email: _____ Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home	Work
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Neighborhood Meeting Place: _____	Evacuation Location: _____
Regional Meeting Place: _____	

School	Work
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

School	Other place you frequent:
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

School	Other place you frequent:
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Other useful phone numbers: **9-1-1 for emergencies.** Police Non-Emergency Phone #: _____

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name: _____

Telephone: _____

Out-of-State Contact Name: _____

Telephone: _____

Neighborhood Meeting Place: _____

Meeting Place Telephone: _____

Dial 9-1-1 for Emergencies!

Local Risks for Disasters

- Natural Hazards
 - Floods
 - Tornadoes
 - Thunderstorms & lightning
 - Winter storms & extreme cold
 - Extreme heat
 - Earthquakes

Local Risks for Disasters

- Technological Hazards
 - Hazardous materials incidents
- Terrorism Hazards
 - Biological threats
 - Chemical threats
 - Radiological threats

Natural Hazards - Flooding

- Flooding
 - Do not drive in flood waters
 - 1 foot of water can float vehicles
 - 2 feet of rushing water can carry away vehicles
 - Do not walk through moving water
 - 6 inches of moving water can make you fall
 - Avoid low-lying areas during heavy rains
 - Listen for reports on TV, local radio, & weather radio

Natural Hazards - Tornadoes

- Tornadoes
 - Be alert during severe storms
 - Can strike quickly with little or no warning
 - Get to interior room or basement
 - Listen for reports on TV, local radio, & weather radio
 - Tornado Watch – tornadoes possible
 - Tornado Warning – tornado has been sighted or indicated by radar

Natural Hazards - Thunderstorms

- Thunderstorms & lightning
 - Avoid being outside or near tall objects
 - Avoid open areas and isolated structures
 - Listen for reports on TV, local radio, & weather radio
 - T-storm Watch – severe storms likely to occur
 - T-storm Warning – severe storms reported by spotters or indicated by radar

Natural Hazards – Winter Storms

- Winter storms & cold
 - Check car to properly winterize it
 - Drive only when necessary during storm
 - Wear proper clothing
 - Several lightweight, loose fitting, warm layers instead of one layer of heavy clothing
 - Watch for frostbite & hypothermia
 - Listen for reports on TV, local radio, & weather radio

Natural Hazards – Extreme Heat

- Extreme Heat
 - Limit exposure to heat & sun
 - Drink plenty of water
 - Wear proper clothing
 - Loose fitting, lightweight, light colored
 - Avoid over-exertion
 - Heat cramps
 - Heat exhaustion
 - Heat stroke

Natural Hazards - Earthquakes

- Earthquakes

- If indoors: take cover under sturdy furniture if possible
- If outdoors: stay there, move away from buildings & other structures
- If driving: watch for road & bridge damage
- Be aware of falling objects
- Be prepared for aftershocks

Technological Hazards - HazMat

- Hazard Materials incident
 - Numerous semi-trucks & trains carrying hazardous materials through Crawford County
 - Evacuate if asked to do so by officials
 - Avoid the danger area
 - Stay upstream/upwind at least ½ mile
 - Stay inside if requested by officials
 - Turn off A/C or vent systems
 - Try to seal doors/windows with plastic sheeting & duct tape
 - Seek medical treatment for unusual symptoms if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Biological

- Biological threats
 - Aerosols, animals, food & water contamination, person-to-person
 - Avoid unusual or suspicious substances
 - Remove contaminated clothing, bag them, & dispose of properly
 - Wash with soap & water
 - Seek medical treatment if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Chemical

- Chemical threats
 - Toxic vapors, aerosols, liquids, solids
 - Similar to biological threats
 - Seek medical treatment if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Radiological

- Radiological threats
 - RDD aka “dirty bombs”
 - Seek immediate shelter
 - Seal doors & windows
 - Turn off ventilation systems
 - Listen to TV & radio for updates and instructions

Homeland Security Advisory System

- Provides warnings in form of graduated “threat conditions”
- Includes probability of attack occurring & potential magnitude
- Can be assigned for entire nation or specific areas or sectors



Homeland Security Advisory System

- **Green**

- Low risk
- Develop plans
- Be informed of potential threats



Homeland Security Advisory System

- **Blue**
 - Guarded risk
 - Review stored supplies & replenish if necessary
 - Be alert to suspicious activity & report it



Homeland Security Advisory System

- **Yellow**
 - Elevated risk
 - Ensure disaster supplies are stocked
 - Check emergency phone numbers
 - Continue to be alert for suspicious activity



Homeland Security Advisory System

- **Orange**
 - High risk
 - Exercise caution when traveling, pay attention to travel advisories
 - Review your emergency plans
 - Check on others who might need assistance in an emergency



Homeland Security Advisory System

- **Red**
 - Listen to local emergency management officials for guidance
 - Listen to TV & radio for current information & instructions
 - Be prepared to shelter or evacuate
 - Expect travel delays & restrictions



Recovering from Disaster

- Health & Safety issues
 - Aid the injured, but do not move them unless there is imminent danger
 - Be aware of your own health
 - Don't try to do too much
 - Drink plenty of water & eat well
 - Be aware of new & existing safety issues
 - Inform authorities about health & safety issues

Coping with Disaster

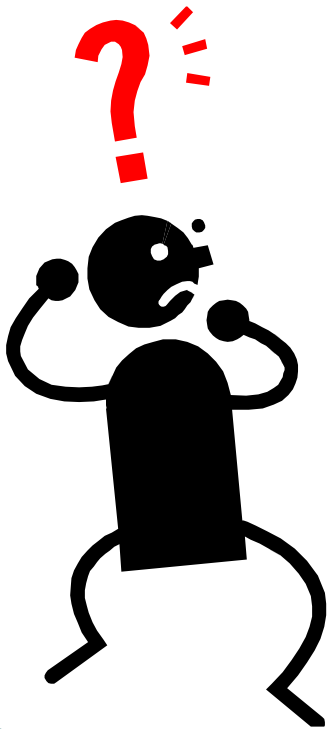
- **Ease stress**
 - Talk to someone about your feelings
 - Try to maintain a sense of normalcy
- **Help your children cope**
 - Children's coping often associated with how parents cope
 - Different ages cope differently
- **Help others**

What we've discussed...

- Why we prepare for disasters
- Basic preparedness strategies
- Local risks of disasters
- Homeland Security Advisory levels
- Disaster recovery & coping techniques

Now, do you feel ready?

- Questions/Comments?



For more detailed information...

- Are You Ready? information
 - Full course materials available at www.training.fema.gov/EMIWeb/IS/is22.asp (over 200 pages)
 - There is also an optional final exam

Thank you

- Next meeting
 - Incident Command System (ICS) basics
 - IS-100.a: Intro to Incident Command System
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