

STAR

*Saving Towns through
Asset Revitalization*

Taking Action!

"Everybody needs beauty as well as bread, places to play in
and pray in, where nature may heal and cheer and give strength
to body and soul alike." ~John Muir, Naturalist



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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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DISASTER PREPAREDNESS



Disasters can strike quickly and without warning!
Are you prepared?

**Urban Affairs and New Nontraditional Programs
Alabama Cooperative Extension System
Alabama A&M and Auburn Universities**

www.aces.edu

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About STAR: Saving Towns through Asset Revitalization

STAR is a statewide asset-based community development (ABCD) project designed to support smart growth initiatives. These initiatives are directed at underserved resource-limited but resilient community development corporations, neighborhoods, and municipalities. Collaboration with STAR provides opportunities for the creation of nontraditional approaches and networks to use the benefits of green space to bridge the generations for healthy family and community life, and to strengthen holistic capacity building, leadership development, and citizen participation strategies of faith- and community-based organizations.

Disaster Preparedness

STAR is taking action to educate the underserved and resource-limited Extension audience about how to prepare for manmade and natural disasters. Disasters can strike quickly. They can be catastrophic, even fatal to many citizens in the affected area. One must always be prepared. This booklet is a handy guide to help you and your family prepare for a disaster. By helping you to create a family disaster plan and to prepare our special disaster kit, a bounce back bag of survival resources, a disastrous event in your family or community may be more manageable.

Family Disaster Preparedness Tips

Families can start by discussing the types of disasters that are most likely to happen where you live. Remember that types of disasters vary and include the following:

Tornadoes
Severe Thunderstorms
Fires
Blackouts or Other Power Shortages

Floods and Flash Floods
Hurricanes
Mudslides

Make sure that everyone in your household understands what to do in case of a disaster. Everyone, including the young and the elderly, should understand the seriousness of a disaster. For example, if you must evacuate your home, learn the safe places to hide as well as the exits suggested by emergency relief officials. Keep fire extinguishers in workable condition and know how to turn off power sources to your home. Always keep a battery-operated television or radio and several inexpensive flashlights in

Establish a Disaster Plan (Continued)

Ask a friend or relative who lives in another state to serve as a contact in the event of a local disaster. Be sure to set aside a calling card(s) for disaster telephone contacts. It is generally easier to contact family and friends outside of the disaster area. Using a calling card for those long distance calls may be the best way to keep everyone informed of your situation.

Don't forget your pets. Purchase a quality animal tag or contact your local veterinarian about getting a microchip placed in your pet to ensure adequate identification. This will increase your chances of locating your pet if it becomes lost. Ask your veterinarian for other pet preparedness tips.



Learn Other Disaster Plans



Become familiar with disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.

Visit www.aces.edu/star for more information

on the "Bounce Back Bag" or any other STAR-initiated projects. Also visit www.redcross.org or www.cdc.gov for information about health strategies and preventative measures.

Sources: American Red Cross, Centers for Disease Control and Prevention, Federal Emergency Management Agency, and United States Department of Homeland Security

Other disaster items you may need at home:

- **First aid kit and essential medications.**

These kits are available from your local Red Cross office. Try to keep medicine in resealable plastic bags.



- **Nonperishable foods.** Make sure you get flip-top canned goods. Avoid foods

that make you thirsty. Choose salt-free crackers, whole grain products, and flip-top canned foods with high liquid content.

- **Special foods.** Be sure to include foods for special dietary needs.

- **Water.** Provide at least three gallons of water per person. Water is essential to prevent dehydration. Use water sparingly so you will have enough.

- **Protective clothing, rainwear, and bedding or sleeping bags.** Bedding should be durable and light so that it can be easily moved. Also, clothing should be durable and protective. Long-sleeved clothing is preferred because conditions may be or become more severe.

- **Battery-powered radio, flashlight, and extra batteries.** A flashlight per person is recommended.

- **Special items for infants, elderly, or disabled family members.** Don't forget medicines, formula, and diapers.
- **Written instructions.** Have written instructions on how to turn off electricity, gas, and water if authorities tell you to do so.



working condition. Remember, in a disaster, children look to adults for help and guidance. How you react to an emergency gives them clues on how to respond. If you react with alarm, a child may become more fearful and have a harder time following your directions.

Taking Care of the Elderly or Disabled

Learn how to help elderly or disabled individuals. Think about the following questions and write down your answers for future use.

- Do you or they have an Emergency Patient Identification (EPI) card?
- Do they have a list of all their present prescriptions?
- Do they need assistance with personal care such as bathing and grooming?
- Do they use special equipment to help them get dressed?
- How will they continue to use equipment such as a dialysis machine or an electrical lift that require electricity?
- What will they do if they cannot find their mobility aids?



Establish a Disaster Plan



Pick two places near your home where your family can meet in case of a sudden emergency such as a fire. Also identify a location outside your neighborhood for your family to meet if your home becomes unsafe or you cannot return home. Everyone should know the addresses and phone

numbers of disaster-safe locations. Make sure your family and household members know the location of shelters, including neighborhood churches and community centers that are working with official relief agencies and organizations.



The STAR **BOUNCE BACK BAG**

When disaster occurs, you may not be able to remain in your home. You may have to leave the area, endure inadequate relief assistance from governmental and private sources, encounter gridlock on exit highways and interstates, or cope on your own without any help for a prolonged period of time.

If you find yourself on your own, **The STAR Bounce Back Bag ☆BBB): A Winner's Bag of Survival Skills will help.** The ☆BBB is a portable backpack with enough supplies for 3 to 5 days of independent survival while you attempt to BOUNCE BACK from the devastation caused by a disaster. Each family or household member should have his or her own BOUNCE BACK BAG. Keep these bags accessible in an easy-to-reach location, such as a hall closet near an exit door. If your family must leave home, be sure each person wears protective clothing and durable walking shoes. Give everyone a personal ☆BBB to carry on his or her back.

If you have to leave your home, remember the ☆BBB should last approximately 3 to 5 days and may include the following:



- Mini first-aid kit
 - Rubbing alcohol
 - Sunscreen
 - Small radio
 - Matches
 - Flashlight with extra batteries
 - Washcloth and towel
 - Deodorant
 - Toothpaste/toothbrush
 - Lip balm or moisturizer
 - Feminine supplies
 - Resealable storage bags
 - Emergency I.D. and other personal papers
 - Emergency Patient Information (EPI) health card
 - Immunization record
 - Socks
 - Change of underwear
 - Disposable diapers
 - Pet food
 - Mace
 - Bible/spiritual material
 - Writing journal and pen
 - Plastic eating utensils
 - High-energy foods
 - Peanut butter
 - Pocket knife
 - Bottled water (at least 3 16 oz.-bottles)
 - Nonperishable food or Meals-Ready-to-Eat
 - Cell phone or telephone calling card
 - Money including rolls of quarters and dimes
 - Credit card(s)
- *NOTE: a school backpack for storage of items**

Remember! Disaster Preparedness Means Stepping Outside of the Box and Thinking Creatively About How You and Your Family Can Successfully Survive a Disaster **AND BOUNCE BACK!!!!**