

Personal Preparedness

Your preparedness before an emergency occurs is the key to surviving an emergency. Please prepare now!

Emergencies can happen anytime and often they are unexpected. We often think of emergencies being weather related, such as tornados, flooding, blizzards, etc., but they can be crisis related, too. A crisis emergency would include a fire in your home/apartment building, a pandemic flu outbreak or a chemical spill in the community. Regardless of the emergency situation, it is very important to be prepared ahead of time.

General Emergency Information

How to Report an Emergency

If you are a member of the general public...

If you believe that you have been exposed to a biological, chemical or radiological agent, or if you believe an intentional threat will occur or is occurring, please call 911.

If you have a health-related question that is not an emergency, please contact CDC.

If you are a health professional or government official...

CDC maintains a 24/7 Emergency Operations Center to assist local, state, and federal agencies. We also assist healthcare providers with questions on emergency patient care.

NOTE: this line is not intended for the general public.

All other questions for CDC

Call 1-800-CDC-INFO (1-800-232-4636), 24 hours a day, 7 days a week, or email cdcinfo@cdc.gov. (For TTY, call 1-888-232-6348.)

Other important contacts

- State and Local Health Departments
- Regional Poison Control Centers:
1-800-222-1222
- CDC Coordinating Office for Terrorism Preparedness and Emergency Response:
404-639-7405
- CDC Division of Bioterrorism Preparedness and Response:
404-639-0385
- CDC National Center for Environmental Health and Agency for Toxic Substances and Disease Registry:
770-488-7100

Source: <http://emergency.cdc.gov/emcontact/>

Basic Emergency Prep and Supply Kit Information

- **Ready WI.Gov** <http://ready.wi.gov/kit/GetKit.asp?maintab=0>
 - **3-Day Emergency Supply Checklist** <http://ready.wi.gov/media/pdf/checklist.pdf>
 - **Go Kit- Supplies to Have in ready to go in case you need to evacuate**
<http://ready.wi.gov/kit/GetKit.asp?maintab=0>
- **Personal Preparedness and Safe Water**
http://www.cdc.gov/healthywater/emergency/safe_water/personal.html
- **Emergency Supply List** <http://emergency.cdc.gov/preparedness/kit/disasters/>
- **Weather Radio Information** <http://ready.wi.gov/kit/GetKit.asp?maintab=0>
- **After the Disaster is Your Family Ready**
http://www.paloaltohumane.org/education/pdfs/AD_family_ready.pdf
- **Disaster Planning for People with Mobility Concerns**
http://www.paloaltohumane.org/education/pdfs/disaster_mobility.pdf
- **Emergency and Disaster Preparedness for Special Populations**
<http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html>
 - **Seniors** <http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html#a1>
 - **Hearing Impaired**
<http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html#a2>
 - **Sign Language for Emergency Situations** <http://nwncreddcross.org/signlangemergency.pdf>
 - **Special Needs NOAA Weather Radio**
<http://www.nssl.noaa.gov/edu/safety/specialneeds.html>
 - **What to do in an emergency for deaf and blind**
http://www.aadb.org/information/emergency_preparation/emerg_plan.html
 - **Visually Impaired**
 - **Emergency Preparedness for People who are Visually Impaired**
http://www.njcounciloftheblind.org/brochures/emergency_preparedness_and_people_who_are_blind_and_visually_impaired.htm
 - **Persons with Disabilities**
 - Many resources are available at this site
<http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html#a0>

Where to keep your Emergency Kit:

Home:

•Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Work

- This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.
- Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.

Car

- In case you are stranded, keep a kit of emergency supplies in your car.
- This kit should contain food, water, first aid supplies, flares, jumper cables, a blanket and seasonal supplies.

Winter Preparedness:

- ***Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety*** from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention. This 11 page booklet is large font and is an excellent overview of all winter preparation. This would be an excellent handout to provide to all Congregate and HDM participants before the winter season begins.
http://www.bt.cdc.gov/disasters/winter/pdf/cold_guide.pdf
 - ***Prepare Your Home for Winter Weather***
<http://www.bt.cdc.gov/disasters/winter/pdf/preparehomechecklist.pdf>
 - ***Prepare Your Car for Winter***
<http://www.bt.cdc.gov/disasters/winter/beforestorm/preparecar.asp>
 - ***Heat Your Home Safely During Winter Weather***
<http://www.bt.cdc.gov/disasters/winter/pdf/heatingchecklist.pdf>
 - ***Winter Weather Communication***
<http://www.bt.cdc.gov/disasters/winter/pdf/communicationchecklist.pdf>
 - ***Winter Weather Checklists***
<http://www.bt.cdc.gov/disasters/winter/beforestorm/supplylists.asp>
 - ***Winter Weather: Indoor Safety***
<http://www.bt.cdc.gov/disasters/winter/duringstorm/indoorsafety.asp>
 - ***Winter Weather: Outdoor Safety***
<http://www.bt.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp>
 - ***Winter Weather: Hypothermia***
<http://www.bt.cdc.gov/disasters/winter/staysafe/hypothermia.asp>
- ***Power Outages: Key Tips for Consumers About Food Safety***
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077023.htm>
- ***Winter Storms and Extreme Cold*** <http://www.ready.gov/america/beinformed/winter.html>

Flood Preparedness:

- ***Flood Fact Sheet*** from ReadyWi.Gov <http://ready.wi.gov/media/pdf/Flooding.pdf>
- ***FloodSmart.gov*** This is the official site of the National Flood Insurance Program with many resources <http://www.floodsmart.gov/floodsmart/>
- ***Floods: Key Tips for Consumers About Food and Water Safety***
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077029.htm>
- ***Power Outages: Key Tips for Consumers About Food Safety***
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077023.htm>
- ***What Consumers Need to Know About Food and Water Safety During Power Outages and Floods*** <http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/ucm076962.pdf>
- ***Floods- Information from Ready.gov***
<http://www.ready.gov/america/beinformed/floods.html>
- ***CDC Flood Information*** Several handouts can be downloaded at this site <http://www.bt.cdc.gov/disasters/floods/> including:
 - ***Protect Yourself From Mold***
<http://www.bt.cdc.gov/disasters/mold/pdf/moldprotection.pdf>
 - ***Cleaning and Sanitizing with Bleach After an Emergency***
<http://www.bt.cdc.gov/disasters/pdf/bleach.pdf>
 - ***Reentering Your Flooded Home***
<http://www.bt.cdc.gov/disasters/mold/pdf/reenterfloodedhome.pdf>
 - ***After a Flood: Cleaning Up Flood Water***
<http://www.bt.cdc.gov/disasters/floods/pdf/cleanupwater.pdf>
- ***Precautions When returning to Your Home after a Flood***
<http://www.bt.cdc.gov/disasters/floods/pdf/after.pdf>

Thunderstorms

- ***Thunderstorm Fact Sheet*** <http://ready.wi.gov/media/pdf/Thunderstorms.pdf>

Tornado Preparedness:

- ***Tornado Fact Sheet*** from Readywi.gov <http://ready.wi.gov/media/pdf/Tornadoes.pdf>
- ***Tornadoes: Being Prepared*** <http://www.bt.cdc.gov/disasters/tornadoes/prepared.asp>
- ***What to Do During a Tornado*** <http://www.bt.cdc.gov/disasters/tornadoes/during.asp>
- ***After a Tornado*** <http://www.bt.cdc.gov/disasters/tornadoes/after.asp>
- ***Protect Yourself From Mold***
<http://www.bt.cdc.gov/disasters/mold/pdf/moldprotection.pdf>
- ***Power Outages: Key Tips for Consumers About Food Safety***
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077023.htm>

- ***Cleaning and Sanitizing with Bleach After an Emergency***
<http://www.bt.cdc.gov/disasters/pdf/bleach.pdf>
- **NOAA Weather Radio Information Web Site** <http://www.weather.gov/nwr>

House Fire

- ***House Fire Fact Sheet*** http://ready.wi.gov/media/pdf/Winter_Handout.pdf

Extreme Heat

- ***Extreme Heat Fact Sheet*** http://ready.wi.gov/media/pdf/Extreme_Heat.pdf
- ***It's Too Darn Hot- Planning for Excessive Heat Events (Seniors & Caregivers)***
<http://www.epa.gov/heatisland/resources/pdf/PlanningforExcessHeat.pdf>
 - Many other resources related to this topic including posters, easy-to-read handouts, various languages, etc... can be downloaded at this link
<http://www.epa.gov/aging/resources/factsheets/itdhpfehe/index.htm>

Chemical Agents

- ***Emergency Response Cards for Chemical Agents.***
<http://www.bt.cdc.gov/chemical/erc.asp>
- **A Complete List of Chemical Agents and facts about them can be found at**
<http://www.bt.cdc.gov/agent/agentlistchem.asp>
- ***Toxicology FAQ's for Chemical Agents (for general public)***
<http://www.bt.cdc.gov/chemical/toxfaqs.asp>
- ***Chemical Agents: Facts about Evacuation***
<http://www.bt.cdc.gov/planning/evacuationfacts.pdf>
- ***Chemical Agents: Facts about Sheltering in Place***
<http://www.bt.cdc.gov/planning/shelteringfacts.pdf>
- ***Facts about Personal Cleaning and Disposal of Clothing***
<http://www.bt.cdc.gov/planning/personalcleaningfacts.pdf>
- ***Cleaning and Sanitizing with Bleach After an Emergency***
<http://www.bt.cdc.gov/disasters/pdf/bleach.pdf>

Food Safety

- ***Eat Safe Food*** <http://emergency.cdc.gov/disasters/floods/pdf/flyer-keepfoodsafepdf.pdf>
- ***Keep Food Safe*** <http://emergency.cdc.gov/disasters/floods/pdf/flyer-keepfoodsafepdf.pdf>
- ***Food and Water Needs: Preparing for a Disaster or Emergency***
<http://emergency.cdc.gov/disasters/foodwater/prepare.asp>

- **Power Outages: Key Tips for Consumers About Food Safety**
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077023.htm>
- **What Consumers Need to Know About Food and Water Safety During Power Outages and Floods** <http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/ucm076962.pdf>
- **Keeping Food and Water Safe After an Emergency**
http://emergency.cdc.gov/disasters/foodwater/facts.asp?s_cid=w_c_HurricaneTips_cont_001
- **Keeping Food Safe During an Emergency- ABCD's of Keeping Food Safe in an Emergency**
http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp

Water Safety

- **Make Water Safe (English)**
http://www.cdc.gov/healthywater/pdf/emergency/09_202278-B_Make_Water_Safe_Flyer_508.pdf
- **Make Water Safe (Spanish)**
http://www.cdc.gov/healthywater/pdf/emergency/09_202278-B_Make_Water_Safe_Flyer_es_508.pdf
- **Drink Safe Water (English)**
http://www.cdc.gov/healthywater/pdf/emergency/09_202278-A_Drink_Safe_Water_Flyer_508.pdf
- **Drink Safe Water (Spanish)**
http://www.cdc.gov/healthywater/pdf/emergency/09_202278-A_Drink_Safe_Water_Flyer_es_508.pdf
- Additional handouts and information can be found at this site
http://www.cdc.gov/healthywater/emergency/safe_water/personal.html

Pandemic Flu

- **Flu Fact Sheet** <http://ready.wi.gov/Informed/Informed.asp?maintab=2>
- **Be Red Cross Ready Flu Checklist** <http://www.redcross.org/www-files/Documents/pdf/Preparedness/SeasonalFluChecklist.pdf>
- **Flu Informational Site** <http://www.flu.gov/>
 - Download many free handouts, posters, etc... at this link
<http://www.flu.gov/outreach/index.html>
 - Here is the link for specifically for seniors 65+
<http://www.cdc.gov/flu/freeresources/print.htm?tab=6#TabbedPanels1>

- Flu Poster
http://www.cdc.gov/flu/pdf/freeresources/seniors/flu_ad_seniors_biggest%20asset-508.pdf
- Flu Vaccine Information 2010-2011 (2 page handout)
<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf>

Personal Hygiene After a Disaster

- **Food and Water Safety and Hand Hygiene Resources.** Flyers, handouts, stickers and public service announcements and a power point can be downloaded from this site <http://www.bt.cdc.gov/disasters/handhygiene.asp> Note, many of the materials also come in Spanish and a few other languages.

Pet Information for Emergencies

- *Companion Animal Evacuation and Sheltering Public Information Materials January 2008*
http://www.ready.gov/america/downloads/toolkit_pets/MetroDC_COGPetShelterGuidance.pdf
- *Preparing Your Pets for Emergencies Brochure*
<http://www.ready.gov/america/downloads/pets.pdf>
- *Red Cross Pets and Disaster Checklist* <http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/PetSafety.pdf>
- *Prepare Your Animals They Can't Help Themselves*
http://www.paloaltohumane.org/education/pdfs/prepare_your_animals.pdf
- *Pet Preparedness Toolkit* http://www.ready.gov/america/toolkit_pets/index.html
- *After the Disaster Pet Information*
http://www.paloaltohumane.org/education/pdfs/after_disaster.pdf
- *First Aid for Animals Booklet*
http://www.paloaltohumane.org/education/pdfs/first_aid.pdf
- *Disaster Planning for Your Livestock and Farm*
http://www.paloaltohumane.org/education/pdfs/Disaster_Planning_Livestock.pdf
- *Disaster Planning for Your Horses*
http://www.paloaltohumane.org/education/pdfs/prepare_horses.pdf
- *After the Disaster is Your Horse Ready*
http://www.paloaltohumane.org/education/pdfs/AD_horse_ready.pdf
- *After the Disaster is Your Reptile Ready*
http://www.paloaltohumane.org/education/pdfs/AD_reptile_ready.pdf

- *After the Disaster is Your Dog Ready*
http://www.paloaltohumane.org/education/pdfs/AD_dog_ready.pdf
- *After the Disaster is Your Cat Ready*
http://www.paloaltohumane.org/education/pdfs/AD_cat_ready.pdf
- *After the Disaster is Your Bird Ready*
http://www.paloaltohumane.org/education/pdfs/AD_bird_ready.pdf

First Aid Kit

- *What Should Be In Your First Aid Kit*
<http://www.ready.gov/america/getakit/firstaidkit.html>

Diabetes

- *Diabetes Disaster Preparedness*
http://www.state.nj.us/health/fhs/documents/diabetes_disaster_guidelines.pdf
- *Diabetes Preparedness the Power of Prevention*
http://www.powerofprevention.com/pub/DPcard_LoResp.pdf

Emergency Response- Prepare Now. This is an excellent template that you can give to all congregant and HDM participants initially and then annually if you wish. Be sure to include in your agency *Welcome Packets*. You can download the template at http://gwaar.org/images/stories/SAMS/InstructionsTitleIII/sp1-emergency_response_prepare_now.pdf

Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses. All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time. **U.S. Department of Homeland Security** Washington, DC 20528

This is an excellent resource to download all of the following:
http://www.readywisconsin.wi.gov/Resources/Public_Resources.asp