

Tip of the Month

Emergency Preparedness

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Our organization is counting on our staff to be ready to help us respond in the case of a disaster. Although we are making every effort to be prepared at the hospital, the reality is that if staff aren't prepared to care for themselves, their families and their pets at home, the likelihood of being able to respond to the hospital will be limited.

Get started today. Prepare at home, so you can safely and confidently report to work. Working together relieves the impact of a major disruption.

Month 1 January	Identify an area in your home to store Emergency Supplies and make sure everyone knows where this area is: <i>This is where your "kit" will be stored. A plastic tote can be used as your "kit" to place items in.</i>
Month 2 February	Purchase a case of bottled water: <i>Remember, you need at least 1-gallon of water per person, per day for at least 5 days. This water will be used for drinking and sanitation. Some people will need more water than others, depending on age or medical condition. – DO NOT STORE DIRECTLY ON CONCRETE</i>
Month 3 March	Add food to your Emergency Supplies kit: <i>Include foods that don't need refrigeration or preparation, and little water. (ex. Canned meats, fruits, vegetables and juices; protein, cereal and granola bars; dried nuts, fruits and crackers) Remember to add a manual can opener.</i>
Month 4 April	Purchase flashlights, lanterns and a battery powered radio: <i>and extra batteries.</i>
Month 5 May	Add clothing and toiletries to your kit: <i>Include one complete change of warm clothing and sturdy shoes per person. Consider adding comfort items. Toiletries should include items such as Diapers, sanitary napkins, trash bags, soap, toilet paper, paper towels, antibacterial wipes, baby wipes and hand-sanitizers. Include large heavy-duty plastic bags or a 5-gallon bucket with a tight lid for sanitation.</i>
Month 6 June	Add medications and a First Aid Kit to your kit: <i>Asthma inhalers, daily prescriptions (ex. Diabetes, high blood pressure), pain relief, antihistamines and other over the counter pharmaceuticals. Include antiseptics, topical antibiotic ointments and gauzes/bandages.</i>
Month 7 July	Cash and Important Documents: <i>Cash in small denominations; Remember that if power is out, ATMs will not be available to withdraw cash. Make copies of your house deeds, medical records, birth certificates, insurance paperwork,</i>
Month 8 August	Miscellaneous tools supplies: <i>Tools and supplies for medical equipment, adjustable wrench, fire extinguisher, gloves, shovel, scissors, duct tape and a knife. Other miscellaneous items include: Bleach, coffee filters, clean cloths – for treatment of water; Fuel (diesel or gasoline) for generators; Propane (for some lanterns or if you have a propane stove or BBQ); Candles, wood matches and lighters</i>

Month 9 September	The Great Outdoors: <i>If your family goes camping or travels much, you may have an RV (motorhome, camper, trailer, etc). RVs are fully contained and livable; they have generators, water tanks, toilets, refrigerators and non-perishable foods can be stored inside. Remember your RV and keep ready to go in case of disaster.</i>
Month 10 October	Family Communication and Evacuation/Escape Plan: <i>Disaster may strike when your family is not together and you will need to be able to communicate with them. Your plan should include an in-state-out-of-area contact and an out-of-state contact. Make cards with the contact information and give to each family member to keep with them at all times. Visit www.ready.gov for a family communication card.</i> <i>Make sure your Evacuation plan includes emergency exits and a safe refuge where you will all meet following the disaster. Share your plan with your entire family and make sure to practice the plan often.</i>
Month 11 November	Don't forget your pets: <i>Include pet food and water for your pets in your disaster kits. Also, remember any medications your pets may be taking.</i>
Month 12 December	Emergency/Disaster Kit for your Car and Work area: <i>Keep a complete change of clothing and sturdy shoes in your car/trunk and in your desk. Also keep bottled water and dried nuts or dried fruits. Remember to rotate these items as needed.</i>

Other Resourceful Information for Disaster Preparedness

Rotate your supply of food: *Food should be checked for expiration date and rotated as needed.*

Rotate your supply of water: *Water should be rotated every 6 months.*

Alternate sources of Water: *Another source of drinkable water is the water heater and water pipes (visit www.ready.gov for more information). Household bleach, water purification packets and tablets are also available to the general public in big chain stores in the sporting goods department.*