

# **Health, Wellness & Safety** **Committee**

## **DISASTER PREPAREDNESS**

**DISASTER PREPAREDNESS** is defined as “a continuous cycle of planning, organizing, training, equipping, exercising, and taking action in an effort to ensure effective coordination during a disaster.”

The basic steps to make sure you remain safe during a disaster are:

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies at home, at work, at play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- Plan what to do in case you are separated during an emergency or unable to return to your home.
- Plan for an evacuation and where you will go
- Plan who you will contact to let someone know your family is OK. It is recommended that a contact out of state would be appropriate. Make sure that the whole family knows how to contact that person.
- Practice an evacuation.
- Plan ahead for members of your household that have special needs.
- Plan ahead for your pets.
- Learn about your community’s warning signals.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.

### **CHECK LIST**

- \_\_\_\_\_ I know what emergencies or disasters are most likely to occur in my community.
- \_\_\_\_\_ I have a family plan and have practiced it.
- \_\_\_\_\_ I have an emergency preparedness kit.
- \_\_\_\_\_ At least one member of my household is knowledgeable about first aid and CPR.
- \_\_\_\_\_ I have prepared an emergency disaster kit for the family.

### **CHILDREN AND THEIR RESPONSE TO DISASTERS**

In a disaster children will look to parents for help. How you react to an emergency gives them clues on how to act. A child will feel afraid. Your words and actions can provide reassurance. As an adult you need to keep control of the situation. When you are sure that danger has passed, concentrate on your child’s emotional needs. Have children participate in the family’s disaster preparedness planning and recovery activities if a disaster strikes.

**DISASTER SUPPLIES KIT** – is simply a collection of basic items your family may need in the event of an emergency. Assemble your kit in advance and consider that the kit may need to go with you if your family has to evacuate.

The kit should have supplies to last for at least 72 hours even if you have lost electricity, gas, water, sewage treatment, and phone/computer service.

**BASIC DISASTER SUPPLIES KIT** (Partial list)

- Water - one gallon per day per person (<http://www.ready.gov/water>)
- Food (at least a 3 day supply of non-perishable food) and a manual can opener
- Flashlight (extra batteries), camping lantern, candles
- First aid kit. At least one person per household should know first aid
- Whistle to signal for help
- Basic tools
- Moist towelettes, garbage bags, plastic ties for personal sanitation
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash (lower denominations) and change
- Important family documents in water proof/portable containers
- Sleeping bags or warm blanket for each person
- Change of clothes and sturdy shoes
- Fire extinguisher and teach each person in the household how to use it
- Matches in waterproof container
- Feminine/personal hygiene items
- Mess kits or paper cups, plates, paper towels, plastic utensils
- Paper and pencil
- Cards, books, games, puzzles and activities for children  
(<http://www.ready.gov/basic-disaster-supplies-kit>)

**FOOD**

- |                                   |   |
|-----------------------------------|---|
| Ready-to-eat canned meats, fruits | Protein or fruit bars   |
| Dry cereal or granola             | Peanut butter   |
| Dried fruit                       | Crackers  |
| Canned juices                     | Non-perishable pasteurized milk                                       |
| High energy foods                 | Vitamins  |
| Food for infants                  | Food for pets   |
| Comfort/stress foods              | ( <a href="http://www.ready.gov/food">http://www.ready.gov/food</a> ) |

**RESOURCES TO CONTACT & ADDITIONAL INFORMATION**

American Red Cross (<http://www.redcross.org/prepare/location/home-family/plan>)  
Center for Disease Control (<http://www.bt.cdc.gov/preparedness/plan/>)  
Colorado Department of Public Safety (<http://cdpsweb.state.co.us>) (303 - 692- 2025)  
Colorado Department of Public Health and Environment ([www.cdphe.state.co.us](http://www.cdphe.state.co.us))  
Colorado Office of Emergency Management ([www.dola.state.co.us/oem/oemindex.htm](http://www.dola.state.co.us/oem/oemindex.htm))  
Colorado Office of Preparedness, Security, and Fire Safety (<http://ops.state.co.us/>)  
Federal Emergency Management Agency Region 8 ([www.fema.gov](http://www.fema.gov)) (303-235-4800)  
National Weather Service – Denver/Boulder ([www.crh.noaa.gov/den](http://www.crh.noaa.gov/den))  
Ready.gov ([www.ready.gov](http://www.ready.gov)) (800-Be-Ready)  
United States Department of Homeland Security ([www.dhs.gov](http://www.dhs.gov)) (800-Be-Ready)

