

Emergency Preparedness

for individuals and families

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Why Should You Be Prepared?

- Emergency resources may be limited
- Helps you and those around you survive
- Reduces fear and anxiety



Action Steps to Preparedness

- Get Informed
- Make a Plan
- Assemble a Disaster and “Go” Kit
- Maintain Your Plan and Kits
- Address Individual Special Needs



Get Informed

- Risks in Grant County
 - Fires (both wildland and structural)
 - Hazardous Weather
 - Hazardous Material Spill
 - Radiological Emergencies
 - Flooding (Ephrata and Wilson Creek)
 - Disease Outbreak



Make a Plan

- Personal (for home or workplace)
- Family (includes everyone in your household--don't forget your pets)
- Workplace (educate your co-workers on disaster preparedness)



Make a Plan (cont'd)

- Learn basic first aid and CPR skills
- Learn how to use a fire extinguisher
- Learn how to shelter in place

Where do evacuation notices come from?

- Nixle (text GCSHERIFF to 888777)
- Local law enforcement door-to-door
- Radio
- Television
- Facebook @GrantCoSheriff



Make a Plan (cont'd)

- Plan for pets and service animals
 - Know the laws regarding pets and service animals in shelters
 - Plan for an alternative safe location for your pets
 - Prepare a disaster kit and carrier if applicable for your pet
 - Make sure pets and service animals are properly identified
 - Make copies of vaccination and shot history
 - Keep recent photos of you and your pet with your plan and kit



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Disaster Kit (stationary)

- Must be easily accessible in your home or office
- Water (for everyone in the household for at least 72 hours)
- Non-perishable food (for everyone in household for at least 72 hours)
- Games and books for children
- Copies of personal documents
- Battery-operated or hand crank radio
- Flashlights and flameless candles
- Extra batteries
- Over-the-counter medicine
- First aid kit
- Change of clothes for members of the family
- Blankets
- Emergency whistle
- Hand sanitizer and personal hygiene items
- Plastic sheeting and duct tape for sheltering in place
- Cash



Go Kit (on the move)

- Must be portable to take to evacuation center or shelter
- Water
- Non-perishable snack items
- Games and books for children
- Pen/pencil and paper
- Copies of important personal documents
- Personal hygiene items
- First aid kit
- Over-the-counter medications and personal prescriptions
- Battery-operated flashlight and radio
- Extra batteries
- Clean change of clothes for family members
- Bedding (sleeping bag, pillow, blanket)
- Cash
- Other reasonable items to make you feel comfortable in a shelter



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Maintaining your plan and kits

- Practice
- Keep the information updated on a regular basis
- Change items in your kits every 6 months
- Let your outside contact know where you keep your kit and what your plan is in the event of a disaster
- Include your neighbors in your plan



Special Needs Population

- Consider
 - Additional challenges will be faced in a disaster
 - Temporary evacuations or relocations may take place
 - Familiar support network may not be available

Visually Impaired

- Keep an extra mobility cane in disaster kit and keep extra canes in strategic locations at home, work, school, etc.
- Know your rights in terms of service animals
- Have written instructions on how to care for service animal
- Prepare a disaster and “go” kit for the service animal and include all forms of identification
- Pre-label emergency supplies with Braille, large print or brightly colored tape
- Prepare for being without auditory cues
- Organize medications so that they can be easily packed
- Keep any assistive devices readily available
- Prepare a written description of how to use assistive devices
- Know how to verify the credibility of emergency responder
- Be familiar with transportation routes around your home and neighborhood
- Know the emergency exit routes of buildings you are in



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Children and Teens

- Encourage family to develop and practice emergency plan
- Know where you will meet your family if a disaster occurs when you are not at home
- Designate and know phone number of a family member outside the area where you can check in, in case you are separated from your family
- Create a list of medications or other items to which you may be allergic
- Follow instructions of emergency response officials
- Don't be afraid to ask questions



Cognitive Impairments

- Write down your plan, review and practice often
- Keep pre-printed messages that explain needs, how to best communicate with you and other important phrases or pieces of information
- Write down how you will contact family/caregivers
- Know exactly how you will describe your needs to others
- Wear identification bracelets or dog tags at all times
- Register with Alzheimer's Safe Return Program
- Pack items that will help you feel comfortable in unfamiliar settings (i.e. family photos)



Culturally Diverse

- Develop a plan for contacting family and friends if you are separated
- Have key information about yourself written down in English and your primary language
- Know where to go for information in your primary language
- If you don't speak English, learn key phrases to ask for help or get directions
- Develop relationships with emergency response staff prior to emergency
- Be willing to trust and follow instructions of uniformed officials



Hearing Impaired

- Store extra batteries for hearing aids, portable TTY machines, laptops, and other communication devices
- Have a battery-operated television
- Know which media outlets provide captioned emergency information
- Create a list of pre-printed statements and explanations describing your condition, needs, and how you prefer to communicate
- Keep pens and paper in your emergency kit for writing notes



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Homeless

- Develop and engage in word-of-mouth networks to disseminate information
- Have some form of ID
- Keep a supply of medications with you at all times
- Develop a buddy system
- Know evacuation routes from where you typically stay
- Be prepared to have your pet placed temporarily in a shelter
- Follow instructions of emergency response officials



Medically Fragile

- Keep a list of your medical condition/status with you at all times
- Have a list of your medications and instructions for their use
- Know how you will keep medications refrigerated
- Have a plan for what to do if your home health caregiver cannot get to you
- Have handwritten operating instructions for all equipment
- Have extra batteries, oxygen, catheters, etc. that might be needed
- Have backup power supplies for any equipment
- Inform the PUD of any life support equipment you have that relies on electricity
- Know the locations of facilities that can support your life-sustaining needs
- Notify the local fire station of your conditions and needs



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Mental Health

- Maintain a brief statement of your condition and needs on your person
- Keep pre-printed messages that explain needs, how best to communicate with you, and other important phrases or pieces of information
- Identification bracelets or dog tags
- Practice how you would communicate your needs to responders
- Think about how you will feel in an emergency and practice how you will cope with those emotions
- Practice calming methods
- Have a list of and know how you will contact family, friends, and providers



Mobility Impairments

- Know evacuation routes out of your house/ work/school
- Arrange furniture so that you have multiple barrier-free paths in your home
- If in a wheelchair, keep heavy gloves with you in case you are in area with glass or debris
- Have extra batteries for motorized wheelchair or scooter
- If possible, keep an extra set of mobility assistance devices (e.g. canes, etc.) in convenient locations
- Keep operating instructions for all mobility assistance devices with the devices
- Keep written instructions with your device on how to safely move you in case your device cannot be moved



Seniors

- Consider personal needs and assistive devices, such as eyeglasses, hearing aids, and other life support devices
- Have ample layers of clothing in disaster and go kits to remain warm
- Keep copies of pre-printed messages with you that explain your needs, how best to communicate with you, and other important information about yourself



More information

- www.fema.gov
- www.prepare.org
- www.ready.gov
- ECC@grantcountywa.gov

