



# Disaster Preparedness

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# Managing Expectations

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Today is ONLY a starting point



# When we talk disaster preparedness

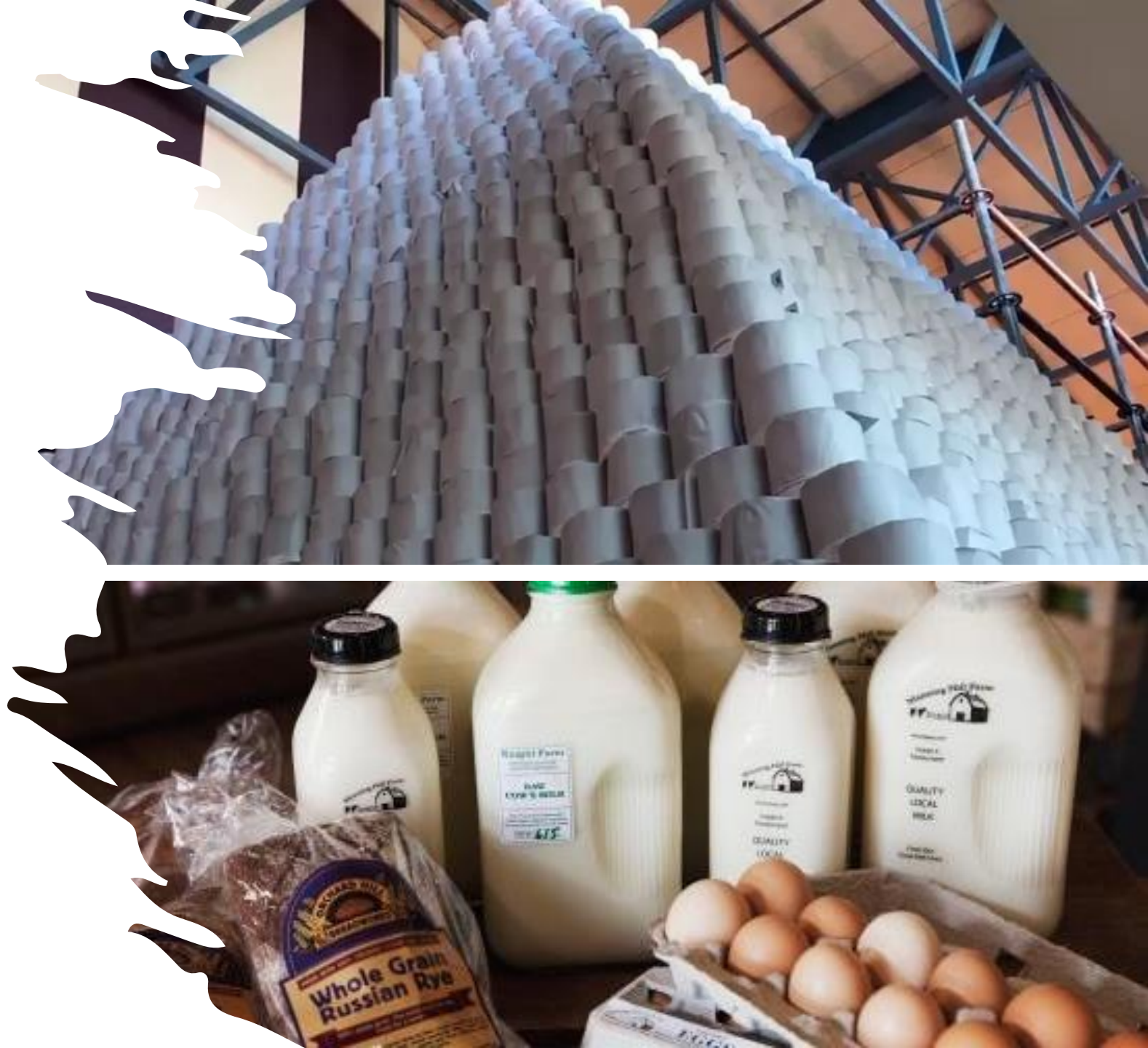
- Its either this

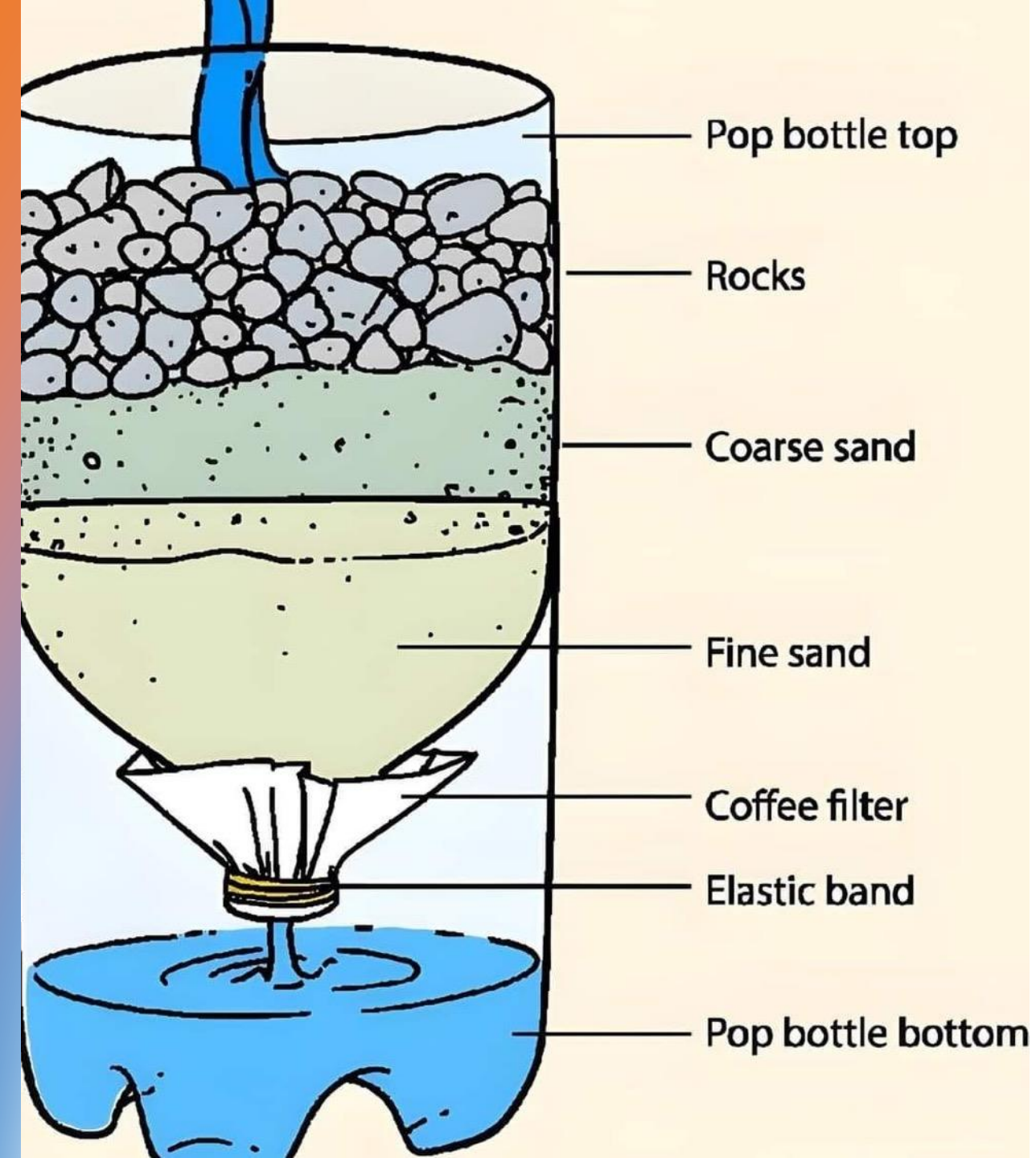




# When we talk disaster preparedness

- Or this





## Goals

- “The more you know, the less you need.”
- Before today, who knew how to do this??
- Habits can be formed from many of today’s suggestions.



## Goals

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- The PLAN
- Checklists
- Resources

**The more  
you know,  
the less  
you need.**





## The Decision

- To shelter in or evacuate out?...that is the question.

## **TOTALITY OF THE CIRCUMSTANCES**


- Evacuate: Do you have your plan?
  - Where can you meet if home is not an option?
  - Make this a habit
    - DRESS FOR THE WEATHER!!
    - 'Snowmageden' Motorist Assist







## Totality of the Circumstances

- To shelter in or evacuate out?...that is the question.
  - Evacuate: Do you have your plan?
    - Where can you meet if home is not an option?
    - Make this a habit
      - DRESS FOR THE WEATHER!!
      - Share travel plans.
        - Where?
        - What route?
        - When are you leaving?
        - What time do you expect to be there?
        - Let everyone know you made it.
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# General Vehicle Knowledge



**Gas tank never below half (this is an actual ISP policy)**

Prevents moisture in the tank

Never know when you will be in traffic



**Check your vehicle fluids**



**Windshield wipers**



**Familiarize yourself with changing YOUR vehicles tire**



**Can you jump your car's battery?**



**Do you know what to do to get your vehicle "unstuck"?**

Weigh the necessity of leaving the vehicle. (this is a vital decision and an entire teaching point)

**Do you know how to change the tire on the car you are currently driving?**



# Safety Check

DO NOT take away from today you are behind and HAVE to have everything ready NOW.

“Distance gives you time and time gives you options.”

The next couple slides are mostly from the American Red Cross site

# Where to start: What do you need now

- Personal Assessment
  - Daily Living
    - Personal Care
    - Water
    - Personal Equipment
    - Eating
    - Electricity Needs
  - Getting Around
    - Disaster Area
    - Transportation
- Evacuating
  - Out of the building
    - Stairs, Elevator, Options
    - Exits
      - How many options do you have
  - Getting Help
    - Do you have people to rely on
  - Mobility Aids
    - Are ramps and special equipment available
  - Service Animals
    - Do you have their supplies too?



# Gather Information

- Make Copies of:
  - State Driver's License or ID Cards
  - SSN Cards
  - Passports
  - Personal Legal Documents
    - Deeds, Vehicle Titles
  - Medical Records
  - Insurance Policies

Store in your “go bag” in Ziploc bags

- Reach out to local emergency management or the Red Cross to learn about local community response plans and designated emergency shelters (*By town or County depending on population*)
- Is there a local registration for people with disabilities to provide quicker resources?

# The RED CROSS says:





## A detailed collage of emergency survival equipment. At the top center is a large black tactical backpack with multiple straps and pockets, featuring a small American flag patch. To its left are two red life jackets with black harnesses and "LED" labels. Below the backpack is a red first aid kit with a white cross. In front of the backpack is a red portable radio with a digital display and knobs. To the right of the radio are several yellow boxes of "EMERGENCY Drinking Water" by mAYDAY, each labeled "5 Year Shelf Life". Below the water boxes is a black multi-tool and a coiled green rope. In the bottom left corner is a box of "S.O.S. EMERGENCY FOOD RATION" with detailed nutritional information and ingredients. Next to it is a bag of "TRAILTOPIA ADVENTURE FOOD BANANA OATMEAL". Other items include a red flashlight, a black compass, a roll of orange tape, a pair of scissors, a roll of bandage, and various smaller packets like "ICE PACK" and "STERILE GLOVES". The entire collection is set against a plain white background.

- **What Do You Need In A Survival Kit?**
- At a minimum, you should have the basic supplies listed below.
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- Tool kit: Multi-purpose tool, Hammer, Small wrecking bar
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash (SMALL DENOMINATIONS)
- Emergency blanket (Space/Mylar)
- Map(s) of the area

# WHY YOU NEED TO HELP “STOP THE BLEED”

BLEEDING IS A COMMON  
**BUT PREVENTABLE**  
CAUSE OF DEATH

According to the New England Journal of Medicine, death from hemorrhagic shock is a global problem. The median time from onset to death is two hours, which means recognizing the signs of hemorrhagic shock early and taking action immediately can be life-saving.



“The more you know, the less you need.”

You don’t know how to use those items??

- <https://www.stopthebleed.org/training/>

**E.D.C.**

What do I  
personally  
carry in my  
car(s)

I will not suggest anything that  
I would not...don't already do  
myself



## First Aid – Stop the Bleed Kit

Tourniquet

Emergency  
Bandage

Chest Seal

Gauze

Trauma  
Shears

Emergency  
Blanket




# What do I personally carry in my car(s)

- Tools
  - Light source(s)
    - Flashlight (Two sets of batteries/two separate plastic baggies)
    - Chem Lights (Glow Sticks)
    - Lighter
  - Pliers
  - Adjustable (Crescent) Wrench
  - Hammer
  - Foldable Shovel
  - Knife
  - Gloves
  - Rain Gear (suit and ponchos)
  - Jumper Cables



# What do I personally carry in my car(s)

- Non-Perishable food and Water
    - Bottled water – Nothing Fancy
  - Hygiene
    - Toilet paper/Baby wipes
    - Sanitizer Gel
  - Sunscreen
  - Bug Spray
  - Pencil and paper
  - Weather appropriate extra clothes
  - **Deactivated Cell Phone with Charger**
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- A large yellow triangle is positioned in the bottom right corner of the slide, pointing towards the top right.

Some other  
things to think  
about



## Make an Individual Emergency Plan

Making an individual emergency plan is one of the most important things you can do to prepare for an emergency.

### A plan helps you:

Consider the types of emergencies that may happen in your area.

Talk about how you, and the people who support you, will respond if an emergency happens.

Think about your needs and how you will get them met in an emergency.

### Circle some of the items you may need in your emergency plan.

Remember, you may need all of these items, only a few items, or other items not pictured here. Your plan is for **you**, so what you put in it should be based on **your** needs.



a phone that can receive emergency alerts



a list of supplies you need for a week



a list of supplies your service animal, emotional support animal, or pet needs for a week



a map for an evacuation plan



copies of important documents



a list of emergency contacts with phone numbers and email addresses



Once you have your individual emergency plan, **share and practice** your plan with the **people who support you**.

Review and update your plan **at least once a year** or if your needs change.

**Emergencies can happen fast and without any warning, but you don't have to face them unprepared.**

Start preparing for emergencies now by following these tips at <https://bit.ly/make-your-plan-now>.



# Resources

Red Cross website: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/inclusive-preparedness-resources.html>



Illinois Emergency Management Agency:  
<https://iemaohs.illinois.gov/localema/functionalneeds.html>





Questions



# Thank you

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