



Be Disaster Safe

Background

MASTERS OF DISASTER®

Be Disaster Safe

Be Disaster Safe is one of the modules in the series of *Masters of Disaster* materials created by the American Red Cross for schools, clubs, organizations and families across the country. An essential part of preparing for any disaster is to be ready with plans and supplies, and to practice these plans. *Be Disaster Safe* from *Masters of Disaster* inspires young people and their families by teaching them the steps for preparedness for all hazards.

These activities are specifically tailored for reaching children in the lower elementary (K–2), upper elementary (3–5), and middle school (6–8) grades. *Be Disaster Safe* is divided into four sections: Disaster Cycle, In the Community, At School and At Home.

Masters of Disaster Connections

Be Disaster Safe is the module for *Masters of Disaster* that addresses general safety and preparedness for any disaster. Use specific topics to reinforce the objectives.

- To help students prepare for and respond to specific weather-related, geological and human-caused disasters, use these modules: *Earthquakes, Floods, Hurricanes, Lightning, Tornadoes* and *Facing Fear*.
- To help students prevent, prepare for and respond to fires and accidents in the home, use *Fire Prevention and Safety, Wildland Fires* and *Home Safety*.
- The lessons of *In the Aftermath* focus on recovery after a disaster—for the individual, the school and the community.

Why Talk About Disaster Safety?

Disasters, whether natural or human-caused, can have tragic results: thousands of deaths, families separated, homes destroyed, jobs lost and even whole communities devastated. Economically, disasters can cost billions of dollars each year. Communities must repair and rebuild homes, businesses, public buildings and community infrastructure—roads, bridges and utilities. Local businesses may struggle and often never recover.

Not all disasters can be prevented, but we can learn to stay safer and reduce the damage caused by these occurrences.

Be Disaster Safe: Disaster Cycle

We speak of the disaster cycle to describe the actions people take to stay safer during any type of disaster—weather-related, geological or human-caused.



Visit the American Red Cross Web site
at www.redcross.org/disaster/masters



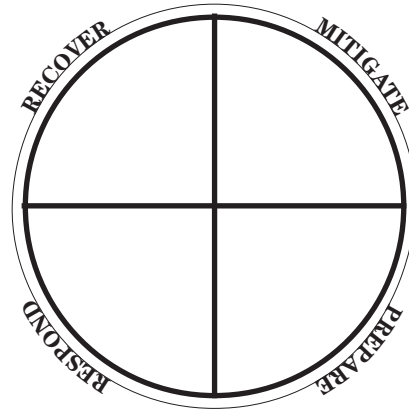
Be Disaster Safe

Background



Visit the American Red Cross Web site at www.redcross.org/disaster/masters

Disaster Cycle



- **Prepare:** At home, at school or in the community, know and follow disaster preparedness steps to be ready when disaster strikes.

Assess the risk

Discover the types of emergencies or disasters likely to occur in your area in order to identify your preparedness needs.

Reduce the hazards

Do what you can to lessen the danger of disaster—if you are in an earthquake zone, bolt heavy objects to floors or walls; if you are in an area prone to wildland fires, clear underbrush or overhanging trees from around structures; and no matter where you live, be sure to keep fuel and heat sources at least 3 feet apart. (See *Masters of Disaster* for specific emergencies and disasters to find out more about reducing hazards.)

Make a plan

Work together to set up a communication plan so that everyone knows where to go and whom to call in case of an emergency. (See the topic below, *Be Disaster Safe: At Home*, for more details.)

Once your plan is set, make sure that everyone knows what to do and practices in order to reach safety more quickly. Be sure to update contact information, evacuation routes and disaster supplies. (See the topic below, *Be Disaster Safe: At School*, to find out more about safety drills.)

Build a kit

If you are stranded with no electricity or water and the roads are impassable, you need to be able to stay in contact, listen to continuing reports and have available a disaster supplies kit—a three-day supply of water, food, medications and special supplies for every member of your family, including pets. (See the topic below, *Be Disaster Safe: At Home*, for more details.)

Volunteer

Once you are better prepared, help other family members, neighbors and friends to prepare and stay safe during an emergency. Volunteer for your local chapter of the American Red Cross or other organizations.

- **Respond:** When disaster strikes, be ready to take proper actions that will ensure your safety. The public must listen to WATCHES and WARNINGS, take appropriate safety actions—including evacuation if necessary—follow



Be Disaster Safe

Background

official recommendations, communicate with family and wait until the emergency is over. Community emergency management must put their plans into action, warning and communicating with the public and acting quickly to ensure everyone's safety.

- **Recover:** After a disaster, individuals, families, schools, businesses, institutions and the community must clean up, clear away, repair, replace and rebuild. Recovery includes physical and emotional healing. All recovery takes time.
- **Mitigate:** Mitigation is key to future disaster safety. Although not all disasters can be prevented, we can lessen the severity of a disaster's effects. Mitigation in homes, schools and businesses includes using smoke alarms, sprinkler systems and fire escapes, or bolting heavy items to walls or floors, anchoring roofs or building wind-safe structures. In communities, mitigation includes strengthening building codes, bridges, dams and levees, or relocating structures away from disaster-prone areas and building effective community response teams.

Be Disaster Safe: In the Community

Your state and local community can help you be disaster safe at every point in the disaster cycle.

- **Prepare:** Communities provide information to help you know how to prepare for disaster, including signage that indicates safe areas or evacuation routes.
- **Respond:** When disaster strikes, community emergency management plans take effect—watches and warnings are broadcast; sirens may blare; and fire, police, medical emergency services and public works respond.
- **Recover:** After a disaster, communities organize cleanup and work with local agencies, the federal government, and the American Red Cross and other volunteer organizations to take care of people's needs in the community.
- **Mitigate:** The cycle continues. To lessen the impact of another disaster, community planners reassess the community's needs and take action to make the community safer from disaster.

9-1-1

Calling 9-1-1 provides access to all of a community's emergency services—fire, police and emergency medical services. Many communities have enhanced 9-1-1, which automatically provides the caller's address and telephone number. However, the call-taker will always try to verify this information.

When calling 9-1-1, always provide clear and accurate information.

- Name
- Phone number from which you are calling
- What happened
- Your exact location, including nearby intersections, landmarks, the building name and/or an apartment number



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

- Whether anyone is injured and his or her condition

Always remain on the line until the 9-1-1 operator tells you to hang up.

Note: For most areas in the United States the universal number to call for help in an emergency is 9-1-1. If your area has a different local emergency number or numbers, help young people memorize them and post the numbers next to every phone.

WATCHES and WARNINGS

WATCHES and WARNINGS are alerts provided through the National Weather Service and broadcast on local television and radio stations. WATCHES alert people that conditions are right for severe weather to occur, and WARNINGS alert people that severe weather is occurring or is imminent. Your community may also have a warning signal or siren to alert the populace about emergency situations.

Agencies and Organizations

In addition to your local fire, police, emergency medical services and emergency management team, there are national agencies and organizations available to help communities prepare, respond, recover and mitigate.

- **National Weather Service**

<http://nws.noaa.gov>

The National Weather Service (NWS) is part of the National Oceanic and Atmospheric Administration (NOAA). The NWS provides weather, hydrologic and climate forecasts and warnings for the United States, its territories, adjacent waters and ocean areas. The NWS protects life, property and the national economy by providing severe weather WATCHES and WARNINGS. NWS creates and maintains a national information database that can be used by other government agencies, the private sector, the public and the global community.

NOAA All Hazards Weather Radio alerts families, schools and businesses to all emergencies by providing immediate broadcasts of severe weather WARNINGS and civil emergency messages, giving those in harm's way critical time to respond and get to safety. The system is part of the nation's Emergency Alert System, a nationwide network of more than 970 transmitters directly linked with one of the 123 local offices of the National Weather Service.

Note: Public Alert Radios are distributed to public schools in every community to help safeguard our children. Available 24 hours a day, every day, these radios are always on guard to alert school personnel to terrorist threats, emergencies and weather conditions in your immediate area, even when other communication lines are unavailable. Check *<http://public-alert-radio.nws.noaa.gov/index.html>* to find out more.

- **Department of Homeland Security**

<http://www.dhs.gov>

The Department of Homeland Security (DHS) is responsible for assessing the nation's vulnerability and collecting, protecting, evaluating and disseminating information to the public. DHS



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



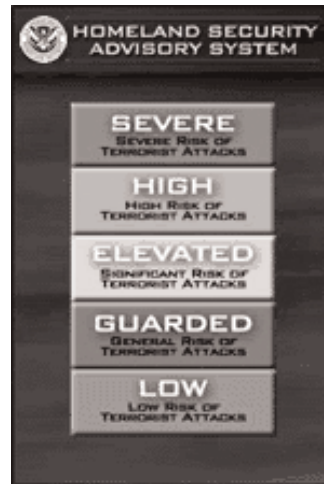
Be Disaster Safe

Background

combines the capability to anticipate, preempt and deter threats to the United States whenever possible with the ability to respond quickly when such threats do materialize.

In the event of an act of terrorism, natural disaster or other large-scale emergency, DHS will provide a coordinated, comprehensive federal response and will mount a swift and effective recovery effort.

DHS maintains a national advisory system to make the public aware of the level of need for preparedness.



- **Federal Emergency Management Agency**

<http://www.fema.gov>

In 1803, the U.S. Congress passed the first piece of disaster legislation to provide assistance in a New Hampshire town after an extensive fire. Since that time, government agencies, including the Federal Emergency Management Agency (FEMA), have coordinated disaster efforts across the nation. Since 2003, FEMA has been part of the Department of Homeland Security. FEMA's activities cover all phases of the disaster cycle.

Prepare: FEMA supports community emergency management planning and provides information to families, businesses and institutions on how to prepare to stay safe during a disaster.

Respond: FEMA helps equip local and state emergency teams—training emergency managers and supporting the nation's fire service—and coordinates federal response to a disaster.

Recover: FEMA makes disaster assistance available to states, communities, businesses and individuals, and it administers the national flood and crime insurance programs.

Mitigate: FEMA advises on building codes and floodplain management.



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

- **The American Red Cross**

<http://www.redcross.org>

The American Red Cross receives no money from the government, but is chartered by the U.S. Congress to provide disaster relief. All help is given to people free of charge through the support of charitable donations.

Emergency help includes the basics to sustain life—shelter, food and water, replacement of essential medication and personal hygiene supplies. The Red Cross may also help reunite families by staying in touch with all evacuation sites.

The strength of the Red Cross is its core of volunteers who work in all levels of the organization, providing help in Disaster Services, Health and Safety Services, Blood Services and community programs.

Be Disaster Safe: At School

Supplies

(**Note:** For a more complete list of disaster supplies for schools, go to *<http://www.redcross.org/disaster/masters/supply.html>*.)

Schools must store supplies for the overall school community, as well as for each classroom. In order to know what and how much to store, administrators need to answer several questions:

- What disasters threaten your school?
- How close is emergency assistance?
- Do most students live within a short distance from the school or are there bridges or highways that could be blocked for several days?
- Where should supplies be stored—indoors, outdoors or both?

Supplies for the Whole School:

Water, First Aid, Sanitation, Tools, Food

Water:

- One gallon per person per day times three days, with small paper cups

First Aid:

- Compresses, bandages, cardboard splints, tape and hydrogen peroxide
- Tweezers, latex gloves, scissors, dust masks and heavy duty rubber gloves
- First aid books
- Space blankets and plastic basket or wire basket stretcher or backboard
- Sterile water in small sealed containers



Visit the American Red Cross Web site at *www.redcross.org/disaster/masters*



Be Disaster Safe

Background



Visit the American Red Cross Web site at www.redcross.org/disaster/masters

Sanitation Supplies: (if not supplied in the classroom kits)

- 1 toilet kit per 100 students and staff, to include:
 - 1 portable toilet, privacy shelter, 20 rolls toilet paper, 300 wet wipes, 300 plastic bags with ties, 10 large plastic trash bags
 - Soap and water, in addition to the wet wipes, is strongly advised.

Tools per Campus:

- 3 rolls barrier tape 3" x 1000"
- Pry bar, pick ax, sledge hammer, shovel, pliers, bolt cutters, hammer, screwdrivers, utility knife

Food: The bulk of stored food should be easy to serve, nonperishable and not need refrigeration or heating after opening. Food is generally considered a low priority item, except for those with diabetes and certain other specific medical conditions. One method used by schools is to purchase food at the beginning of the school year and donate it to charity at the end of the year. A supply of granola bars, power bars, or similar food which is easy to distribute, may be helpful. Some schools store hard candy, primarily for its comfort value.

Classroom Kits:

- Work gloves, leather
- Latex gloves, 6 pairs
- Safety goggles, 1 pair
- Small first aid kit
- Pressure dressings, 3
- Crow bar
- Space blankets, 3
- Tarp or ground cover
- Student emergency cards
- Buddy classroom list
- Pens, paper
- Whistle
- Student activities
- Duct tape, 2 rolls, and heavy plastic sheeting (for sealing doors and windows)
- Scissors
- Suitable container for supplies (5-gallon bucket or backpack)
- Drinking water and cups, stored separately
- Toilet supplies (large bucket, used as container for supplies and toilet when needed, with 100 plastic bags, toilet paper, and hand-washing supplies)
- Weather radio with batteries or hand-cranked or other communication system
- Flashlight, batteries



Be Disaster Safe

Background

Many classrooms ask students to bring in their own comfort kits. These typically hold a small amount of nonperishable food, water, a space blanket or large plastic trash bag, a light stick, a small toy and/or a letter or photograph from home.

Emergency Drills and Procedures

Students are safer when they know what to do when an emergency occurs. It is important to provide information and time to practice each type of drill—school evacuation, bus evacuation, reverse evacuation and drop drill.

The practice of emergency drills or exercises varies across the United States depending on local hazards and tradition. Some states mandate specific drills, such as tornado and earthquake. Virtually all schools conduct fire drills, and these are usually mandated by local fire authorities to be conducted monthly in elementary schools and two to four times a year in secondary schools. The traditional **fire drill** involves evacuating the school (moving all people from the inside to an evacuation area outside). The evacuation area is usually an athletic field or playground or other area where the entire school population can gather.

Since evacuation is also the correct procedure to take when any condition inside the school makes it unsafe for the population to remain there, it is more accurate to call the fire drill an **evacuation drill**. Evacuation is used after a release of hazardous materials inside the building (such as a chemistry accident, cleaning product spill or pepper spray), damage to the building (which might be caused by snow or rain load, high winds or earthquake), or other unsafe condition.

Evacuation can refer to merely evacuating all the buildings or actually moving people off the grounds. **Offsite evacuation** is necessary when the school grounds or neighborhood are unsafe, for example, during a hostage situation or when floodwater or a wildfire is approaching. If the school buildings have to be evacuated when the weather is severe, the population must be moved quickly to prevent hypothermia or other medical problems. If a fire in a school is large, students should be moved to prevent exposure to smoke and to minimize traffic when parents pick up their students, as emergency vehicles are needed on campus.

Although each drill is different, it's important for students to follow general rules at the sound of any alarm or call to attention during an emergency. Be sure to adapt your plans to include the specialized needs of students and staff with disabilities. Work with the students to create a class list of rules in case of emergency. For example:

- Stop what you are doing.
- Listen for directions, if an adult is present.
- Get in line.
- Follow the evacuation route; or if outside, the reverse evacuation route.
- Check to make sure you see your buddy.
- Walk quietly and calmly.
- Go to the assigned meeting place outside the building; or in a reverse



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

evacuation, return to the classroom or designated safe area.

- Stay quiet, answer the roll call and listen for directions or for the All-Clear signal.

Follow the steps below to prepare students to react appropriately during an emergency situation at school.

Note: These drills may be practiced by one class or the whole school. If you are conducting the drills with one class, be sure to notify the principal ahead of time. Follow the procedures approved by your school or district. Many schools use the buddy teacher system, pairing teachers in adjacent or nearby classrooms to work together in emergencies.

Evacuation Drill

These steps are taken to empty the school building of people in case of fire, a gas leak, bomb threat, after a natural disaster in which the building may have been damaged or in any other situation in which it is safer outside than inside the building.

Make sure the students know what to do if there is a fire inside the school—pull the fire alarm if available, tell a teacher or school official immediately and follow directions to leave the building quickly. Make sure the students know what the fire alarm sounds like. Remind students that they may be asked to go outside even if the fire alarm doesn't sound.

Review the evacuation procedures:

- The teacher asks the students to line up at the door and checks to see that all students are present by counting or taking roll if time permits.
- The teacher checks with buddy teacher. (It might be necessary to assist or evacuate a buddy teacher's class in a real emergency.) If buddy teachers evacuate their classes together, one teacher should go first and the other last.
- Remind the students that they are to follow the teacher to the Emergency Assembly Area quickly and quietly.
- Teachers then take roll and count to be sure everyone got out safely and report the information in writing immediately.

Complete the evacuation drill.

When the All-Clear signal has been given, bring the students inside. Review the process with the students, praise them for their success and answer questions if necessary. Update the process to accommodate any necessary changes or additions.

Note: Bus emergency evacuation drills must also be practiced regularly. If your area is at risk for tsunamis, moving to high ground would be added to evacuation drills for earthquakes.



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

Reverse Evacuation Drill

These steps are taken to take shelter within the school building in case of sudden, dangerous weather, thunder or an outside danger, such as bees or an escaped criminal.

Make sure the students know why they might be called inside the buildings quickly—severe weather WATCHES or WARNINGS, dangers outside or gunfire.

If your school has a specific alarm signal to designate a reverse evacuation, make sure that students know what it sounds like. Explain that they may be asked to go indoors immediately even if the alarm doesn't sound.

Review the reverse evacuation procedures:

- Teachers, or other school officials, tell the students to go inside the building quickly and report to their classrooms.
- Set a signal to call the class indoors.
- Teachers take roll and count the students to make sure everyone returned safely and report the information to administrators in writing immediately.

Practice the reverse evacuation drill toward the end of recess or when the students are outdoors. Use the designated signal to call students indoors.

When everyone is in, take roll to account for everyone and report attendance in writing. Review the process with the students, praise them for their success and answer questions if necessary. Update the process to accommodate any necessary changes or additions.

Lockdown is a reverse evacuation followed by locking the doors and windows to prevent a dangerous situation from spreading into the school building. Work with your local law enforcement agency to refine the procedures.

Shelter-in-place also follows reverse evacuation to ensure students' safety while remaining indoors. Make sure the students know why they might take shelter-in-place—chemical, biological or radiological contaminants may be released into the environment; there are dangers outdoors; or, during or after a natural disaster it may be important to stay safe indoors.

Review shelter-in-place procedures:

- If the students are outside, follow reverse evacuation procedures to bring students, faculty and staff indoors.
- Close the school. If there are visitors in the building, ask them to stay—not leave. A call to take shelter-in-place requires people to stay where they are, not drive or walk outdoors.
- Close and lock all windows, exterior doors and any other openings to the outside. If you are told there is danger of explosion, close window shades, blinds or curtains.
- Maintenance people will turn off heating and air conditioning systems.
- Access essential disaster supplies (see above).



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

- The school should have at least one phone to communicate with parents or others who call in, as well as school-wide communication over a public address system.
- Write down the names of everyone in the room and call the school's designated emergency contact to report who is in the room.

Seal-a-Room: If the emergency includes gaseous or particulate contaminants that might enter the building, follow the seal-a-room procedures:

- Select interior rooms above the ground floor, with the fewest windows or vents. Classrooms may be used if there are no windows or if windows cannot be opened.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the doors, windows and any vents.

Listen for an official announcement and stay where you are until you are told all is safe or you are told to evacuate.

Practice the shelter-in-place drill.

Review the process with the students, praise them for their success and answer questions if necessary. Update the process to accommodate any necessary changes or additions.

Drop Drill

Drop, Cover and Hold On are the steps taken to ensure students' safety during an earthquake. Students may practice a similar drop position once they have reached their designated safe place in case of a tornado warning. Teachers might also direct students to drop in case of explosion or gunfire.

Earthquake

Make sure the students know how to quickly follow the command—Drop, Cover and Hold On.

- **Drop** to the floor and get under a table or desk.
- **Cover** yourself by positioning as much of your body as possible under the table or desk. Protect your eyes by leaning your face against your arm.
- **Hold On** to a leg of the table or desk. (Your head should be about halfway between the floor and the top of the table or desk.)

Students and teachers with disabilities should protect themselves as much as possible. Students and teachers in wheelchairs should turn to face away from windows, set the brake, and if possible, lean over so the head is below the back of the chair.

Practice the drop drill for earthquakes at random times—when students are at their desks working quietly, when students are not at their desks and there is noise in the room, when students are in the hallway, etc. (Remember, the teacher should always participate in the drill.)

Hold the drop position for about 30 seconds.



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background



Visit the American Red Cross Web site at www.redcross.org/disaster/masters

Review the process with the students, praise them for their success and answer questions if necessary. Update the process to accommodate any necessary changes or additions.

Note: If you live in a tsunami-prone area, add an evacuation drill to high ground immediately following the drop drill.

Tornado

Review tornado drill procedures.

- A tornado WATCH is issued when there is a possibility that storms could produce a tornado. Students should be moved out of vulnerable locations into sturdy buildings and be reminded of the identified tornado-safe places within the school building.
- A tornado WARNING is issued when a tornado has been spotted in the area. Students need to act fast to get to their assigned tornado-safe place. They will move to their safe place and take the tornado-safe drop position—drop to the floor and protect their heads and necks with their arms.

Remain in the tornado shelter area until the All-Clear announcement. Practice the drop drill for tornadoes. While in position, take roll to make sure everyone has moved to the designated safe place.

Students and teachers in wheelchairs should move to the tornado shelter area but remain in the wheelchairs.

Review the process with the students, praise them for their success and answer questions if necessary. Update the process to accommodate any necessary changes or additions.

Note: Work with your school district, architect or engineer to identify the tornado-safe place for your school and to identify vulnerable locations, such as transportable buildings, that might not be safe during a tornado WATCH or WARNING.

For more in depth information, see the American Red Cross:

- Emergency Planning for Schools, for a detailed list of supplies at http://www.redcross.org/services/prepare/0,1082,0_84_00.html
- Prepare at School, for specific emergencies: Blackouts, chemical emergencies, drought, earthquakes, fires, floods, heat waves, hurricanes, mudslides, terrorism, thunderstorms, tornadoes, tsunamis, volcanoes, wildland fires and winter storms, at http://www.redcross.org/services/prepare/0,1082,0_454_00.html

Be Disaster Safe: At Home

Disaster can strike quickly and without warning. It can force families to evacuate their neighborhoods or confine them to their homes. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. It is important to be prepared to stay safe.



Be Disaster Safe

Background



Visit the American Red Cross Web site at www.redcross.org/disaster/masters

Make a Plan

Note: For more complete disaster information for families, go to http://www.redcross.org/services/prepare/0,1082,0_77_,00.html.

Families must get together to discuss the need to prepare for disaster.

- Know the types of disaster that can strike your area and what to do and the safe places to be for each type of disaster.
- Know two ways out of each room in your home.
- Know the best escape routes from your home. Know official evacuation routes and alternatives, should local authorities tell you to evacuate.
- Set up two places to meet in case of an emergency and make sure everyone in the family knows how to get there.
 1. Choose a meeting place right outside your home in case of a sudden emergency, like a fire.
 2. Choose a meeting place outside your neighborhood in case you can't return home. Have everyone memorize the address and phone number.
- Make an emergency contact list.
 1. Talk to an out-of-state friend or relative and ask him or her to be your "family contact." After a disaster, it's often easier to call long distance. If family members are separated, each must call this number to let your contact know where he or she is and whether he or she is safe.
 2. Make sure everyone knows how to call 9-1-1 or your local emergency service number.
 3. Make sure everyone knows contact information for family members, including cell phones.
- Make a special plan for the elderly or those with disabilities or special needs.
 1. Make sure extra medications and special support items are on hand.
 2. Provide the power company with a list of all power-dependent life support equipment required by family members and determine an alternate power source for the equipment or a relocation of the person.
 3. Be aware of and make a plan to support neighbors who may need extra help during an emergency—the blind, the deaf and the elderly
- Make a special plan for pets during an emergency.
 1. In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too.
 2. Create a list of "pet friendly" places, including phone numbers and addresses. List hotels and motels, as well as local animal shelters and pet-loving friends or relatives outside the affected area.
 3. Set up a special pet disaster supplies kit.



Be Disaster Safe

Background

Build a Kit

Note: For a more complete list of disaster supplies for homes, go to http://www.redcross.org/images/pdfs/code/disaster_supplies_kit.pdf and <http://www.redcross.org/news/ds/panflu/planahead.html>.

There are six basics to stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Remember, build your kit over time and restock it regularly to eliminate out-of-date items or add new medications or items for special needs.

Water:

- Store water in plastic containers, not containers that will decompose or break, such as milk cartons or glass bottles.
- Store one gallon of water per person per day—two quarts for drinking and two quarts for food preparation and sanitation.

Food:

Select foods that are nonperishable and require no refrigeration, preparation or cooking, and little or no water.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices
- High energy foods
- Vitamins
- Special foods for infants or those with special diets
- Comfort or stress foods
- Pet supplies

Make sure to note expiration dates for food storage and rotate these foods from your kit regularly.

Important Note: The American Red Cross recommends that families store at least a two-week supply of food and water—a three-day supply that is readily available for evacuation, and the rest accessible for use if you are confined to your home for an extended period of time. For example, in the event of a flu pandemic, government officials may be required to limit community movement or impose travel restrictions to help prevent the flu from spreading.

First Aid Supplies:

Basic first aid kits include bandages, germicidal and antiseptic wipes, tape, antibacterial ointment, cold pack, scissors and tweezers, and nonprescription drugs. For a complete list of first aid supplies recommended by the American Red Cross, please access the First Aid Kit Contents list on page 10 of the *Talking About Disaster: Guide for Standard Messages Appendix* at <http://www.redcross.org/images/pdfs/code/appendix.pdf>.



Visit the American Red Cross Web site at www.redcross.org/disaster/masters



Be Disaster Safe

Background

Clothing and Bedding:

- A change of clothes for each family member
- Sturdy shoes or work boots
- Blankets or sleeping bags
- Rain gear, hat and gloves and/or sunglasses

Tools and Supplies:

- Mess kit; or paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks
- Nonelectric can opener and utility knife
- Tools—screwdrivers, pliers, tape, hammer
- Plastic sheeting
- Sanitation items—toilet paper, towelettes, personal hygiene items, plastic garbage bags, plastic bucket with tight lid, disinfectant, chlorine bleach

Special Items:

Remember to pack special items for each member of the family—formula, diapers and bottles for infants; special medications; contact lenses and supplies or hearing aids and batteries.

Games and books will help keep everyone happier when the family has evacuated or is confined.

Safeguard important family documents—wills, insurance policies, passports, Social Security cards, bank account numbers, credit card account numbers and companies.



Visit the American Red Cross Web site at www.redcross.org/disaster/masters