

# Be Red Cross Ready

## Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference ...

### Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

### Get a kit



**At a minimum, have the basic supplies listed below.** Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- 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
- Emergency blanket
- Map(s) of the area

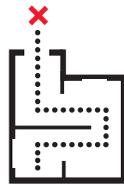
**Consider the needs of all family members and add supplies to your kit.** Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

**Additional supplies to keep at home or in your kit based on the types of disasters common to your area:**

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

### Make a plan



- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

#### Plan what to do in case you are separated during an emergency

- Choose two places to meet:
  - Right outside your home in case of a sudden emergency, such as a fire
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

#### Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

### Be informed



**Learn what disasters or emergencies may occur in your area.** These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.

#### Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCard.pdf>.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

### Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org). This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

## Tsunami Safety Checklist

Tsunamis are a series of large ocean waves generated by major earthquakes beneath the ocean floor or major landslides into the ocean. When the waves enter shallow water, they may rise to several feet or, in rare cases, tens of feet, striking the coast with devastating force. People on the beach or in low coastal areas need to be aware that a tsunami could arrive within minutes after a severe earthquake. The tsunami danger period can continue for many hours after a major earthquake. A tsunami can occur during any season of the year and at any time, day or night.

### Be aware of the signs of a tsunami:

- A strong earthquake lasting 20 seconds or more near the coast.
- A noticeable rapid rise or fall in coastal waters.

### What is the best source of information in a tsunami situation?

The International Tsunami Warning System monitors ocean waves after any Pacific earthquake with a magnitude greater than 6.5. If waves are detected, warnings are issued to local authorities who can order the evacuation of low-lying areas if necessary. The National Oceanic and Atmospheric Administration (NOAA)'s National Weather Service operates two tsunami warning centers:

1. **West Coast/Alaska Tsunami Warning Center (WC/ATWC), Palmer, Alaska.** Serves Alaska, Washington, Oregon, California, the U.S. Atlantic and Gulf of Mexico coasts, Puerto Rico, the U.S. Virgin Islands and Canada.
2. **Pacific Tsunami Warning Center (PTWC), Ewa Beach, Hawaii.** Serves Hawaii and the U.S. Pacific territories, and as an international warning center for the Pacific and Indian oceans and the Caribbean Sea.

### How can I prepare ahead of time?



Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas.

- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.
- Plan evacuation routes from your home, school, workplace and other places you could be where tsunamis present a risk. If possible, pick areas 100 feet (30 meters) above sea level or go as far as 2 miles (3 kilometers) inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference. You should be able to reach your safe location on foot within 15 minutes.
- Find out what the school evacuation plan is. Find out if the plan requires you to pick your children up from school or from another location. Telephone lines during a tsunami watch or warning may be overloaded and routes to and from schools may be jammed.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan makes the appropriate response more of a reaction, requiring less thinking during an actual emergency.
- If you are a tourist, familiarize yourself with local tsunami evacuation protocols. You may be able to safely evacuate to the third floor and higher in reinforced concrete hotel structures.

### What should I do during a potential tsunami situation?



If you are in a coastal area and feel an earthquake that lasts 20 seconds or longer:

- Drop, cover and hold on. You should first protect yourself from the earthquake.
- When the shaking stops, gather members of your household and move quickly to higher ground away from the coast. A tsunami may be coming within minutes.
- Avoid downed power lines and stay away from buildings and bridges from which heavy objects might fall during an aftershock.

### What to do during a tsunami watch

- Use a NOAA Weather Radio or tune to a Coast Guard emergency frequency station or a local radio or television station for updated emergency information.
- Locate household members and review evacuation plans. Be ready to move quickly if a tsunami warning is issued.

### What to do during a tsunami warning

- If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once.
- Take your emergency preparedness kit. Having supplies will make you more comfortable during the evacuation.
- Take your pets with you. If it is not safe for you, it's not safe for them.
- Get to higher ground as far inland as possible. Watching a tsunami could put you in grave danger. If you can see the wave, you are too close to escape it.

### What do I do after a tsunami?



- Continue using a NOAA Weather Radio or tuning to a Coast Guard station or a local radio or television station for the latest updates.
- Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Check yourself for injuries and get first aid as needed before helping injured or trapped persons.
- If someone needs to be rescued, call professionals with the right equipment to help. Many people have been killed or injured trying to rescue others.
- Help people who require special assistance—infants, elderly people, those without transportation, people with disabilities and large families who may need additional help in an emergency situation.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of floods.
- Use the telephone only for emergency calls.
- Stay out of any building that has water around it. Tsunami water can cause floors to crack or walls to collapse.
- Use caution when re-entering buildings or homes. Tsunami-driven floodwater may have damaged buildings where you least expect it. Carefully watch every step you take.
- To avoid injury, wear protective clothing and be cautious when cleaning up.
- Watch animals closely and keep them under your direct control.

### Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site, available through [redcross.org/safeandwell](http://redcross.org/safeandwell), to let your family and friends know about your welfare. You may also call **1-800-RED-CROSS (1-800-723-2767)** to register yourself and your family.

# Personal Workplace Disaster Supplies Kit

*For the workplace, where you might be confined for several hours, or perhaps overnight, the following supplies are recommended.*

## Flashlight with extra batteries

Use the flashlight to find your way if the power is out. Do not use candles or any other open flame for emergency lighting.

## Battery-powered radio

News about the emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.

## Food

Enough non-perishable food to sustain you for at least one day (three meals), is suggested. Select foods that require no refrigeration, preparation or cooking, and little or no water. The following items are suggested:

- Ready-to-eat canned meals, meats, fruits, and vegetables.
- Canned juices.
- High-energy foods (granola bars, energy bars, etc.).

## Water

Keep at least one gallon of water available, or more if you are on medications that require water or that increase thirst. Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

## Medications

Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day's supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and your employer about storage concerns.

## First Aid Supplies

If your employer does not provide first aid supplies, have the following essentials:

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield

## Tools and Supplies

- Emergency "space" blanket (mylar).
- Paper plates and cups, plastic utensils
- Non-electric can opener.
- Personal hygiene items, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies.
- Plastic garbage bags, ties (for personal sanitation uses) .
- Include at least one complete change of clothing and footwear, including a long sleeved shirt and long pants, as well as closed-toed shoes or boots.
- If you wear glasses, keep an extra pair with your workplace disaster supplies.

## General Information

- Your kit should be adjusted based on your own personal needs.
- Do not include candles, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician.