

Be Red Cross Ready

Prepare so you can protect.

Preparedness Essentials



**American
Red Cross**

Odds Are That Disaster Will Strike



- Disasters happen often and sometimes without warning.
- They can affect any community.
- It's a disaster if:
 - Normal response systems are overwhelmed
 - People are hurt
 - Property is damaged or destroyed

Which hazards do we face?



Home Fire



Earthquake



Hurricane



Flood



Tsunami



Tornado



Wildfire



Extreme Heat



Thunderstorm



Landslide



Winter Storm



Volcano

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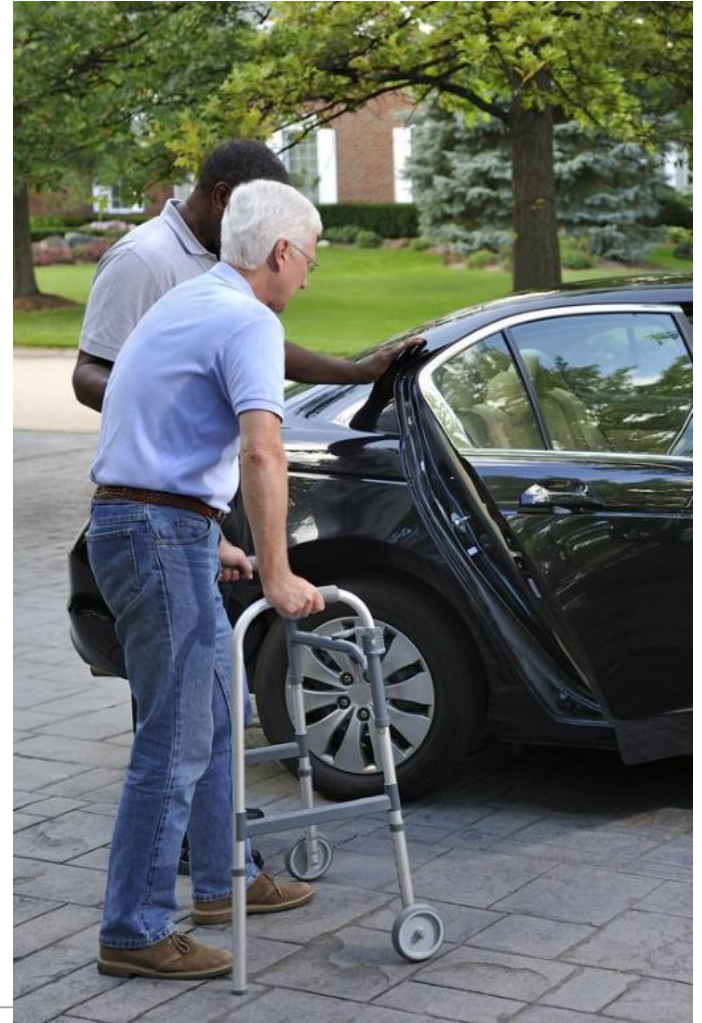
Flood



Winter Storm

It Is Up To You To Be Ready

- Do not count on receiving help right away.
- You must be prepared to help:
 - Yourself
 - Your household
 - Neighbors
 - Older adults



You Can Prepare



Each of us can prepare ourselves and our households for any disaster.

Preparing helps us:

- Stay safe
- Adapt to challenges
- Recover quickly

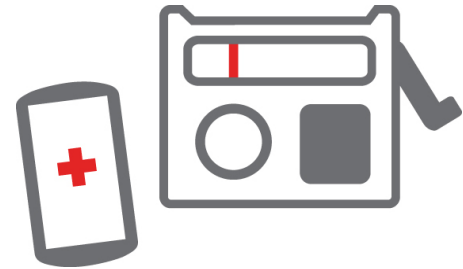
Be Red Cross Ready



Get a Kit



Make a Plan



Be Informed

Get a Kit

- Household kit – supplies for 3 days, 2 weeks is better
- Go-bag – mobile version, supplies for 3 days in case you need to evacuate quickly
- Supplies for each member of household
- Customize for personal needs and disasters common to your area



Gather The Essentials

- What is essential every day
- Needs of every household member
- Keep it fresh



Be **Red Cross** Ready Prepare so you can protect.



Customize Your Kit

Add to your kit based on:

- Health or medical needs
- Pets and service animals
- Items that bring you comfort when stressed (playing cards, photos, books, games, etc.)
- Disasters common to your location

A Kit for Everywhere



Work

- Single, easy-to-grab container
- Food and water
- Walking shoes



Vehicles

- Food and water
- First aid supplies
- Flares and jumper cables
- Seasonal supplies

Make a Plan

Things to consider:

- Likely disasters
- Household members who travel
- Household members with access or functional needs
- Pets and service animals



Include the Right Details

- How to evacuate
- Where to meet
- How to communicate
- Important records
- Where you will stay
- Shelter in place



Practice your plan.

Communication After a Disaster

Scissors icon

Important Phone Nos.

Police: Call 9-1-1 or _____

Fire Dept.: Call 9-1-1 or _____

Ambulance: Call 9-1-1 or _____

Poison Control Center: 800-222-1222

Health Care Provider: _____

Emergency Contact Card

Name: _____

Phone: _____

Home Address: _____

People to Call or Text in an Emergency

Out-of-Area Contact Person: _____

Phone: _____

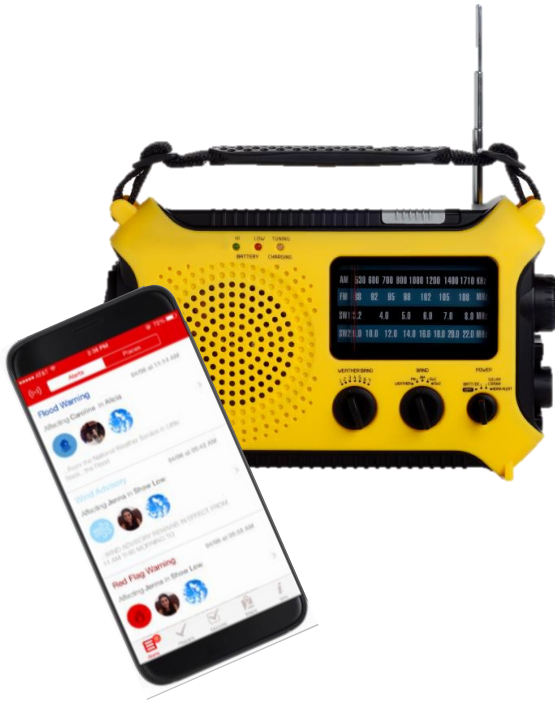
Meeting Place Outside of Neighborhood: _____

- Carry the card at all times
- Memorize the emergency contact

Be **Red Cross** Ready Prepare so you can protect.



Be Informed



- Identify how you will get information
- Understand weather alerts
- Follow instructions from authorities
- Know your neighbors
- Know what to do when travelling

Emotional Health After a Disaster



- Disasters can be stressful.
- Know the signs of stress.
- Take steps to help manage stress and minimize lasting effects.
- Get help when you need it.

Helping Children Cope

Help them cope with:

- Evacuation
- Injury
- Death or injury of relative, friend, or pet

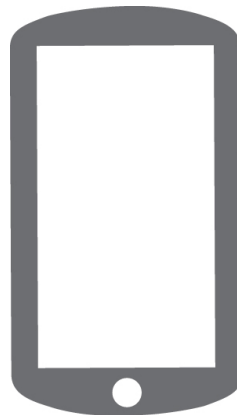
Help them build confidence before disasters.

Be supportive after disaster strikes.



Tools

- Emergency Contact Cards to carry with you
- Red Cross Apps available for free from the Apple App Store and Google Play



Be Red Cross Ready Checklist

- ✓ I know what disasters are most likely in my area.
- ☐ I have a household disaster plan and have practiced using it.
- ☐ I have a disaster preparedness kit.
- ☐ At least one member of my household is trained in CPR and First Aid.

Be Red Cross Ready

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Home Fires



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Reduce Fire Risk in Your Home

- Stay in the kitchen when cooking.
- Never leave anything burning unattended.
- Install fire extinguishers.



Keep an eye on what you fry!

Reduce Fire Risk in Your Home



3 feet from the heat!

- Plug appliances directly into wall outlets.
- Avoiding overloading outlets.
- Make sure electrical cords are used safely.

Smoke Alarms Save Lives

- Install on every floor – inside and outside of sleeping areas.
- Test every month.
- Maintain them properly.
- Replace after 10 years.
- Don't disable alarms!



Smoking is Dangerous

- Never smoke in bed or when drowsy.
- Never smoke where medical oxygen is used.
- Always properly extinguish.
- Keep matches and lighters away from kids.



Know What to Do

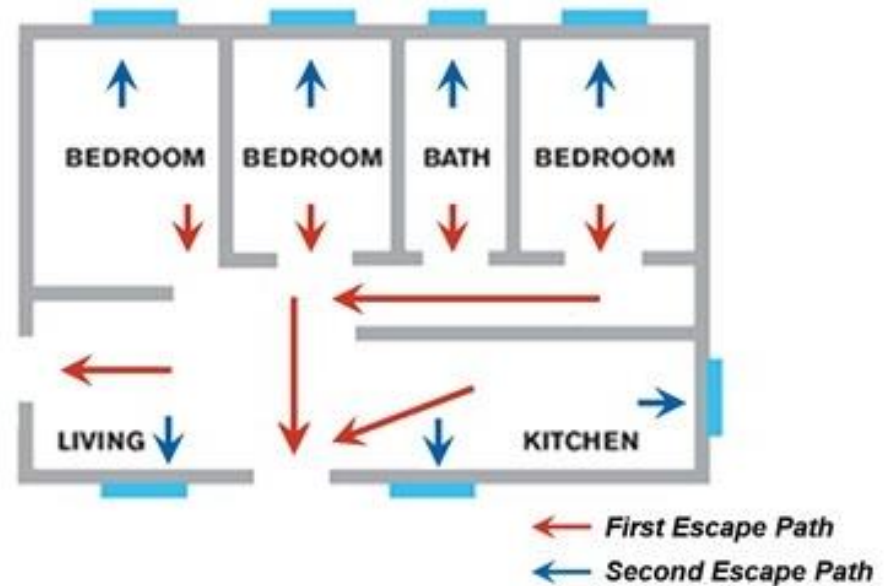


Get out and stay out!

- Find a safe escape route.
- If there is smoke, get low.
- Meet at the designated safe meeting place.
- Call 911 once safe.

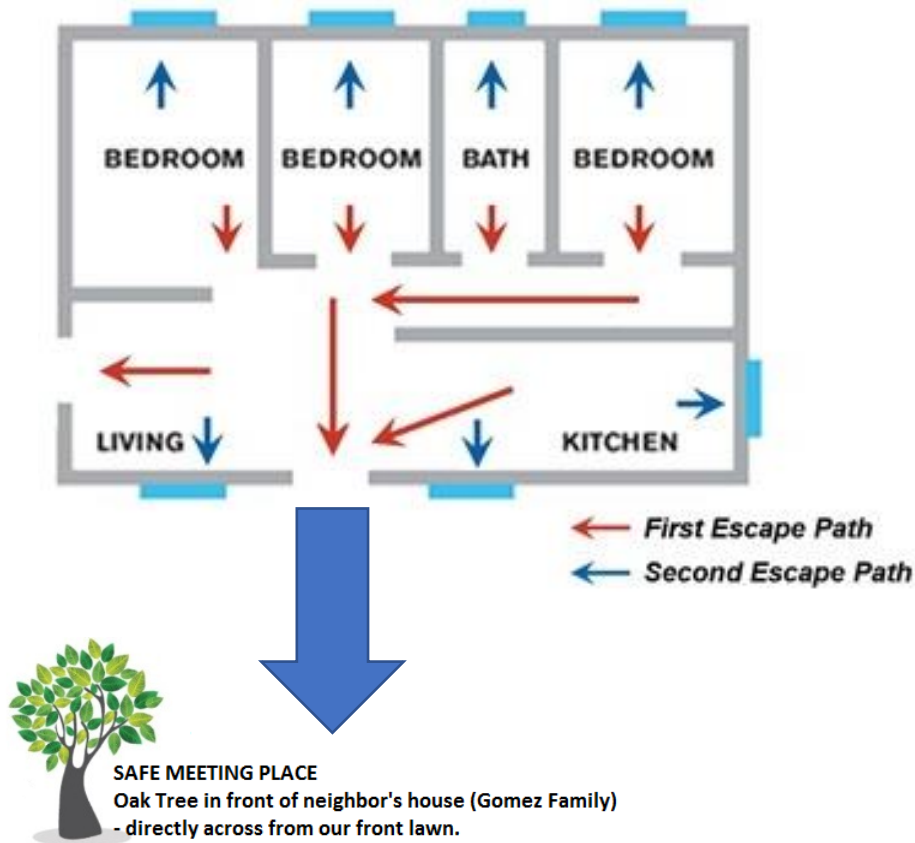
Plan Escape Routes

- Two exits from every room
- Windows and doors open easily
- Escape ladders for second floors and above
- Escape routes clutter free



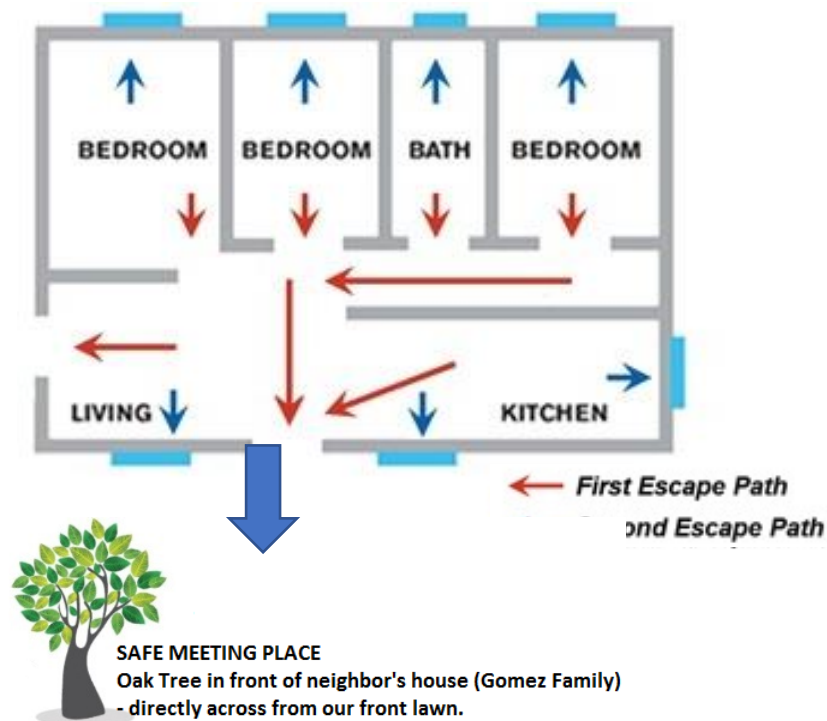
Safe Meeting Place

- Safe distance away
- Specific, fixed location
- In front of home
- Call 911 once safe



Works for Everyone

- Assign evacuation assistants.
- Assess functional abilities and needs.
- Practice with pets.



Arrangements:

2-year-old son requires assistance to evacuate

- Mom — Primary person
- Dad — Secondary person if mom away

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

Practice Home Fire Escape Plan

- Practice your home fire escape plan at least twice a year.

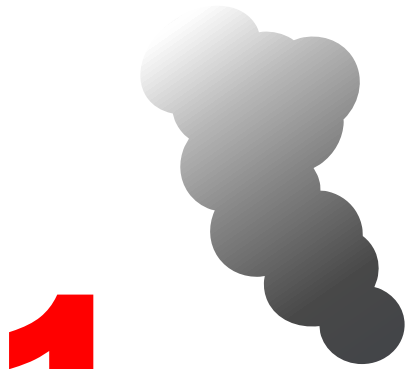


Prepare Children

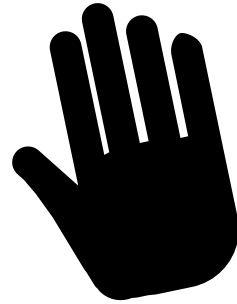
- The dangers of fire
- What smoke alarms sound like
- How to open windows and use escape ladders
- Meet at your designated Safe Meeting Place
- How to call 911 from a safe place outside the home



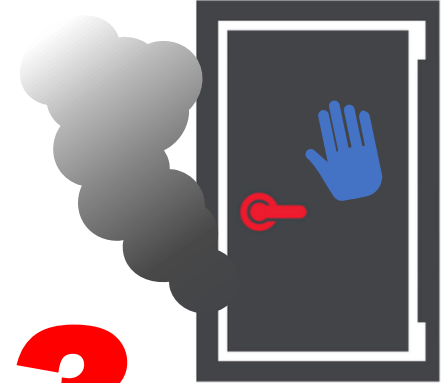
In a Closed Room



1 Look for smoke.



2 Feel the door.



3 Do NOT open.

If you can't evacuate:

- Seal your door.
- Block air vents.
- Call 911 and signal for help.

Be and Take Action



- ☐ Make a home fire escape plan.
- ☐ Test your smoke alarms every month.
- ☐ Practice your home fire escape plan.

Be Red Cross Ready

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Tornadoes

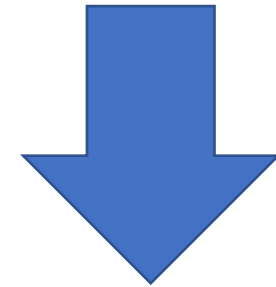


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Tornadoes



About 1,200
tornadoes each
year



- 1,500 injuries
- 60 deaths
- \$400 million damage

Understanding Tornadoes

- Columns of air that are violently rotating
- Wind speeds up to 300 miles per hour
- Destroy structures
- Propel large objects through air
- Also have hail, heavy rain, and flash flooding



Understanding Tornadoes

- Peak activity: March through July
- Most often between 3:00pm and 9:00pm



Tornado Alerts

Watch

Possible

- Know where you will take shelter.
- Stay tuned for updates.

Warning

Happening or imminent

- Shelter immediately.



Planning and Preparation



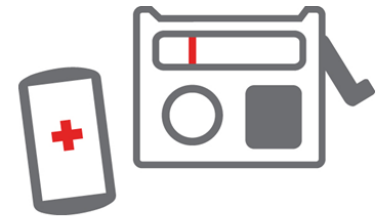
Enhance kits

- Whistle
- flashlights



Tailor your plan

- Safe shelter place
- Educate household



Stay informed

- Listen for updates and special instructions

Tornado Planning and Preparation

Identify a safe shelter



HOME

- Move to interior room
- Lowest floor
- No windows



HIGH-RISE

- Move to interior or center hallway
- No windows



MOBILE HOME

- Move to sturdy building or community shelter
- **NEVER** safe in a tornado

When a WATCH is Issued

- Check your kit.
- Prepare to shelter quickly.
- Monitor news for updates.

If you see the signs of a tornado, **DON'T WAIT** for a warning



When a **WARNING** is Issued

Shelter **immediately**

- Go to an interior room on the lowest level.
- Avoid windows, large rooms, and wide-span roofs.
- No mobile home is safe.

If you **can't quickly walk** to a shelter, immediately drive to the closest shelter



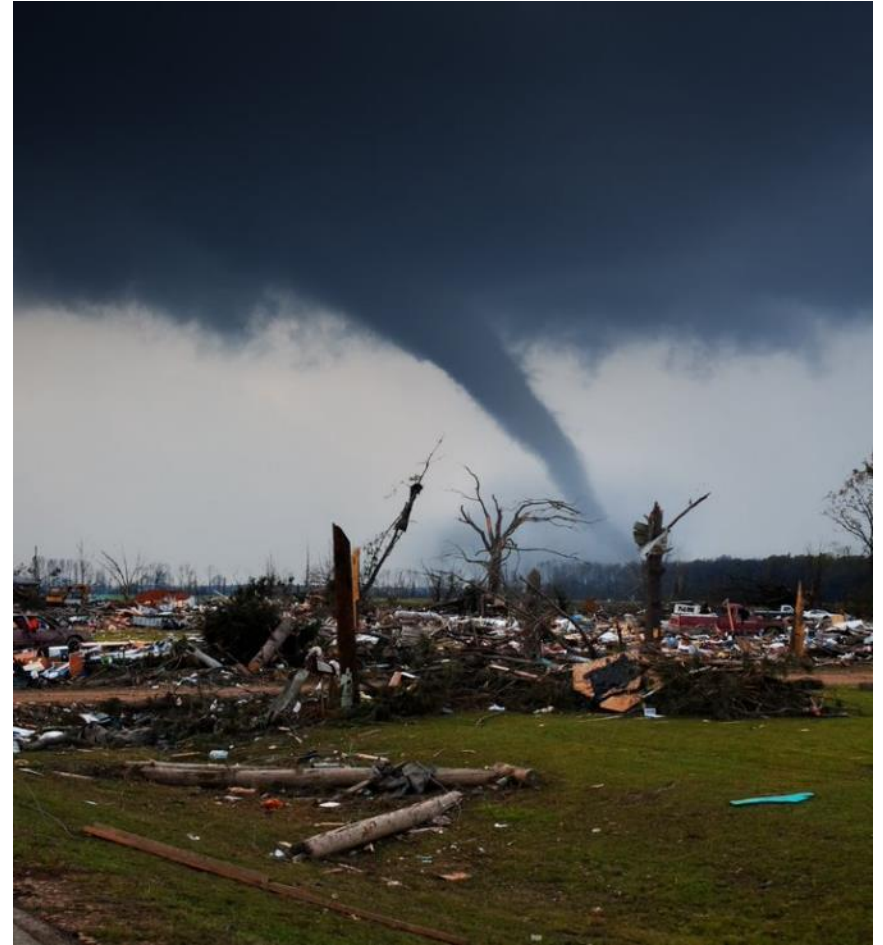
If You Are Driving

- Pull over and park.
- Avoid bridges and overpasses.
- Keep seat belt on and engine running.
- Put head below the windows.
- Cover head with your hands.



After a Tornado

- Expect more rain and wind.
- Be cautious when driving and walking.
- Take care of yourself, your household, and pets.
- Monitor local news and NOAA radio.



Steps to Recovery

- Keep away from loose or downed power lines.
 - Wear protective gear.
 - Use a flashlight only - **NO** open flames.
 - Leave immediately if you smell gas.
-
- Take pictures and save all receipts.
 - Download the American Red Cross **Emergency!** app.



Preparing Your Home



- Keep areas outside your home clear.



- Consider storm shutters.



- Reinforce your home.

Thank You

**Mark Long- Preparedness
Volunteer & Kim O'Brien –
Disaster Program Specialist
Central & Southwest OK**



American Red Cross

www.redcross.org

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