

Important Numbers

Personal Emergency Preparedness Guide

PRINT OUT AND SAVE THIS EMERGENCY GUIDE FOR EASY REFERENCE



Emergency Help.....911
RI Department of Health
Information Line1-800-942-7434
Web sitewww.health.ri.gov
RI Department of Health
RI Emergency Management Agency.....401-946-9996
Poison Control Center1-800-222-1222
Electric _____ Heat _____
Phone _____ Gas _____
Water _____ Other _____
Out-of town-contact: Name _____
Phone _____

Primary Care Physicians
Dr. _____ Phone _____
Dr. _____ Phone _____
Dr. _____ Phone _____
Vet. _____ Phone _____

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Hurricane

When the winds of a tropical storm reach a constant speed of 74 miles per hour or more, it becomes a hurricane. Hurricane winds blow in a large spiral around a relatively calm center called the eye. Hurricane season on the Atlantic and Gulf coasts begins June 1 and lasts through November.

General Hurricane Preparedness

The beginning of hurricane season is a good time to:

- Check your Home Emergency Kit and review and update emergency phone numbers.
- Learn about the evacuation route for your community.
- Make plans to protect your house, especially the roof, windows and doors.
- Trim dead or weak branches from trees.

Before a Hurricane Hits

- Fill your car's gas tank.
- Board up the windows in your house.
- Secure loose items in your yard.
- Fill the bathtub with water to use for washing and cleaning.
- Turn refrigerator and freezer to the coldest setting.

If a Hurricane Is Going to Hit

- Listen to TV and/or radio stations for official information.
- If you have to evacuate, tell your family's out-of-state contact.
- Lock your home and leave.

During and After a Hurricane Hits

- Stay away from windows and glass doors.
- Be careful around downed power lines and other debris on the ground.

Floods

Floods can happen when it rains for several days or there is heavy rainfall in a short period of time. Floods are the most common natural disaster and floods cause the most damage of any natural disaster. Many homes and businesses across the United States, and in Rhode Island, are built in floodplains. Floodplains are land that is likely to flood. Flash floods happen when heavy rains cannot be absorbed by the ground. Flash floods happen very quickly.

When there is a possibility that flooding might happen, you will hear the terms *flood watch* or *flood warning* on the news. A flood watch means that water in a river or stream could rise above the banks in 12 to 36 hours. A flood warning means that flooding will happen very soon or that flooding is already happening.

During a Flood Watch

- Be sure that all family members have a list of emergency contact phone numbers and identification in case you are separated.
- Make sure important documents are in waterproof containers.
- Find some place for your pet to go. Most emergency shelters do not allow pets.

During a Flood Warning

- If you are told to evacuate, follow all directions right away.
- Listen to local radio stations for updates, new directions and road conditions.
- Be careful of flood water. Two feet of water can carry away a car. Only six inches of water that is moving quickly can knock a person down

Power outage

Power outages can happen because of bad weather or extreme temperatures. Power outages can last for a few minutes or a few days.

If a Power Outage is Possible

- Fill your car's gas tank. (Gas pumps are electric.)
- Make sure you have enough flashlights and extra batteries.
- Make sure you have food that does not require refrigeration or cooking.
- Fill your bathtub with water for washing and cleaning.
- Fill clean containers with drinking water.

If the Power is Out

- Use only battery-powered lights to see. Do not use a candle or other open flame.
- Turn off any appliance or equipment that was being used when the power went out.
- Avoid opening the refrigerator or freezer.
- Do not run a generator inside the house or in a garage.
- If the power is out for more than four hours, throw away perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, deli items and leftovers.
- Throw away frozen food if the temperature in the freezer goes above 41 degrees.
- If there is a Boil Water Advisory, boil tap water for one minute or more before you use it for drinking, preparing food, washing dishes or bathing small children.

Pandemics

Pandemics happen when a new germ causes an outbreak of a disease in many places. Because the germ is new, people have not been exposed to it before and will have no immunity in their body. Exposure to the germ can happen in nature. Because there are many different kinds of germs that can cause a pandemic, there are also different kinds of treatment for people who are sick.

If there is a large pandemic, many things in everyday life could change. People will get sick and may have to be hospitalized. Many businesses (including banks and grocery stores) and other parts of society could be affected if many people get sick at the same time.

To Prepare For a Pandemic

- Make sure your family has an emergency kit.
- If you have young children in your home, make plans for child care in case the schools are closed.
- Make plans for family members who have special needs.

During a Pandemic

- Wash your hands often with soap and warm water. When soap and water are not available, use alcohol-based gels.
- Stay away from people who are sick.
- Stay home from work or school if you are sick.
- Cover your mouth or nose when you sneeze or cough.
- Throw tissues away after using them and wash your hands right away.

General Preparedness

Information included in this guide may be appropriate for one or more emergency situations.

Make a Kit

Basic things to include in your kit:

- A battery-powered AM/FM radio, flashlights and extra batteries
- First Aid Kit
- Prescription and nonprescription medicines
- Eye glasses
- A list of medical conditions, prescriptions and allergies for all household members
- Supplies and equipment for infants and/or household members with special needs
- Important phone numbers
- Copies of important documents (birth certificates, naturalization documents, licenses, passports, health insurance cards, insurance policies, bank account numbers, credit card numbers) in a waterproof container
- Photos of household members and pets in case someone gets lost
- Extra set of car keys
- Map of area
- Cash (ATMs may not work)
- Matches in a waterproof container
- Water in plastic containers (1 gallon /person/day)
- Non-perishable food (ready-to-eat canned/dried meals, fruits and vegetables, crackers) for two weeks if possible
- Basic personal hygiene items (soap, tooth brush, toothpaste)
- Pet supplies (including food and water, leashes, carriers and records of shots)
- Small tools including manual can opener and wrench or pliers to turn off utilities

Make a Plan

During an emergency, it is important to know how to reach family members.

- Pick two places to meet. Select a spot outside your home that is easy to get to in case of a sudden emergency, such as a fire. Select another spot outside of your neighborhood in case you cannot return home. All household members must know the meeting places.
- Make a list of contact numbers for everyone in your family. Make sure every family member has a copy.
- Designate an out-of-town friend or relative as your family contact. During/after an emergency, it may be easier to make a long-distance phone call than a local call.
- Be familiar with evacuation routes.
- Make a plan for your pets. Pets are not allowed at most evacuation shelters.
- Make a list of the prescription medications, allergies and other important medical information for each family member. Place a copy in your emergency kit and another in your car.

Stay Informed

During an emergency situation, listen to the radio and/or the TV and follow the advice of local or state officials. For additional information, visit the Department of Health web site at www.health.ri.gov or call 1-401-222-5960.