



MODULE 1

PERSONAL EMERGENCY PREPAREDNESS

1A

First Things First



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MODULE 1A: YOUR PERSONAL DISASTER PLAN

First Things First

Materials Needed:

Common Sense for Emergency Cards
(1 per household)

WHAT YOU NEED TO DO FIRST:

1. **Be Aware of Your Surroundings**—Look around you carefully before you react.
2. **Be Careful After A Disaster Strikes** - After any disaster you need to be extremely careful. Many people get injured or killed **AFTER** the earthquake, flood, fire, tsunami, etc. If you are inside, be watchful for broken glass, structural damage, unstable furniture (teetering book shelves or appliances). If you are outside, be careful of fallen trees and downed power lines. There is no way to tell whether or not a power line is active just by looking at it. Many trees come down and take down power lines with them, and sometimes it is almost impossible to see the power lines mixed up with all of the branches.
3. **Pay Attention to Emergency Broadcasts**—Pay attention to authorities and your radio or television – any major station is fine – they all utilize the emergency broadcast system. If you hear the emergency broadcast system tone, ***don't turn your radio off, turn it up and pay attention to what they are saying*** – it may not be “just a test”. Consider purchasing a NOAA radio. Listen to your radio and television for instructions from authorities – follow their instructions. If you are told to evacuate – **EVACUATE!** If you are told to stay home, then **STAY** home! Take these instructions very seriously!
4. **Stay in Your Home** during the time immediately after a disaster. Initially, your home may be the safest place for you, until you are able to see the extent of the damage around you. If you are at work or away from home, only travel home if it is safe to do so.
5. **Evacuate If Instructed To Do So**— or your home is structurally unsafe. In case of a structure fire, you should evacuate immediately of course.

6. **Prepare And Keep A 7 Day Emergency Supply Kit** in your home. Have enough water on hand for all family members and necessary emergency supplies. These items will be covered in depth in later Activity Plans .

7. **Keep A Cell Phone Charged at all Times**, have a car charger for your cell phone too – keep this phone in your house and when you travel, carry it with you in your car. You can also purchase a cell phone charger that you crank by hand incase the power is out for an extended time period. You do not need to have a cellular phone contract to call 9-1-1 from any cell phone. Any cell phone will dial 9-1-1 whether it is activated on a contract or not, as long as it has a charge. During some disasters, power can be lost for days and cell phones still work - of course this is no guarantee.

8. **ONLY CALL 9-1-1 If You Are Facing A Life or Death Emergency**, especially during or after a disaster. Emergency personnel will be overloaded trying to deal with all the different emergency situations and cannot take the time to deal with non-life threatening situations. For example, don't call 9-1-1 if you can't find your pet, or your power is out, or you are trying to find out information. Use common sense before dialing!

9. **Keep Fuel In Your Car At All Times** – DON'T RUN ON EMPTY!! In the event of a large evacuation, gasoline sells out very quickly and the lines at the stations are long. Running out of fuel while evacuating, or being unable to leave if you don't have enough fuel would be a real bummer! Keep a can of fuel in your garage or shed for backup.

10. **Prepare & Practice your Personal Disaster Plan** - Taking the time to think through and practiced a plan for you and your family.