



Planning for Emergencies

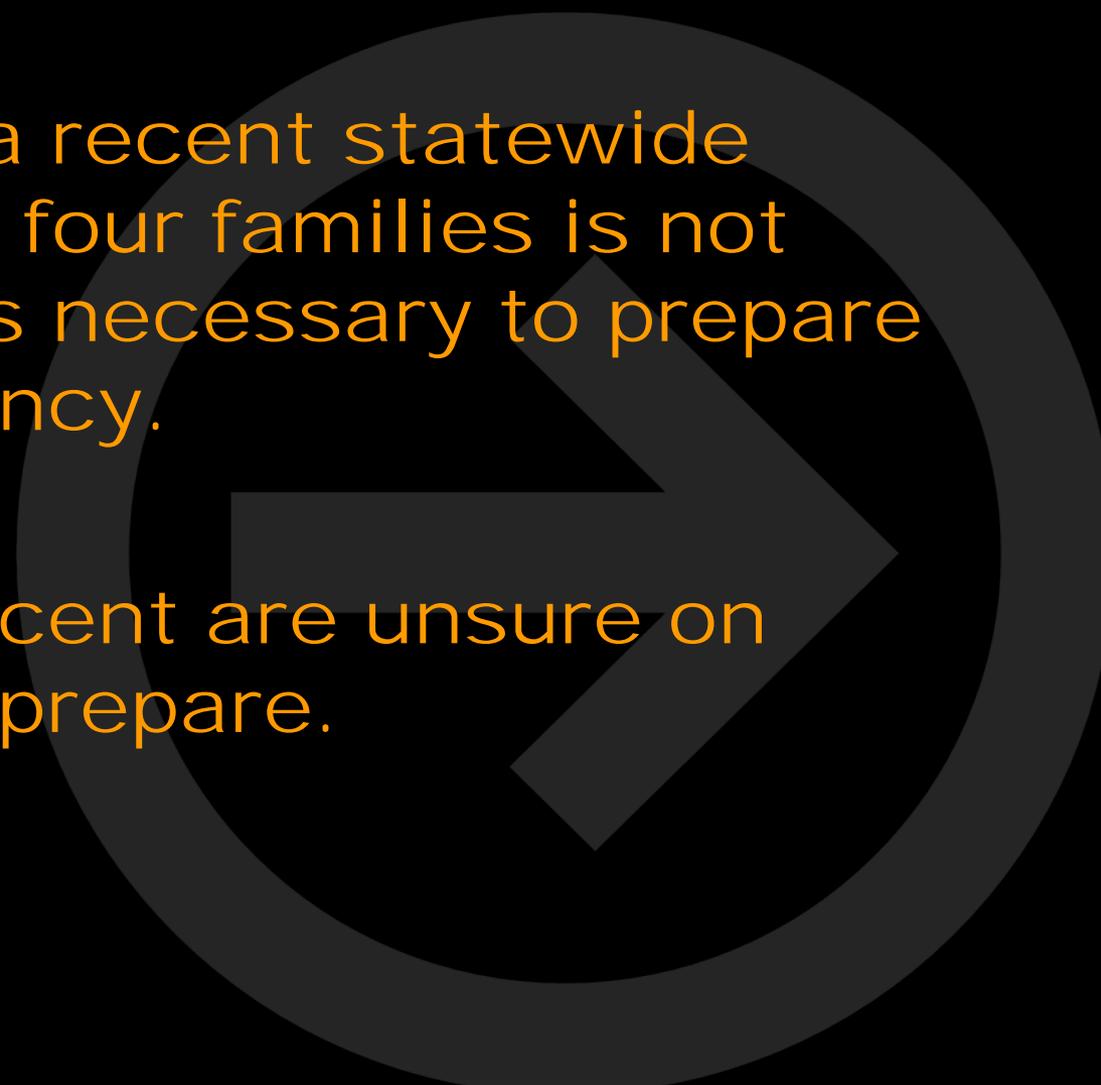




- Emergencies happen. It can be a tornado, house fire, flood or terrorist attack. No one wants to think about disasters, but being prepared for an emergency can help protect your family.



- According to a recent statewide survey, one in four families is not convinced it is necessary to prepare for an emergency.
- Almost 40 percent are unsure on what to do to prepare.





Even though local, state and federal agencies have plans to protect the public, you are responsible for your own safety, even in an emergency.

What is Ready in 3

- Ready in 3 is an educational program developed by the Massachusetts Region 4A Medical Reserve Corps.
- The program informs Massachusetts citizens about what they can do at home, school and work to be prepared for emergencies.



1. Create a Plan

- Ready in 3 includes the three steps you will need to know to prepare for an emergency.

Step 1 Create a plan for you, your family, and your business.

1. Create a Plan

- The entire family should know and understand the plan.
- Talk about how you will reach each other in different emergencies.
- Think about making an out-of-town family member or friend a contact.



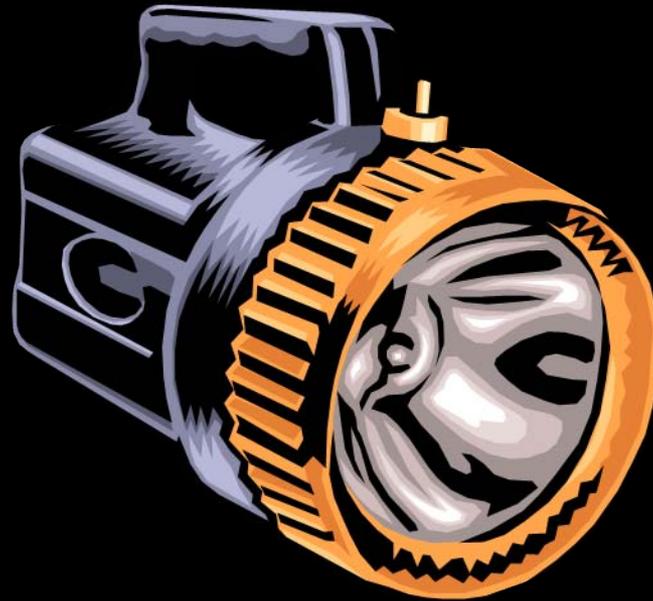


1. Create a Plan

- Plan for two situations, staying home or leaving.
- Prepare a shelter at home.
- Know where to go if you have to leave.

2. Prepare a Kit

Step 2 Prepare a kit for home, car, and work.





2. Prepare a Kit

- Your kit should include enough water and canned or dried food for three days, and
- Battery-powered radio
- Flashlight
- Extra batteries for radio and flashlight
- Prescription medicine
- First-aid kit

2. Prepare a Kit

- Car supplies should include a gallon of water, and
- Several cans of food and a manual can opener
- Sleeping bag or extra blankets
- Extra money
- First-aid supplies

3. Listen for Information

Step 3 Listen for information about what to do and where to go during an actual emergency.

It is important to stay calm in an emergency.

3. Listen for Information

- Get as much information as possible from whatever resources are available including a battery-powered radio.
- City, county, and state officials have developed emergency plans. During an emergency, it is important to follow their instructions and advice.



Special Considerations

- **Emergency Planning at Work:**
 - Your employer may have a building-evacuation plan.
 - There should be a meeting place outside your building where everyone can gather.
 - Don't rely on your employer for everything.
 - Keep your own supply of water and canned food at your desk.

Special Considerations

- Emergency Planning for People with Special Needs:
 - Seniors and persons with disabilities living in special-care facilities should review the building's emergency plans.
 - Know where your medicines and special medical equipment are located in case you need to have someone get it during an evacuation.
 - People living at home who have disabilities or have special medical needs should identify people who can help during an emergency.

Special Considerations

- Emergency Planning for People with Special Needs:
 - Make sure these people know where you keep your emergency supplies.
 - Give someone a key to your house or apartment.
 - Medical-alert tags or bracelets will help identify your disability if you need medical attention.



Special Considerations

- Emergency Planning for People with Special Needs:
 - A supply kit for people with special needs should include the following additional items:
 - List of prescriptions and nonprescription medicines, including dosages
 - List of allergies
 - Extra eyeglasses and hearing aid batteries
 - Copies of medical insurance and Medicare cards
 - List of doctors
 - List of emergency contacts and family



Special Considerations

- Emergency Planning for Pets:
 - If you leave home, bring your pet with you if possible
 - A supply kit for your pet should include the following additional items:
 - Extra food
 - Water
 - Medicine
 - Carrier and leash
 - Extra kitty litter



What You Can Do

- Take the time now to get prepared. It is important to do as much as possible before an emergency happens.
- We want you to share this Ready in 3 information with family, friends and neighbors in your community.

What You Can Do

- You can provide this same information to community groups such as:
 - Rotary, Loins, and Girl and Boys Scout clubs
 - Faith-based organizations, even Sunday school classes
 - Council on Aging and elderly advocates
 - Foundations and advisory boards
 - Business groups
 - Parent-teacher groups

What You Can Do

- Educational materials are available include:
 - Ready in 3 Family Safety Guide
 - Emergency Threats brochure
 - Fact sheets
 - Posters
 - Presentation materials



Get Ready

- Educational can be downloaded directly from

Region 4A MRC web site -
www.region4a-mrc.org

Or

By calling 774-278-0059

