

Let's Get Prepared

Wasco-Sherman Public Health Department is working with the Wasco, Sherman, and Gilliam Counties Emergency Operations Centers; state and local police and other emergency responders; city and town officials; as well as hospitals to prepare to respond to major public health emergencies. Regardless of the size of the incident, no single agency can handle a major emergency alone. Large scale emergency incidents – whether chemical, nuclear, or biological attacks, the pandemic flu, or natural disasters – require a coordinated and effective response from a variety of agencies. In most major emergencies, Wasco Sherman Health Department will be a key support agency. However, in a local biological terrorist attack, the Health Department will assume a leadership role in the response effort.

In the event of a major emergency, you may need to survive on your own for three days or more. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it may take days. That is why you and your family must be prepared.

How You Can Prepare:

Make a Kit

The following checklists will help you assemble a kit that meets the needs of your household for at least three days. Update your kit as your household's needs change. Keep items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers such as an unused trash can, camping backpack or duffel bag.



Water: the absolute necessity

Stocking water reserves should be a top priority. Drinking water should not be rationed in emergency situations. Therefore, it is critical to:



- Store at least one gallon of water per person per day.
- Store water in thoroughly washed plastic, fiberglass or enamel-lined metal containers (Rinse with one part bleach to ten parts water). Don't use containers that can break or have previously held toxic substances.
- Seal water containers tightly to minimize the possibility of contamination, label them and store them in a cool, dark place. Change water every 6 months.

Food: preparing an emergency supply

If activity is reduced, healthy people can survive on half their usual food intake for an extended period or without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

- You don't need to buy unfamiliar foods to prepare an emergency food supply. You can use what you already have in your pantry. Canned foods do not require cooking, water or special preparation. Be sure to include a can opener in your emergency kit.
- Keep canned foods in a dry place where the temperature is cool. To protect boxed foods from pests, store food in tightly closed plastic or metal containers.
- Throw out any canned good that becomes swollen, dented, or corroded. Date each food item and use before expiration, replacing what you use with fresh supplies. Food items that you might consider including in your kit: ready-to-eat meats, fruits, and vegetables; canned or boxed juices and soup; high-energy foods like peanut butter, jelly, crackers, granola bars, and trail mix; vitamins; foods for infants or persons on special diets; cookies, hard candy; instant coffee, cereals, and powdered milk.



First aid supplies

Assemble a first aid kit for your home and for each vehicle. The basics should include:

- First aid manual
- Sterile adhesive bandages, gauze and roller bandages in assorted sizes
- Cleansing agents (isopropyl alcohol, hydrogen peroxide)/soap/germicide/antiseptic
- Antibiotic ointment
- Latex gloves (2 pairs)
- Sunscreen
- Petroleum jelly or other lubricant
- Cotton balls
- Scissors, tweezers
- Needle and safety pins
- Thermometer
- Extra pair of prescription glasses or contact lenses and solution
- Aspirin and non-aspirin pain reliever
- Anti-diarrhea medication as well as laxative
- Antacid (for stomach upset)
- Prescription medications (rotate to keep up to date)



- Insect Repellant
- Several dust masks or surgical masks per household member

Other Emergency Supplies

It will be important to assemble these items in a disaster supplies kit in case you have to leave your home quickly. Even if you don't have to leave your home, if you lose power it will be easier to have these items already assembled and in one place:

Tools:

- A portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- Signal flare
- Matches in a waterproof container (or waterproof matches) and/or a lighter
- Shut-off wrench, pliers, shovel and other tools
- Duct tape, scissors and plastic sheeting
- Whistle
- Small canister, A-B-C-type fire extinguisher
- Tube tent
- Compass
- Work gloves
- Paper, pens, and pencils
- Needles and thread
- Battery-operated travel alarm clock
- Phone not requiring electricity for operation (plugs into phone jack only)
- Emergency candles

Kitchen items:

- Manual can opener
- Paper cups, plates, and plastic utensils
- All-purpose knife
- Sugar, salt, pepper
- Aluminum foil, plastic wrap, re-sealing plastic bags
- Small cooking stove and cooking fuel
- Household liquid bleach to treat drinking water (16 drops/gallon)



Sanitation and hygiene items:

- Washcloth and towel
- Towelettes, soap, hand sanitizer, liquid detergent
- Toothpaste, toothbrushes, shampoo, deodorants, comb and brush, razor, shaving cream, lip balm, mirror, feminine supplies, birth control supplies
- Heavy-duty plastic garbage bags, ties and toilet paper (for makeshift latrine)
- Disinfectant and household chlorine bleach
- Consider including a small shovel for digging a makeshift toilet, if needed

Household documents and contact numbers:

- Personal ID, cash or traveler's checks, and a credit card
- Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- Emergency contact list and phone numbers
- Map of the area and phone numbers of a place you can go to
- An extra set of car keys and house keys



Clothes and bedding

- One complete change of clothing and footwear for each household member
- Shoes should be comfortable sturdy work shoes or boots
- Rain gear, hats, gloves, socks, underwear, thermal underwear, sunglasses
- Blankets or a sleeping bag for each household member, pillows

Specialty items

Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children.

- A work place disaster supplies kit including walking shoes. Store a personal supply of water and food at work; you will not be able to rely on water fountains or coolers.
- Keep a smaller disaster supplies kit in the trunk of you car. Add items for severe winter weather — salt, sand, shovels, and extra winter clothing.

Have a Plan



Have a plan to stay in touch with your family

Choose an out-of-state contact such as a relative or friend. In an emergency, local phone lines may be busy. It may be easier to make a long distance call than to make a local call. Your out-of-state contact can help you get in touch with any family members you cannot reach. Make sure every member of your family knows the phone number of your out-of-state contact and has a way to make a long distance phone call at all times (e.g. prepaid phone card or a cell phone).

Decide on a place to meet if you are separated from your family.

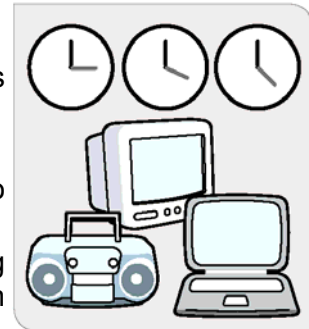
If your family is not together when an emergency happens, watch TV or listen to the radio to find out whether you should go home, evacuate to another location, or stay where you are (“shelter-in-place”). Pick a meeting place in advance that is away from your home and neighborhood in case it is not safe to meet at home.

Stay Aware

In an emergency, listen to your radio or watch TV for news and instructions. Officials will tell you what to do.

What to do in any emergency

- Stay calm and stay informed. Listen to your radio or TV for news and instructions.
- Follow the instructions from emergency officials.
- If the emergency occurs near your home and officials allow you to go there, check your home & property for damage.
- If you have gas service in your home, smell for gas leaks, starting at the water heater. **Do not** light matches or candles, or turn on electrical switches. If you smell gas or suspect a leak, get everyone outside quickly to a safe location. Leave all doors and windows open.
- Call your out-of-state contact and tell them where you are staying. Do not use the telephone again unless there is a life-threatening emergency. Phone lines will be needed by emergency officials.
- Check on your neighbors, especially those who are elderly or disabled.
- Plan for your pets’ needs ahead of time.



Special medications

The Wasco-Sherman Health Department may distribute special medications such as antibiotics and/or vaccines in a major public health emergency. If necessary, officials will use radio and television to give instructions about where to get special medications. Bring your list of medical conditions, prescriptions, and allergies when you go to the location where medications are being distributed.

For More Information on Public Health Emergency Preparedness Call: Wasco-Sherman Public Health Department at (541) 506-2600 or visit us at www.wshd.org.

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