



Emergency Preparedness Plan (EPP) Series 7: Be Red Cross Ready— Home Preparedness Essentials

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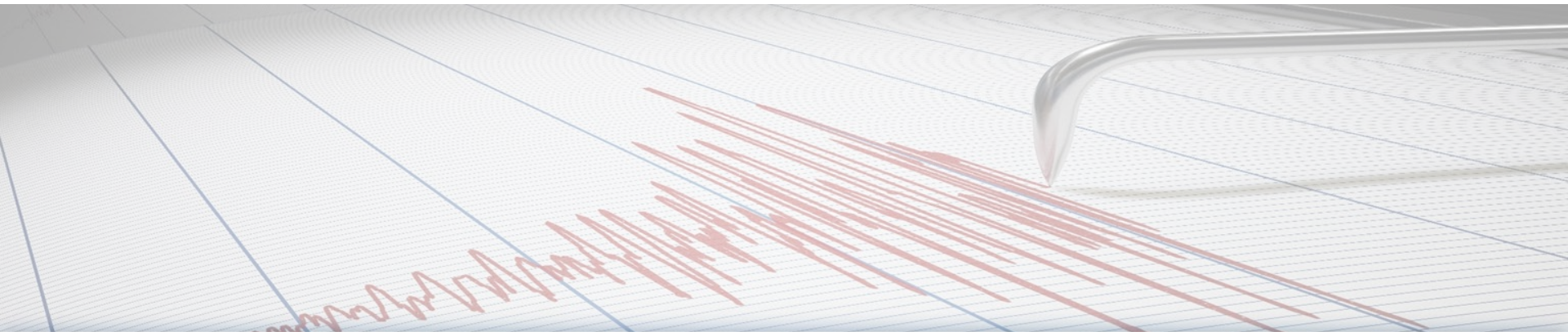
American Red Cross

Health Services Advisory Group

Wednesday, August 16, 2023

Are Staff More Prepared Now?

- 1994 Northridge Earthquake—6.7 magnitude
 - 113 Los Angeles Skilled Nursing Facilities (SNFs) responded to a survey
 - Staff absences—most frequent problem
 - Loss of transportation
 - Loss of childcare or eldercare
 - Damages/losses sustained at home



September is Disaster Preparedness Month

- September 2023 campaign will focus on preparing older adults for disaster
- Observing Disaster Preparedness Month
 - Engage your staff to be prepared at home



Be Red Cross Ready

Prepare so you can protect.



**American
Red Cross**

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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



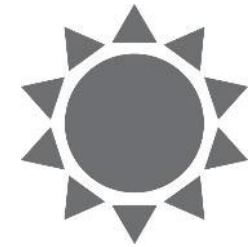
Tsunami



Tornado



Wildfire



Extreme Heat



Thunderstorm



Landslide



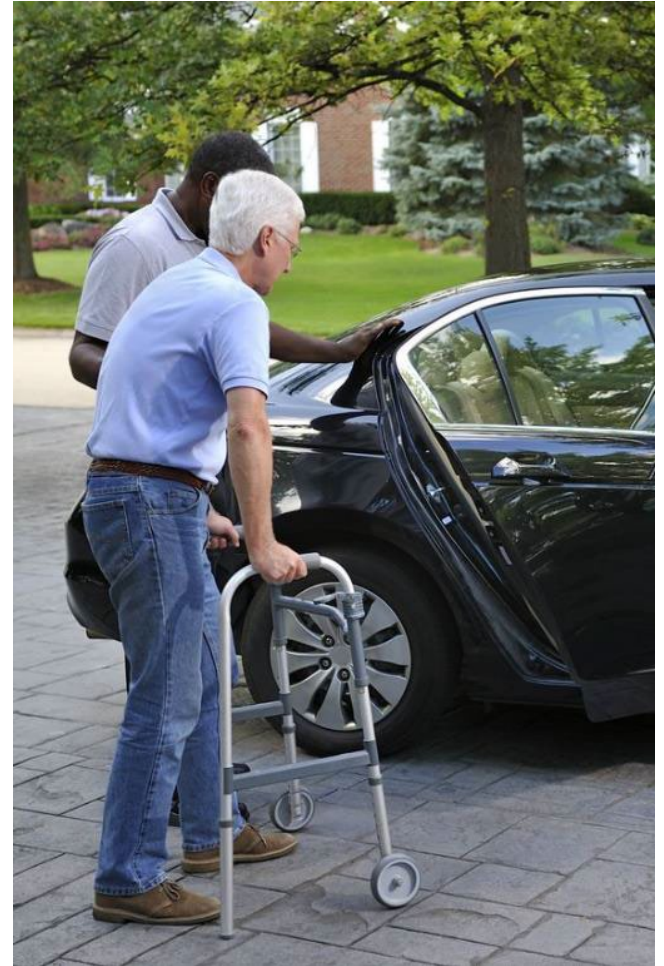
Winter Storm



Volcano

It's 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

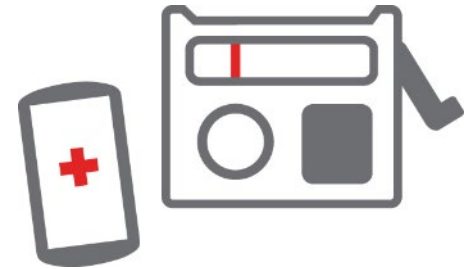
Be Red Cross Ready



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



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

- Carry the card at all times
- Memorize the emergency contact
- Use the Safe & Well website

safeandwell.communityos.org

The form is a vertical card template with dashed lines indicating fold lines. At the top, there are fields for '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', and 'Health Care Provider: _____'. To the right of these fields is a vertical red bar with the text 'Important Phone Nos.' and a red cross icon. Below this is a red header box with the text 'Emergency Contact Card' and the American Red Cross logo. The main body of the card has fields for 'Name: _____', 'Phone: _____', and 'Home Address: _____'. Below this is another red header box with the text 'People to Call or Text in an Emergency' and the American Red Cross logo, followed by several horizontal lines for contact information. At the bottom, there are fields for 'Out-of-Area Contact Person: _____', 'Phone: _____', and 'Meeting Place Outside of Neighborhood: _____'. On the left side, there are three arrows pointing right with the text 'Fold Here' next to them, indicating where to fold the card. A pair of scissors icon is located at the top left corner.

Be Informed



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

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

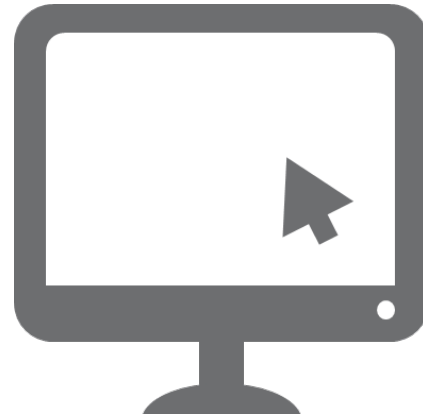
Help them build confidence before disasters.

Be supportive after disaster strikes.



Tools

- Emergency contact cards to carry with you
- Red Cross *Safe and Well* website
- Red Cross Apps available for free from the Apple App Store and Google Play

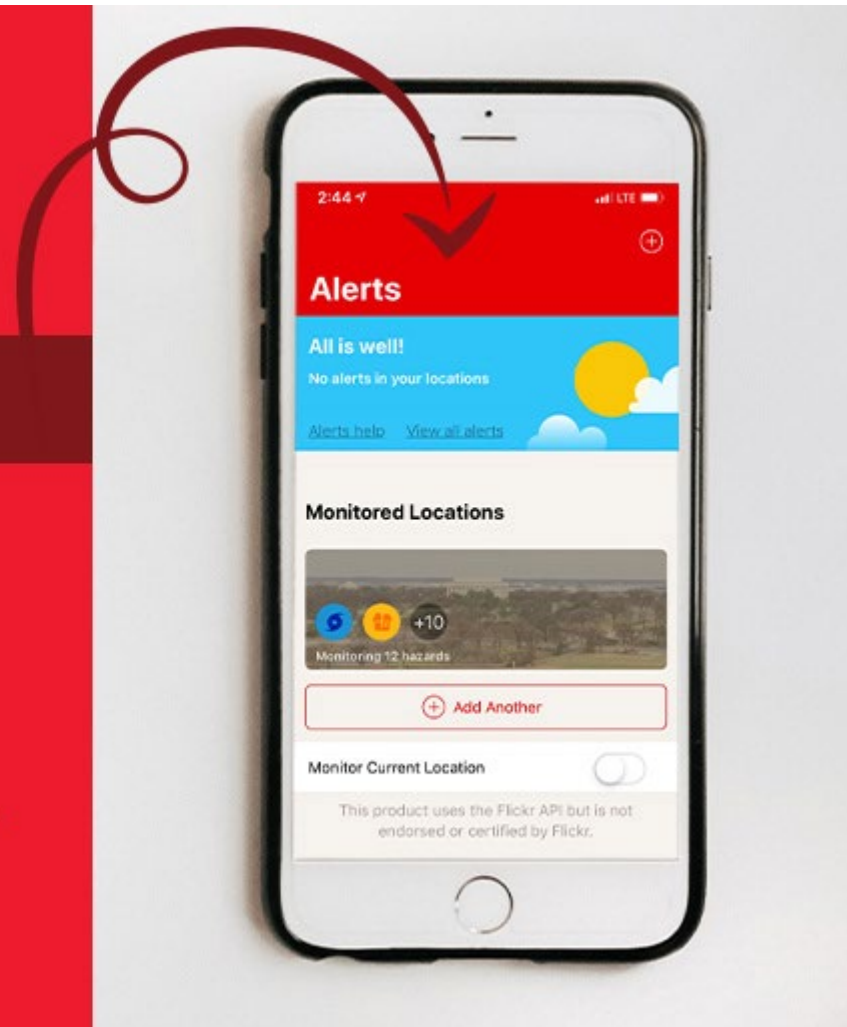


Be Red Cross Ready Checklist

- ✓ 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.

Download the Red Cross Emergency App!

Monitor over 35 different
severe weather and
emergency alerts to keep
you and your loved ones safe.



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



Three Things to Do Over the Next Two Months

- Create and communicate your household disaster plan.
- Compile a disaster kit for your home.
- Assemble a disaster kit for your car.

Questions?





Thank you!

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