

- Listen to your battery powered radio and follow the instructions of local emergency officials
- Wear appropriate clothing and make sure you have sturdy footwear
- Take your disaster supply kit
- Lock your home
- Use the travel route specified by authorities or call 911 if you need assistance to evacuate

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## PERSONAL EMERGENCY PLAN

Your Name: \_\_\_\_\_

Emergency Number 1: \_\_\_\_\_

Emergency Number 2: \_\_\_\_\_

County Info Line: \_\_\_\_\_ 211

Fire Department: \_\_\_\_\_ Call 911

Police Department: \_\_\_\_\_ Call 911

Primary Physician: \_\_\_\_\_

Pharmacy Number: \_\_\_\_\_

### Create A Disaster Plan for You & Your Family

Meet with your family to discuss the various types of emergencies you might face. Everyone needs to know what to do *before* a disaster strikes.

- Discuss the types of disasters you may face and how to respond to them. The pages inside this pamphlet will help.
- Pick two places to meet:
  - \* One area should be right outside of your house so you know where to go for a sudden emergency, such as a house fire
  - \* One area should be away from your home in case you can't return home, such as a local school or emergency shelter
- Ask an out-of-state family member or friend to be your "family contact" as it is often easier to call long distance after a disaster. Communicate important information and updates to this person so he/she can share with other family members.
- Discuss what to do in the event of an evacuation, including how you will care for your pets.



### Emergency Supplies

If an emergency strikes, it is important that you have all necessary supplies available. Store these supplies in an easily accessible location in a sturdy container. You should have enough supplies for 3 days:

- Water—one gallon per person, per day
- Food—non-perishable, easy to prepare items
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Medications and medical supplies
- Sanitation/personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Family and emergency contact information
- Change of clothing for each family member
- Flashlight & extra batteries
- Specialty items for infant, elderly, or disabled family members
- First Aid Kit
- Multi-purpose tool
- Cell phone & chargers
- Extra cash
- Emergency blanket

### Disaster Checklist

- Post emergency telephone numbers by every phone (fire, police, ambulance, etc.)
- Make sure everyone in the home knows how to call 911
- Make sure everyone in the home knows how and when to turn off the water, gas, and electricity at the main switches
- Check to be sure you have enough insurance coverage, if appropriate
- Make sure there are ABC fire extinguishers in the home and that everyone knows how to use them
- Install smoke and carbon dioxide detectors on each level of your home, especially near bedrooms
- Conduct a home hazard hunt
  - \* Look for things that can fall or break
  - \* Look for things that could block exits
- Stock emergency supplies
- Determine the best escape routes from your home. Find 2 ways out of each room
- Find safe spots in your home where you can go in the event you are not able to leave your home



### What is Emergency Preparedness?

Emergency Preparedness means being prepared for a disaster before it happens. As a member of EverCare Choice, we care about your safety. The purpose of this pamphlet is to help you develop a plan for you and your family to follow in the event that a natural or man-made disaster occurs.

### In Case You Need to Evacuate...

EverCare Choice keeps apprised of emergency situations that may affect our members. To the extent possible, your Care Manager or another member of the Choice team will call you or your designated representative if you are in an evacuation zone. While EverCare Choice is not responsible for helping you to evacuate, we will assist to make your evacuation go smoothly if we can.

If you are ordered to evacuate, immediately do so:

- Listen to your battery powered radio and follow the instructions of local emergency officials
- Wear appropriate clothing and make sure you have sturdy footwear
- Take your disaster supply kit
- Lock your home
- Use the travel route specified by authorities or call 911 if you need assistance to evacuate

### Maintain Your Plan

- Review your plan every six months to be sure everyone knows what to do
- Conduct fire and emergency evacuation drills

YEAR \_\_\_\_\_ DRILL DATE \_\_\_\_\_

- Replace stored water every 3 months and stored food every 6 months

- Test and recharge your extinguishers according to manufacturer's instructions

- Test your smoke detectors monthly and change your batteries every March

## HURRICANES

Before a hurricane:

- Secure storm shutters, board windows, and remove patio furniture and other objects that can become missiles
- Be sure trees and shrubs are well trimmed
- Clear loose and clogged rain gutters and downspouts
- Ensure a supply of water, batteries, and food

During a hurricane:

- Listen to the radio or tv for information
- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its door closed. Turn off propane tanks
- Evacuate if you are instructed to do so and are able to safely comply
- If you are unable to evacuate, stay indoors, close all doors and windows, keep curtains and blinds closed, and stay in an interior room on the lowest level. Lie under a table or other sturdy object

## TORNADOES

Before a tornado:

- Be alert to changing weather conditions
- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information
- Look for approaching storms
- Look for danger signs:
  - \* Dark, often greenish sky
  - \* Large hail
  - \* A large, dark, low-lying cloud (particularly if rotating)
  - \* Loud roar, similar to a freight train
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately

During a tornado:

- If you are inside: Go to the basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows
- If you are in a trailer or mobile home, leave and go to the nearest sturdy shelter
- If you are outside, lie flat in the nearest ditch or depression and cover your head with your hands
- If you are in a vehicle, leave the vehicle for safe shelter

## THUNDERSTORMS

Before a thunderstorm:

- Postpone outdoor activities
- Get inside a home, building, or hard top automobile (not a convertible)
- Secure outdoor objects that could blow away or cause damage
- Shutter windows and secure outside doors; If shutters are not available, close window blinds, shades, or curtains
- Unplug appliances and electrical items such as computers and turn off air conditioners.
- Cordless and cellular telephones are safe to use
- Use your battery-operated NOAA Weather Radio for updates from local officials

During a thunderstorm:

- Go indoors. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Avoid:
  - \* Showering or bathing. Plumbing and bathroom fixtures can conduct electricity
  - \* Natural lightning rods such as a tall, isolated tree in an open area
  - \* Hilltops, open fields, the beach, or a boat on the water
  - \* Isolated sheds or other small structures in open areas
  - \* Anything metal —tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- Remember that rubber-soled shoes and tires provide no protection from lightning!

## IF DISASTER STRIKES

- Stay calm
- Check for injuries; give first aid and get help for the seriously injured
- Listen to your battery powered radio for instructions
- Call your family contact person and briefly provide them with up-to-date information; do not tie up the phones with lengthy conversations
- Check on your neighbors if safe
- Stay away from downed power lines

## EXTREME HEAT

During a extreme heat:

- Stay indoors as much as possible and limit exposure to the sun
- If you do not have air conditioning, stay on the lowest floor out of the sunshine
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician
- Stay hydrated. Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease, who are on fluid-restricted diets, or who have a problem with fluid retention should consult a doctor before increasing liquid intake
- Limit intake of alcoholic beverages
- Dress in loose-fitting, lightweight, and light-colored clothes
- Avoid strenuous work in the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks
- If you must go outside, protect face and head by wearing a wide-brimmed hat
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone
- Never leave children or pets alone in closed vehicles

## WINTER STORMS

During a winter storm:

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information
- Eat regularly and drink ample fluids. Avoid caffeine and alcohol
- Conserve fuel, if necessary, by keeping your home cooler than normal. Temporarily close off heat to rooms that do not need to be used
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects
- If you are outdoors
  - \* Wear several layers of loose fitting, light weight, and warm clothing rather than one layer of heavy clothing
  - \* Wear mittens instead of gloves
  - \* Wear a hat
  - \* Stretch before you shovel. Avoid overexertion when shoveling snow
  - \* Cover your mouth. Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary
  - \* Keep dry; Change wet clothing frequently to prevent a loss of body heat
  - \* Watch for signs of frostbite or hypothermia

## EAS Stations

Primary Station:

**WHUD 100.7 FM**

Secondary Stations:

WGNV 103.1 FM

WNLA 1420 AM

WRRV 92.7 FM

WALL 1340 AM

WSPK 104.7 FM

WRCR 1300 AM

WTBQ 110 AM

WWLE 1170

## FLOODS

During a flood:

- Listen to the radio or television for information
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move
- Be aware of areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain
- Stay in your home, out of your vehicle and off of the streets

If you must evacuate:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor
- Turn off utilities at the main switches or valves if instructed to do so.
- Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water
- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving
- Use a stick to check the firmness of the ground in front of you
- Do not drive into standing or flowing water. Six inches of water will reach the bottom of most passenger cars, which can cause loss of control and possible stalling. A foot of water will float many vehicles. Two feet of rushing water can carry away most vehicles including sport utility vehicles!
- If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely