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.

Disaster Supplies

In case you need to evacuate...

- Emergency blanket
- Extra cash
- Water
- Food
- Sanitation/personal hygiene items
- Medications and medical supplies
- Extra batteries
- Flashlight
- Batteries
- Food
- Water
- Multi-purpose tool
- First Aid Kit
- Extra cash
- Copies of personal documents
- Sanitation/personal hygiene items
- Medications and medical supplies
- Extra batteries
- Flashlight
- Batteries

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 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.

Maintain Your Plan

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

<table>
<thead>
<tr>
<th>YEAR</th>
<th>DRILL DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- 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 closet, interior hallway) away from corners, windows, signs, be prepared to take shelter immediately.
- If you are outdoors: Lie flat in the nearest ditch or depression from lightening!
- Do not open windows.
- Do not stay in a mobile home or mud wall house.
- Stay away from downed power lines.
- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Cordless and cellular telephones are safe to use.
- Use your battery-powered radio for updates.

**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, motorcyclists, golf carts, golf clubs, and bicycles.
- Remember that rubber-soled shoes and tires provide no protection from lightning.

**EXTREME HEAT**

During an 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 of your home.
- 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.

**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 flowing 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.

**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 buildup of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- If you have or maintain a wood stove, check it for safe operation.
- Check on family, friends, and neighbors who do not have 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 flowing 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. To avoid losing water, you 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.

**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 the Phones With Long-Distance Conversations**

**Check on Your Neighbors If Safe**

**Stay Away from Downed Power Lines**

**EAS Stations**

Primary Station: WHUD 100.7 FM

Secondary Stations: WNY 103.1 FM, WLN 1420 AM, WRRV 92.7 FM, WSPK 104.7 FM, WRCR 1300 AM, WTBQ 110 AM, WMLE 1170