Strengthening the Strengtheners

A Toolkit in Public Health Emergency Preparedness and Response for Congregations

In collaboration with the following Montgomery County, Maryland Partners:

Montgomery County Public Health Emergency Preparedness and Response Program

Adventist HealthCare

Columbia Union College, Edyth T. James School of Nursing

Holy Cross Hospital

Congregational Needs Assessment

The assessment tool can be used to assess strengths and needs of congregations. **(Appendix 1)**

Evangelical Lutheran Church in America

www.elca.org

The faith-based website includes multiple checklists for preparing a facility, congregation members, and staff for an emergency.

- Preparing Your Congregation for a Disaster
  www.elca.org/dcs/disaster/before.html **(Appendix 2)**

Church World Service-Resources for Congregations

www.cwserp.org

The website brings together emergency and disaster information with religious entities. The website provides information about assisting communities during a disaster, as well as, educational resources pertaining to that disasters.

- Church World Service Emergency Preparedness and Response Program-
  Resources for Congregations, Disaster and Disability
  www.cwserp.org/congregations/disability

Congregational Resources Guide

www.congregationalresources.org

The website includes a list of recommended disaster relief organizations, many of which are faith-based.

- Hurricane Disaster Relief-Disaster Relief Organizations
  www.congregationalresources.org/PRV/HurricaneDisasterRelief.htm

Wabash Center-Guide to Internet Resources for Teaching and Learning in Theology and Religion

www.wabashcenter.wabash.edu

The website provides denominational contacts and information on emergency preparedness, as available.

- Official Web Sites of Religious Bodies
  www.wabashcenter.wabash.edu/Internet/official.htm

Be Ready. Make a plan.

www.makeaplan.org

A The website, developed by the National Capital Region Emergency Public Awareness and Education Campaign, includes emergency planning information, tools, and resources.

- Make a Plan Resources
  www.makeaplan.org/resources/resources.htm

Montgomery County, Maryland

Emergency Preparedness Information

www.montgomerycountymd.gov

The website includes a direct link to local emergency information with phone numbers, websites, and addresses of emergency services specifically for Montgomery County residents.

- Montgomery County Emergency Preparedness for Bioterrorism and Other Emergencies
  www.montgomerycountymd.gov/mcgtmpl.asp?url=/content/PIO/news/preparedness.asp
- Public Health and Emergency Information News
  www.montgomerycountymd.gov/mcgtmpl.asp?url=content/pio/news/pubHealth.asp
- Plan 9 Toolkit
  The educational toolkit designed for senior citizens, but it has widespread appeal. It is easy to understand and is in a user-friendly format. The Plan 9 Toolkit emphasizes nine essential items that persons should have in an emergency preparedness kit.
  www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/phs/APC/prepplaning.asp **(Appendix 3)**

Howard County, Maryland

Emergency Preparedness Information

www.co.ho.md.us

The website includes a direct link to information and resources for residents of Howard County, Maryland on emergency preparedness.

- Individual Preparedness is Key
  The website includes a list of local Howard County Emergency Preparedness Information, as well as, Federal and State Emergency Information.
  www.co.ho.md.us/doa/doa_pio_preparedness.htm

- "Be Responsible. Be Ready."
  Howard County's Our Guide to Preparing for Emergencies
  www.co.ho.md.us/DOA/DOApdfs/emergeprepGUIDE.pdf

Prince George's County, Maryland

Office of Emergency Management

www.co.pg.md.us/Government/AgencyIndex/OHS/OEM/index.asp?nivel=foldmenu(3)

The website describes the Prince George's County Office of Emergency Management and includes its scope of responsibilities and contact information.

Office of Homeland Security

www.co.pg.md.us/Government/AgencyIndex/OHS/ www.goprincegeorgescounty.com/Government/AgencyIndex/OHS/index.asp:

The website describes Prince George's County Office of Homeland Security, which includes contact information and links to resources.

District of Columbia

District of Columbia Emergency Management Agency

www.dcema.dc.gov

The website contains both general and specific information relating to Emergency Preparedness and the District of Columbia.

- Family Preparedness Guide
  www.dcema.dc.gov/dcema/cwp/view,a,1226,q,533571,dcemaNav,|31810|.asp
- Disaster Preparedness Manual
  www.dcema.dc.gov/dcema/cwp/view,a,1226,q,572666.asp

Fairfax County, Virginia

Emergency Preparedness Information

www.fairfaxcounty.gov

The website includes a direct link to community emergency alert information and emergency preparedness information for Fairfax County residents.

- Community Emergency Alert Network (CEAN)
  www.fairfaxcounty.gov/cean
- Ready…Pack…Go
  The website provides materials for faith communities to encourage their members to prepare home emergency supply kits. It includes a Home Emergency Supply Checklist as well Next Steps, actions beyond emergency supply kits
  www.fairfaxcountycitizencorps.org/DesktopDefault.aspx?tabindex=3&tabid=13
  (Appendix 4)

Include Additional Resources

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Centers for Disease Control and Prevention (CDC)

www.cdc.gov

The federal government website is a part of the United States Department of Health and Human Services, the CDC is a resource for both specific and general emergency preparedness information. This website provides a wide range of health information with specific subheadings for further reading.

- CDC Mission
  www.cdc.gov/about/mission.htm
- CDC Emergency Preparedness and Response
  www.bt.cdc.gov
  www.bt.cdc.gov/mentalhealth/
  www.redcross.org/preparedness/cdc_english/CDC.asp
  - Maintaining a Healthy State of Mind for Parents/Caregivers
    (Appendix 7)
  - Maintaining a Healthy State of Mind for Seniors
    (Appendix 8)
  - Emergency Water and Food Supplies
    (Appendix 9)
  - Disaster Supplies
    (Appendix 10)

American Red Cross

www.redcross.org

The website contains a variety of emergency preparedness information and resources. Specific and general information can be located under subheadings relating to the topic in mind.

- Disaster Services
  www.redcross.org/services/disaster
- Get Prepared
  www.redcross.org/services/prepare/0,1082,0_239_,00.html
- American Red Cross of the National Capital Area
  www.redcrossnca.org/ServiceCenters/service_centers.php3

Federal Emergency Management Agency (FEMA)

www.fema.gov

The federal government website contains general information regarding emergency preparedness planning, education, and training.

- FEMA Mission
  www.fema.gov/about
- Response and Recovery-Your Family Disaster Plan
  www.fema.gov/rrr/famplan.shtm

Medline Plus

www.medlineplus.gov

The federal government website is a service of the United States National Library of Medicine and the National Institutes of Health. It addresses a wide array of health topics, medical and drug information, health news, listings of doctors, and various other resources.

- Health Topics-Disaster Preparation and Recovery
  www.nlm.nih.gov/medlineplus/disasterpreparationandrecovery.html

Environmental Protection Agency

www.epa.gov

The federal government website includes information specific to the natural environment, human health, and possible environmental emergencies (i.e., accidental or deliberate use of chemical, radiological, or other hazardous material).

- Environmental Emergencies
  www.epa.gov/ebtpages/emergencies.html

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American Red Cross

www.redcross.org/images/pdfs/preparedness/A4497.pdf

The document offers specific information regarding emergencies for persons with disabilities.

- Disaster Preparedness for Seniors by Seniors-What We Can Do to Save Our Lives
  www.prepare.org/seniors/srsforsrs.htm
- Animal Safety-Pets and Disaster: Be Prepared
  www.redcross.org/services/disaster/0,1082,0_604_,00.html

Federal Emergency Management Agency (FEMA)

www.fema.gov/rrr/children.shtm

The webpage relays general information on how to help children cope with a traumatic event **(Appendix 5)**.

- FEMA for Kids
  The webpage is specifically designed for children and also provides resources for parents and teachers.
  www.fema.gov/kids

American Academy of Pediatrics (AAP)

www.aap.org/family/frk/frkit.htm

The webpage includes materials that can be downloaded and printed to help families prepare for an emergency.

- Family Readiness Kit
  www.aap.org/family/frk/frkit.htm

The Humane Society of the United States

www.hsus.org

The website contains information on emergency preparedness for pets, animals, and livestock.

- Emergency Preparedness Brochures
  www.hsus.org/hsus_field/hsus_disaster_center/disaster_preparedness_brochures.html

Pennsylvania Department of Health

www.dsf.health.state.pa.us/health/cwp/view.asp?a=171&q=233957

The webpage includes information on emergency preparedness and special populations.

American Veterinary Medical Association

www.avma.org

The website includes specific information pertaining to animals and pets.

- Disaster Preparedness-Saving the Whole Family
  www.avma.org/disaster/saving_family.asp

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World Health Organization

www.who.org

The website contains resources pertaining to international health.

- Publications
  www.who.int/publications/en

National Mental Health Association

www.nmha.org

The website is devoted to information, education, and research on mental health and mental illness.

- Coping with Disaster Within the Faith Community
  www.nmha.org/reassurance/coping_faith.cfm **(Appendix 6)**

Include Additional Resources

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Appendix 1

CONGREGATIONAL ASSESSMENT FOR SPECIAL POPULATIONS

For faith community nurses on pre-event emergency preparedness for public health emergency events.

Developed by an ad hoc Faith Community Nurse Group with support from Montgomery County Maryland's Advanced Practice Center for Public Health Emergency Preparedness and Response

Assessment:

1. Is there a pre-event emergency preparedness plan in place, for responding to public health emergency events, for the vulnerable or special populations in your congregation?

   If yes, who is in charge of activating the plan and who knows about it?

   If no, would your congregational leaders be supportive of developing such a plan?

2. Do you have concerns about pre-event emergency preparedness of the vulnerable or special populations in your congregation?

   If yes, list those concerns.

3. Identify by group, i.e., isolated elderly, persons with disabilities, and so forth, the most vulnerable populations in your congregation. If known, give approximate numbers for each of these populations.

4. Identify opportunities to partner with individuals/committees in your congregation to carry out this assessment.

Appendix 2
PREPARING YOUR CONGREGATION FOR A DISASTER BEFORE A DISASTER STRIKES

Evangelical Lutheran Church in America

www.elca.org/dcs/disaster/before.html

Prepare a plan to respond to a disaster

- Survey facilities, members, programs to identify special concerns to deal with during and following a disaster.
- Arrange to use your resources by encouraging an agreement with the Red Cross, other emergency-management agencies and your closest Lutheran social-ministry organization.
- Know resources, identify functions.
- Develop processes for raising funds for disaster response or receiving them from outside sources.

Prepare your facility for a disaster (Use this facility safety checklist):*

- Post an emergency number by each phone. Include 911 (or area equivalent), the poison control center, law enforcement and the fire department. Make sure a phone is accessible in each area of the building at all hours.
- Review insurance policies annually. Keep duplicate copies of important church documents off site with photographs and vital records.
- Identify the nearest storm shelter. (Identify whom to contact to help do this.)
- Post clear directions on what to do and where to go in case of a severe storm/tornado warning.
- Practice evacuation/fire drills.
- Have a working weather radio or battery-operated radio in an accessible location in the church. Ensure that someone is listening during watches while church functions are in progress.
- Maintain a list of who is assigned to cut off utilities, cover windows and secure loose items inside/outside the building.
- Collect emergency/disaster-preparedness needs such as emergency lights, flashlights, first-aid kits, blankets.
- Create a prayer/life phone tree of people who will pray and give blood in case of emergency or disaster.
- Check exits: make sure they are marked and/or lit, free of obstruction, locked doors have crash bars; establish evacuation routes on upper floors; have a plan to evacuate handicapped persons.
- Check electrical equipment: mark circuit breakers, cover switches and outlet boxes, ground electrical units; do not overload circuits.
- Check gas equipment: know where gas main is; know where meter shut-off valve and gas wrench are.
- Check fire-fighting equipment: extinguishers should be fully charged, inspected and tagged; they should be appropriate type - for electrical, grease and ordinary fires. Maintain smoke detectors.
- Store chemicals including paint, solvents, cleaning fluids, thinners, toner, propane, toxic or corrosive materials properly.

**Thanks to Lutheran Social Services of the South, Inc. and Christine Iverson of Lutheran Social Services of Kansas and Oklahoma for contributing to this list.*

(continued on next page)

Prepare your staff

- Assign the congregation's vice-president the responsibility to serve as the congregation's disaster-response coordinator.
- Prepare lay leaders as alternates to lead the worship services and teach church school if pastor/teachers are incapacitated.
- Hold first-aid and CPR classes at the church for adults and youth. Encourage youth leaders and teachers to attend.
- Train ushers in case of emergency such as fire or heart attack.
- Train Sunday school and day-care staff for emergencies/disasters.

Prepare your members

Prepare members/families for disaster by encouraging family disaster preparation.

Red Cross Family Preparation Check List

- A member trained in first aid and CPR should be at each church activity.
- Determine the special needs of people in your congregation (i.e., vision, hearing, physical impairments, heart conditions, etc.) to help prepare for special evacuation procedures when disaster strikes.
- Develop a plan to check on members to assess needs after a disaster.
- Develop a plan to distribute food and other needed items after a disaster.
- Organize volunteer work crews to help in times of disaster.

Prepare with close neighbors

For a disaster affecting other congregations in your community

- Arrange a reciprocal agreement with another church/facility as a place to meet and worship if church sustains major damage or is destroyed.
- Develop a plan to coordinate with other churches and religious organizations in time of disaster to reach out to the most vulnerable people in the community- elderly, single parents with children and those with special needs.
- Develop a plan to receive, organize and distribute food and other needed items including cleaning supplies, hygiene supplies and baby supplies. (Rarely is clothing needed; usually all clothing needs are easily met locally.)
- Mobilizing a community interfaith response:
- Call a meeting of religious leaders in a ministerial association or already established interfaith group to discuss how the organizations can work together in a disaster.

For a disaster affecting other Lutheran congregations in your community

- Form an agreement with Lutheran congregations to work together in response to disaster.
- Identify the resources (including human resources) of each congregation. Update annually.

Prepare with distant neighbors

Companion congregation plan

- Establish a partnership between a congregation in a disaster-prone area and one in a relatively safe area. Designate contact persons in each congregation. The companion congregation provides temporary housing during a disaster. It is also a source of volunteers and a link to other congregational ministries.

Montgomery County Advanced practice Center for Public Health Emergency Preparedness and Response

Ready Montgomery
Emergency Preparedness and Response

Plan to be Safe.

Plan 9

You can do this!
Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

1 Water

2 Food

3 Clothes

4 Medications

5 Flashlight

6 Can Opener

7 Radio

8 Hygiene Items

9 First Aid

Done!

Alternative formats of this document are available upon request by calling 240-777-3038.

APC Advanced Practice Centers

Montgomery County Maryland 1776 — Douglas M. Duncan, County Executive

Fairfax County, Virginia

READY ... PACK ... GO

PREPARING OUR FAITH COMMUNITIES IN FAIRFAX COUNTY

Home Emergency Supply Kit Checklist

Hazards come in any form at any time. Being ready can provide you, your family and your faith community a greater ability to respond and care for each other. You must be prepared to **Ready ... Pack ... Go** to a basement, interior room, public shelter, friend's house or other safe area.

√ READY: Know these telephone numbers:

- ☐ Emergency: 911
- ☐ Fairfax County Emergency Info: 703-817-7771, TTY 711
- ☐ Utilities _____
- ☐ Schools _____
- ☐ Physicians _____

√ PACK: Here's a suggested list of items for your home emergency supply kit:

- ☐ Water (1 gallon/person/day)
- ☐ Non-Perishable Food (3 days)
- ☐ Prescriptions/Medications
- ☐ First Aid Kit
- ☐ Flashlight
- ☐ Battery-Powered Radio
- ☐ Batteries
- ☐ Blankets/Bedding
- ☐ Personal Hygiene Items
- ☐ Extra Seasonal Clothing
- ☐ Pen and Paper
- ☐ Extra Keys
- ☐ Cash
- ☐ Cell Phone
- ☐ Contact List
- ☐ Family Documents
- ☐ Financial Documents
- ☐ Infant Supplies
- ☐ Pet Supplies
- ☐ Small Face Mask
- ☐ Tools/Duct Tape
- ☐ Garbage/Storage Bags
- ☐ Map
- ☐ Can Opener

√ GO: For the latest emergency information follow media outlets, call the county hotline listed above and subscribe your cell phones, e-mail addresses and pagers to the Community Emergency Alert Network:

- ☐ www.fairfaxcounty.gov/cean

Sponsors: Fairfax County Citizen Corps Council, Fairfax County's Department of Systems Management for Human Services Community Interfaith Liaison Office and the American Red Cross.

For more information or ADA accommodations, call 703-FAIRFAX, TTY 703-324-2935, or visit www.FairfaxCountyCitizenCorps.org.

READY ... PACK ... GO

PREPARING OUR FAITH COMMUNITIES IN FAIRFAX COUNTY

Next Steps

Consider these actions beyond preparing a home emergency supply kit.

√ Develop Plans

A communication plan is essential to respond with calm and confidence to an incident. Preparing a family calling tree will help ensure that your loved ones know your status. Planning a meeting place or evacuation route also is helpful. If you need to go to a shelter, plan for your pets since most shelters do not allow animals.

√ Help Vulnerable Populations Prepare

An American Red Cross study reported the least prepared people also are the most vulnerable people in society. Encourage yourself, your family, your faith community or your co-workers to help those who cannot fully prepare by making extra emergency kits for a neighbor or an entire group of people.

√ Prepare Faith Community Shelter and Evacuation Plans

If you are at a faith community event and an incident occurs, does your community have plans and supplies to shelter-in-place or evacuate? Can your faith community welcome residents for temporary shelter? Work with your faith community leaders and the American Red Cross to think about and plan for these possibilities.

√ Tap Into Faith Community Skills and Talents

In all houses of worship, there are individuals with talents such as working with people, leadership ability, and technical or career expertise. Consider identifying and utilizing these members to help prepare for and respond to an emergency.

√ Get Trained and Volunteer

Learn more about the Fairfax County Citizen Corps Council and its training, volunteer and outreach activities by visiting www.FairfaxCountyCitizenCorps.org.

Sponsors: Fairfax County Citizen Corps Council, Fairfax County's Department of Systems Management for Human Services Community Interfaith Liaison Office and the American Red Cross.

For more information or ADA accommodations, call 703-FAIRFAX, TTY 703-324-2935, or visit www.FairfaxCountyCitizenCorps.org.

Federal Emergency Management Agency

http://www.fema.gov/rrr/children.shtm

Earthquakes...Tornadoes...Fires... Floods...Hurricanes... Hazardous Materials Spills

Disaster may strike quickly and without warning. These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine. Children may become anxious, confused or frightened. As an adult, you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss. It is important to give children guidance that will help them reduce their fears.

The Federal Emergency Management Agency (FEMA) and the American Red Cross have prepared this brochure to help you help your children cope. Ultimately, you should decide what's best for your children, but consider using these suggestions as guidelines.

Children and Their Response to Disaster

- Children depend on daily routines: They wake up, eat breakfast, go to school, play with friends. When emergencies or disasters interrupt this routine, children may become anxious.
- In a disaster, they'll look to you and other adults for help. How you react to an emergency gives them clues on how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real. If you seem overcome with a sense of loss, a child may feel their losses more strongly.
- Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable.
- Feeling or fear are healthy and natural for adults and children. But as an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what's uppermost in his or her mind. Having children participate in the family's recovery activities will help them feel that their life will return to "normal." Your response during this time may have a lasting impact.

Be aware that after a disaster, children are most afraid that—

the event will happen again.

someone will be injured or killed.

they will be separated from the family.

they will be left alone.

(continued on next page)

Advice to Parents: Prepare for Disaster

- You can create a Family Disaster Plan by taking four simple steps. First, learn what hazards exist in your community and how to prepare for each. Then meet with your family to discuss what you would do, as a group, in each situation. Next, take steps to prepare your family for disaster such as: posting emergency phone numbers, selecting an out-of-state family contact, assembling disaster supplies kits for each member of your household and installing smoke detectors on each level of your home. Finally, practice your Family Disaster Plan so that everyone will remember what to do when a disaster does occur.
- Develop and practice a Family Disaster Plan. Contact your local emergency management or civil defense office, or your local Red Cross chapter for materials that describe how your family can create a disaster plan. Everyone in the household, including children, should play a part in the family's response and recovery efforts.
- Teach your child how to recognize danger signals. Make sure your child knows what smoke detectors, fire alarms and local community warning systems (horns, sirens) sound like.
- Explain how to call for help. Teach your child how and when to call for help. Check the telephone directory for local emergency phone numbers and post these phone numbers by all telephones. If you live in a 9-1-1-service area, tell your child to call 9-1-1.
- Help your child memorize important family information. Children should memorize their family name, address and phone number. They should also know where to meet in case of an emergency. Some children may not be old enough to memorize the information. They could carry a small index card that lists emergency information to give to an adult or babysitter.

After the Disaster: Time for Recovery

- Immediately after the disaster, try to reduce your child's fear and anxiety.
- Keep the family together. While you look for housing and assistance, you may want to leave your children with relatives or friends. Instead, keep the family together as much as possible and make children a part of what you are doing to get the family back on its feet. Children get anxious, and they'll worry that their parents won't return.
- Calmly and firmly explain the situation. As best as you can, tell children what you know about the disaster. Explain what will happen next. For example, say, "Tonight, we will all stay together in the shelter." Get down to the child's eye level and talk to them.
- Encourage children to talk. Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they're feeling. Listen to what they say. If possible, include the entire family in the discussion.
- Include children in recovery activities. Give children chores that are their responsibility. This will help children feel they are part of the recovery. Having a task will help them understand that everything will be all right.
- You can help children cope by understanding what causes their anxieties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal. If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.

Appendix 6
COPING WITH DISASTER WITHIN THE FAITH COMMUNITY

National Mental Health Association

www.nmha.org/reassurance/coping_faith.cfm

In the aftermath of the terrorist attacks, Americans of every religious and spiritual tradition are experiencing disbelief, grief, fear and even anger. Some may have lost family members, friends or work colleagues. Others have anxieties about the future. Nobody is unaffected.

The National Mental Health Association and the American Association of Pastoral Counselors have developed this fact sheet to assist people of faith and their communities in coping with the emotional and spiritual impact of our nation's tragedy.

- Each person reacts differently to a disaster and a range of responses are normal and to be expected. Emotional responses to disasters can appear immediately or sometimes develop months later. Below is a list of common emotional and physical responses to disaster:
- Disbelief and shock
- Disorientation; difficulty making decisions or concentrating
- Apathy and emotional numbing
- Sadness and depression
- Fear and anxiety about the future
- Intrusive thoughts; replaying events in our minds
- Excessive worry about safety and vulnerability; feeling powerless
- Irritability and anger
- Headaches and stomach problems
- Difficulty sleeping
- Extreme changes in eating patterns; loss of appetite or overeating
- Excessive use of alcohol and drug
- For many, the tragic events not only challenge the emotional and physical sense of well being, but also one's spirituality. People want to find some meaning in the tragedies and come to grips with our nation's response. As a result, many Americans are turning to their faith through prayer and meditation to try to cope with their feelings and seek support, reassurance and understanding during this time of crisis.
- While some people find turning to their faith helpful, others may be troubled by questions and doubts. They may have difficulty sorting out the ambiguities of life and faith. Questions and doubts at this difficult time are normal. What's important to remember is that trust, hope and strength are perhaps the most essential elements of all faiths.

(continued on next page)

Tips for People of Faith

Places of worship can be supportive environments for individuals. Here are some ideas on finding ways to cope within your faith community:

- **Connect** Spend additional time with family, friends and members of your house of worship. Reach out to others for assurance and support. We need to love and be loved. Connect with those you love and emphasize the importance of relationships. Draw strength from your faith.
- **Communicate** Recognize the importance of talking about what happened. By talking with others, you will relieve stress and realize that other people experience similar reactions. Share your feelings with your priest, minister, rabbi, imam, or other clergy. Parents should encourage children to discuss their concerns and feelings.
- **Act** Find activities that are positive for your spirit, mind and body. Consider doing things that contribute to others. Be intentional with your time and do things that impact positively on your life. Candlelight vigils and prayer groups are good ways to encourage togetherness and reassurance within the faith community. You may also want to help organize volunteer services such as food banks, clothing collections and blood drives.
- **Get Help** For most people, the negative feelings will decrease as time passes, but some may have difficulty coping with their feelings or resuming regular activities. If you have strong feelings that won't go away or are troubled for longer than four to six weeks, you may want to seek professional help. People who have existing mental health problems and those who have survived past trauma may also want to check in with a mental health care professional.

For people of faith, pastoral counselors are a resource in helping to address both mental health and spiritual concerns. If you would like to contact a Certified Pastoral Counselor in your area, call the American Association of Pastoral Counselors Referral Service at 800-225-5603 or visit **www.aapc.org**.

The National Mental Health Association has several resources available to help you and others cope with the disaster, including Time for Reassurance, Talking with Kids, Coping Tips for Adults and fact sheets on post-traumatic stress, depression, coping with loss and other topics.

To obtain this information, go to www.nmha.org or call our toll-free line 800-969-NMHA (6642).

National Mental Health Association
2001 N. Beauregard Street, 12th Floor
Alexandria, VA 22311

Phone 703/684-7722
Fax 703/684-5968

Mental Health Information Center 800/969-NMHA
TTY Line 800/433-5959

Appendix 7
MAINTAINING A HEALTHY STATE OF MIND FOR PARENTS & CAREGIVERS

American Red Cross

www.redcross.org/preparedness/cdc_english/health_parents.asp

Children's reactions to acts of terrorism depend on their age and maturity. Their responses also are affected by how close they are to the event, their level of exposure to it through TV and how they see their parents react.

Common reactions

In general, most children have mild, short-lived behavior changes after an act of terrorism.

For infants to 6-year-olds Infants may become more cranky. They may cry more than usual or want to be held and cuddled more. Preschool and kindergarten children may feel helpless, powerless and frightened about being separated from their parent/caregiver. They may return to bed-wetting and have a hard time sleeping.

For 7- to 10-year-olds Older children who know about loss may feel sad, mad or afraid the event will happen again. Peers may share false information that parents or caregivers then would need to correct. They may focus on details of the event and want to talk about it all the time. This may disrupt their concentration and affect how well they do in school.

For preteens and teenagers Some preteens and teenagers respond with risky behaviors. This could include reckless driving, alcohol or drug use. Others may become afraid to leave home. They may cut way back on how much they hang out with their friends. They can feel overwhelmed by their intense emotions and yet be unable to talk about them. Those emotions may lead to increased friction, arguing and even fighting with siblings, parents/caregivers or other adults.

For special-needs children Children who are ventilator-dependent, or are confined to a wheelchair or bed, may have even more pronounced reactions to threatened or actual terrorism. The same is true for youth with other physical or mental limitations. They might display feelings like distress, worry or anger because they have less control over how they get around than other people. They may need extra verbal reassurance, or more explanations, hugs, comfort and other positive physical contact.

Not all children respond these ways. Some might have more severe, longer-lasting reactions that are influenced by the following factors:

Direct exposure to the act of terrorism

Whether they were evacuated or saw people injured or dying would affect them, as would being injured themselves or feeling their own lives were threatened.

Loss

The death or major injury of a family member, close friend or pet.

Ongoing stress from the effects of terrorism

This includes being away from home, losing contact with friends and neighbors and losing things that were important to them, like a favorite toy or access to a playground. Their lives are disrupted when they no longer have a usual meeting place or their routines and living conditions change.

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A prior experience of trauma

Including having lived through or observed abuse or a major disaster.

In most children, these behavior changes will fade over time. Children who were directly exposed to the act of terrorism can get upset again and signs of behavior related to the event may return if they see or hear reminders of what happened.

What you can do?

When parents and caregivers or other family members deal with the situation calmly and confidently, they can provide the best support for their children, whose reactions are influenced by the behavior they see. They also are sensitive to what they hear and perceive from their parent/caregiver and other important adults in their lives. The better prepared you are, the less distress you are likely to experience. The more control and confidence you feel, the more reassuring you may be during an act of terrorism. This can help children cope.

Beforehand

Get informed. Ask your local emergency management office or American Red Cross chapter about specific hazards in your area. Learn about the disaster plans where you and your family spend time. This includes schools and daycare facilities. Be familiar with evacuation routes, warning systems and the nearest shelters.

Develop a Family Disaster Plan. Preparing for an emergency helps the whole family accept the fact that terrorism does happen. It provides a way to select and collect resources to meet basic needs after an act of terrorism. Children, like adults, cope better when they feel prepared and have a greater sense of control over some things in their environment.

Make sure your children know what to do in different types of emergencies. For example, do they know what they should do if they hear smoke detectors, fire alarms, weather alerts or warning systems like horns or sirens? Decide where to meet if an emergency happens. Choose one location right outside your home. Select another location outside your neighborhood. Ask an out-of-town friend or relative to be your emergency contact. In a terrorist event, family members should call this person and tell them where they are. Make a list of emergency phone and contact numbers. Make sure family members have some change to use a phone, a phone card or access to a phone or cell phone. Include arrangements for your pets in your plan. Practice the plan with your children and pets.

Develop a School or Day Care Communication Plan. It also is important that your children and their teachers and principals are familiar with the plan you have in place. During an emergency they could apply it while they were at school or day care. It would help for them to have your cell phone, work phone, fax and pager numbers as well as your e-mail address and those of any other adults authorized to pick your child(ren) up from school. Make sure those numbers are current and available to school officials who know and can help your child(ren).

Assemble a Disaster Supplies Kit. Every household should assemble and keep an up-to-date disaster supplies kit. A kit can help your family stay safe and be more comfortable during and after an act of terrorism. Ask your children to think of items they would like it to include. Things like books, games, toys, snack food items that don't spoil quickly and bottled water. If they aren't talking yet, you may need to include stuffed animals, formula, diapers, bottles and pacifiers.

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During and after

Show understanding. Following an act of terrorism, children are most afraid that:

- The event will happen again.
- Someone close to them will be killed or injured.
- They will be left alone or separated from their family.

You can help them by:

- Calmly sharing facts about the event and plans to keep them safe. If a young child asks questions about what happened, answer them simply. Do not go into as much detail as you would for an older child or adult. The amount of information children need and can use varies.
- Encouraging them to talk or express what they are feeling through their paintings or drawings.
- Listening to their concerns. Show that you understand those concerns and address the issues they raise.
- Giving them specific tasks to do. This lets them know they can help out and can restore a sense of control. It also gives them more predictability about their family and community life.
- Spending extra time with them.
- Re-establishing daily routines for work, school, play, meals and rest.
- Understanding that children have a range of reactions to terrorism. This is influenced by their age, maturity and life experience.
- Knowing when and how to get help for a child who continues to suffer, takes extreme risks, hurts him- or herself or threatens others.

Monitor and limit your family's exposure to the media. News coverage of the event can bring out fear, confusion and anxiety among children and adults. This applies to large-scale disasters or terrorist events where lots of property was damaged and lives were lost. Watching images of an event over and over can cause younger children to believe that the event is occurring again and again. Parents and caregivers might want to discuss what is being shown on TV or the Internet about the act of terrorism. Limiting your own exposure to programs that fuel worry also is a good idea.

Use support networks. Parents and caregivers are almost always the best source of support for their children in difficult times. Thus, it is important for adults to understand their own feelings and to develop coping strategies. One way of doing this is to build and use social support systems that include family, friends, community organizations and agencies, faith-based institutions or other resources. This will help adults feel supported and also will help them manage their reactions better. In turn, they will be less distressed, more in control of their own thoughts and feelings and better able to support their children.

If a child continues to be very upset by what happened or if their reactions hurt their school work or relationships at home or with friends, they may need extra help. You may want to have them talk with their primary care physician or a mental health provider who specializes in children's needs.

Appendix 8
MAINTAINING A HEALTHY STATE OF MIND FOR SENIORS

American Red Cross

www.redcross.org/preparedness/cdc_english/health_seniors.asp

We've proven time and again our ability to survive everything from the Great Depression to world wars and the threat of nuclear holocaust. We've lived through droughts, floods and all sorts of other natural disasters. We've given birth, supported our families and stood by our loved ones through personal and financial losses. We are proud, tough and resilient.

"Voices of Wisdom: Seniors Cope with Disasters" videotape
Project COPE, 1992

Being mentally and emotionally prepared is the best way to reduce the effects of terrorism. Acts of terrorism disrupt our way of life and peace of mind. They can make us feel unsafe and afraid. This may increase feelings of mistrust and prejudice. You may find you react in different ways to stressful events. You may change who you will talk to or trust, or where you travel or how you spend money. Sometimes feelings of hate towards others arise and lead to violence. This can destroy families and community life.

Although seniors have great strength from life experience, planning ahead can help decrease the risk of harm in an emergency.

Planning ahead includes asking yourself the following questions:

Do I tire easily?

Do I need help to see, hear or walk?

Do I need to care for another person?

Do I take daily medication?

Being mentally and emotionally prepared includes knowing:

What to expect.

When help is needed.

How to get help.

What can I do to prepare myself now? There are several things you can do ahead of time, when things are calmer, to get ready to respond to the kinds of events that an act of terrorism might trigger. For example, you could—

- **Make a plan** with family or household members. Decide how to **stay in touch** if something goes wrong. Set up a **meeting place**.
- Prepare a disaster supplies kit. Keep it in a safe, easy-to-find place.
- Keep a spare pair of eye glasses and extra medicine handy in case you need to leave your home quickly.
- Learn about preparedness plans in your town.
- Know your neighbors and how to get in touch with them.
- Keep important documents in a safe place with easy access in case you need to leave your home.
- Review your options and decide what to do before an emergency happens.
- Know how to get in contact with service agencies you may need, such as the Area Agencies on Aging and the American Red Cross.
- Learn more about what stress does and how to deal with it.

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Why are acts of terrorism so troubling? Acts of terrorism can have such a major impact because they are—

- **Unexpected.** Because they seem random and often come without much warning, they can make us feel unsafe.
- **Unfamiliar.** We have no experience with them. This can make us feel doubtful and insecure.
- **Uncontrollable.** We feel unable to manage or govern such events and acts.

How will I react to an extreme event, such as a terrorist incident? People react differently to extreme events because everyone has a different set of past experiences. Memories and feelings you thought you had left behind may return. However, the strength of these reactions tends to disappear after a few weeks for most people. Common reactions include the following:

- Shock, numbness and disbelief.
- Fear about personal safety, the safety of others and pets.
- Concern about losing treasured possessions.
- Grief for those who died and for losses at earlier times in your life.
- Upsetting images, thoughts and feelings about the event. This can happen suddenly or because something reminds you of the event.
- Anger, short temper and increased wariness of others. This may include more arguing or fighting.
- Feeling guilty or helpless.
- Feeling restless, anxious, uneasy or worried.
- Physical reactions can include headaches and body pains, stomachaches, appetite changes, sleep difficulties and increased allergic reactions. Chronic health problems can get worse.
- For most people, these reactions fade over time and eventually disappear.

If a terrorist attack occurs, how can I help myself feel better? Talking about what happened and sharing your feelings with others you trust or who have lived through similar events can be helpful. It also is important to take care of yourself physically. This includes eating properly, taking your regular medications and getting a good night's rest. Get back into a normal routine as soon as you can. It helps if you can find meaning in what happened or how you handled things.

Use the disaster plan you made.

Find sources of information you can trust.

Stay informed and follow official directions to protect yourself and others.

Stay in touch with family, friends and neighbors, if possible.

Spend time with family and loved ones.

Even though you need to stay informed, avoid repeatedly watching disturbing events. Watching TV or hearing radio replays of tragic events can increase anxiety and fear.

Remind yourself of your strengths and how well you have dealt with problems in the past.

Remind yourself that in time you will feel better.

Be patient with others and with yourself. Take time to relax. Find a quiet place where you can collect your thoughts and feelings.

Keep up your exercise and good health habits. Get plenty of rest.

Ask for help when you need it.

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How will I know if I need more help? You may try all these ways to feel better and still be unable to get back to your regular routines. You might need outside help if, after several weeks or so, you:

- Still suffer greatly, longer than for other losses and events.
- Cannot concentrate or do things you used to enjoy.
- Are not able to resume normal roles with your family and friends.
- Are:
  - Drinking or smoking too much.
  - Using an excessive amount of prescribed medicines.
  - Driving too fast or too slowly.
  - Having unprotected sex.
  - Fighting, hurting or threatening others.
  - Are still having eating or sleeping problems.
  - Are getting physically sick.
  - Feel like hurting yourself or someone else.

How do I get help? Asking for support may sometimes feel uncomfortable, however, seeking the assistance you need can help you cope better. Sources for assistance could include a:

- Family doctor.
- Pastoral care counselor.
- Licensed counselor or other trained mental health provider.
- Health care provider.
- Local health center or mental health clinic.
- Mental health specialty or advocacy groups.

Appendix 9
EMERGENCY WATER AND FOOD SUPPLIES

American Red Cross

www.redcross.org/preparedness/cdc_english/FoodWater.asp

If a natural or human-caused disaster strikes your community, you might not have access to food, water and electricity for a while. By taking steps now to store emergency food and water supplies, along with a **disaster supplies kit**, you can help minimize the affect of any such disaster on your family.

Water Supplies

In an emergency, **having a supply of clean water** is a top priority, for drinking, food preparation and hygiene.

Store at least one gallon per person and pet per day.

Store at least a three-day supply of water for each member of your family.

In an emergency, drink at least two quarts of water a day, 3-4 quarts a day if you are in a hot climate, pregnant, sick or a child. If supplies run low, never ration water. Drink the amount you need today and look for more tomorrow.

How and Where to Store Water

In a cool, dark place in your home, each vehicle and your workplace.

Preferably, in store-bought, factory-sealed water containers.

Alternately, in food-grade quality containers made for storing water and available from sporting goods and surplus stores and other retailers. These containers must be thoroughly **washed, sanitized and rinsed,** and the water you store in them, if it's from your tap, may need to be treated before being stored. Ask your public health service or water provider for information on whether and how to treat the water. Follow those instructions before storing any.

Avoid using

- Store-bought water past the expiration or "use by" date on the container.
- Containers that can't be sealed tightly.
- Containers that can break, such as glass bottles.
- Containers that have ever held any toxic substance.
- Plastic milk bottles and cartons. They are difficult to clean and break down over time.

Do

- Change stored water every six months.

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Alternate Emergency Water Sources Inside and Outside Your Home

Inside

If a disaster catches you without a stored supply of clean water, you can use the water in—

- your hot-water tank.
- pipes and faucets.
- ice cubes.

To use the water in your hot-water tank, be sure the electricity or gas is off, then open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve at the tank and turning on a hot-water faucet. Refill the tank before turning the gas or electricity back on. If the gas is turned off, only a professional can turn it back on.

To use the water in your pipes, identify and turn on the highest faucet in your home to let air into the plumbing. You then can get water from the lowest faucet.

Outside

If you need to find water outside your home, try—

- Rainwater.
- Streams, rivers and other moving bodies of water.
- Ponds and lakes.
- Natural springs.

Take steps to ***make water from any of these sources safer before drinking it.*** *You should not drink flood water. Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first.*

Food Supplies

During and after a disaster, it will be vital that you and your household (including your pets) eat enough to maintain your strength.

Store foods that you eat regularly. Foods that require no refrigeration, preparation or cooking are best. Include vitamin, mineral and protein supplements to ensure adequate nutrition.

Store enough food for two weeks. It is better to have extra you can share than to run out.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils.

During and after a disaster, eat at least one well-balanced meal each day, more if you are working hard. If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

For emergency cooking, you can use a fireplace or a charcoal grill or camp stove outdoors. Use only approved devices—like candle warmers, chafing dishes and fondue pots—for warming food. If you heat food in its can, be sure to open it and remove the label before heating. Never leave open flames unattended.

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How and Where to Store Food

Keep food in a dry, cool spot—out of the sun, if possible.

Wrap perishable foods, such as cookies and crackers, in plastic bags and keep them in sealed containers.

Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to keep them fresh and unspoiled.

Avoid

- Canned goods that have become swollen, dented or corroded.
- Fatty, high-protein or salty foods when your water supply is low.

Do

- Keep your hands clean — it's one of the best ways to keep from getting sick. If soap and running water are not available, use alcohol-based hand gels or wipes to clean hands.
- Inspect all food for signs of spoilage before use. Throw out perishable foods, such as meat and poultry, that have been left out at room temperature for more than 2 hours.
- **Replace your stored food on a regular basis** with fresh supplies, dated on the container.
- Eat salt-free crackers, whole grain cereals and canned foods with high liquid content if your water supplies are low.
- If there's a power outage, eat food in the refrigerator first, the freezer next and lastly from your stored supplies. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.

Further Tips

***Having a supply of clean water**

Learn where the water intake valve to your home is. If you hear reports of broken water or sewage lines, or if local officials recommend doing so, you would need to shut off water to your house at the incoming water valve to stop contaminated water from entering your home.

Ways to Make Outdoor Water Safer*

** These instructions are not for treating water to be stored, only for emergencies when no other water is available.*

Untreated water can make you very sick. Besides having a bad odor and taste, it can contain toxic chemicals, heavy metals and germs that cause such diseases as dysentery, typhoid and hepatitis. Before drinking outdoor water, using it in food preparation or for hygiene, make it safer to use by—

Straining it. Pour the water through paper towels, a clean cloth or a coffee filter to remove any suspended particles.

Boiling it. In a large pot or kettle, bring water to a rolling boil for 1 full minute. Cool it and pour it back and forth between two clean containers to improve its taste before drinking it.

Chlorinating it. Using household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite (listed on the label) as its only active ingredient, add 16 drops (1/8 teaspoon) per gallon to water in a large pot or kettle. Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, find another source of water and start over.

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Distilling it. Fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up inside the pot when the lid is upside-down without dangling into the water. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

None of these methods is perfect. The best solution is to use all of them. Boiling and chlorination will kill most microbes but will not remove other contaminants, such as heavy metals, salts and most other chemicals. Distillation will kill or remove most of any remaining contaminates.

***Washed, sanitized, rinsed**

(1) Wash containers with dishwashing soap and rinse with water, (2) sanitize by swishing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container and (3) rinse thoroughly with clean water before use.

***Replace your stored food on a regular basis**

The Recommended Shelf Life of Foods in Storage

Within six months, use—

- Boxed potatoes.
- Dried fruit.
- Dry, crisp crackers.
- Powdered milk.

Within one year, use—

- Canned, condensed meat and vegetable soups.
- Canned fruits, fruit juices and vegetables.
- Hard candy and canned nuts.
- Jelly.
- Peanut butter.
- Ready-to-eat cereals and uncooked instant cereals.
- Vitamins.

In proper containers and conditions, the following can be stored indefinitely:

- Baking powder
- Bouillon products
- Dried corn
- Dry pasta
- Instant coffee, tea and cocoa
- Soft drinks
- Vegetable oils
- Salt
- Soybeans
- Wheat (for breadmaking)
- White rice

For more information, contact any of the following:

Centers for Disease Control and Prevention **(www.bt.cdc.gov)**

Your local American Red Cross chapter **(www.redcross.org)**

State and local health departments **(www.cdc.gov/doc.do/id/0900f3ec80226c7a)**

Local emergency management agency

CDC Public Response Hotline (English 1-888-246-2675, Spanish 1-888-246-2857, TTY 1-866-874-2646)

Appendix 10
DISASTER SUPPLIES KIT

A disaster supplies kit is a collection of basic items that could be needed in the event of a disaster

American Red Cross

www.redcross.org/preparedness/cdc_english/dskit.asp

Assemble the following items to create kits for use at home, the office, at school and/or in a vehicle:

Water—three gallons for each person who would use the kit and an additional four gallons per person or pet for use if you are confined to your home

Food—a three-day supply in the kit and at least an additional four-day supply per person or pet for use at home

You may want to consider stocking a two-week supply of food and water in your home.

Items for infants—including formula, diapers, bottles, pacifiers, powdered milk and medications not requiring refrigeration

Items for seniors, disabled persons or anyone with serious allergies—including special foods, denture items, extra eyeglasses, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment.

Kitchen accessories—a manual can opener; mess kits or disposable cups, plates and utensils; utility knife; sugar and salt; aluminum foil and plastic wrap; re-sealable plastic bags

A portable, battery-powered radio or television and extra, fresh batteries

Several flashlights and extra, fresh batteries

A first aid kit

One complete change of clothing and footwear for each person—including sturdy work shoes or boots, raingear and other items adjusted for the season, such as hats and gloves, thermal underwear, sunglasses, dust masks

Blankets or a sleeping bag for each person

Sanitation and hygiene items—shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm, sunscreen, contact lenses and supplies and any medications regularly used, toilet paper, towelettes, soap, hand sanitizer, liquid detergent, feminine supplies, plastic garbage bags (heavy-duty) and ties (for personal sanitation uses), medium-sized plastic bucket with tight lid, disinfectant, household chlorine bleach

Other essential items—paper, pencil, needles, thread, small A-B-C-type fire extinguisher, medicine dropper, whistle, emergency preparedness manual

Entertainment—including games and books, favorite dolls and stuffed animals for small children

A map of the area marked with places you could go and their telephone numbers

An extra set of keys and ids—including keys for cars and any properties owned and copies of driver's licenses, passports and work identification badges

Cash and coins and copies of credit cards

Copies of medical prescriptions

Matches in a waterproof container

A small tent, compass and shovel

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Pack the items in easy-to-carry containers, label the containers clearly and store them where they would be easily accessible. Duffle bags, backpacks, and covered trash receptacles are good candidates for containers. In a disaster situation, you may need access to your disaster supplies kit quickly—whether you are sheltering at home or evacuating. Following a disaster, having the right supplies can help your household endure home confinement or evacuation.

Make sure the needs of everyone who would use the kit are covered, including infants, seniors and pets. It's good to involve whoever is going to use the kit, including children, in assembling it.

Benefits of Involving Children

Involving children is the first step in helping them know what to do in an emergency.

Children can help. Ask them to think of items that they would like to include in a disaster supplies kit, such as books or games or nonperishable food items, and to help the household remember to keep the kits updated. Children could make calendars and mark the dates for checking emergency supplies, rotating the emergency food and water or replacing it every six months and replacing batteries as necessary. Children can enjoy preparing plans and disaster kits for pets and other animals.

Disaster Supplies Kit Checklist for Pets

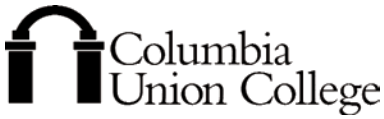
- Food and water for at least three days for each pet, food and water bowls and a manual can opener
- Depending on the pet, litter and litter box or newspapers, paper towels, plastic trash bags, grooming items, and household bleach
- Medications and medical records stored in a waterproof container, a first aid kit and a pet first aid book
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth and other special items
- Pet toys and the pet's bed, if you can easily take it, to reduce stress
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours
- Information on feeding schedules, medical conditions, behavior problems and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.

Additional Supplies for Sheltering-in-Place

In the unlikely event that chemical or radiological hazards cause officials to advise people in a specific area to "shelter-in-place" in a sealed room, households should have in the room they have selected for this purpose:

- A roll of duct tape (10 millimeters thick) and scissors
- Plastic sheeting pre-cut to fit shelter-in-place room openings
- Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide buildup for up to five hours. Local officials are unlikely to recommend the public shelter in a sealed room for more than two-three hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps into the shelter.

NOTE: Always keep a shut-off valve wrench near the gas and water shut-off valves in your home.



This publication was supported by Cooperative Agreement Number U50/CCU302718 from the Centers for Disease Control and Prevention (CDC) to the National Association of County and City Health Officials (NACCHO). Its contents are solely the responsibility of the Montgomery County, Maryland Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.

This document was published March 2006.