

# Are You Ready?



**INSERT NAME & TITLE**

**INSERT LOGO**



# Learning Objectives

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## **In this training you will learn:**

- Why should you be prepared for disasters/emergencies?
- What are the three steps to being prepared?
- What are the different hazards that you should prepare for?
- What are the 3 levels of planning?
- What are the components of your plan?
- What are ways to stay informed about disasters/emergencies?
- What are some ways that you can get involved to be better prepared for disasters/emergencies?

# Why be prepared?

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- To become “resilient” as an Individual, a Group, and as a Community
- Reduce the impacts of a disaster; perhaps even avoid them
- First responders make up <1% of the population
- Public emergency resources are very limited
- Be a part of the solution, not the problem



# Disaster Preparedness

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- Make a Plan
- Stay Informed
- Get Involved



**Family Communications Plan**  
Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Make a Plan. Make a Difference.

Out of Town Contact Name \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info _____

Where to go in an emergency. Write down where your family spends the most time, work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site specific emergency plans.

Home	Work
Address _____	Address _____
Phone _____	Phone _____
Neighborhood Meeting Place _____	Evacuation Location _____
Regional Meeting Place _____	
School	Work
Address _____	Address _____
Phone _____	Phone _____
Evacuation Location _____	Evacuation Location _____
School	Other place you frequent
Address _____	Address _____
Phone _____	Phone _____
Evacuation Location _____	Evacuation Location _____
School	Other place you frequent
Address _____	Address _____
Phone _____	Phone _____
Evacuation Location _____	Evacuation Location _____

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# Make a Plan

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- What are your risks?

- Wildfires
- Floods
- Tornadoes
- HAZMAT
- Severe weather
- Winter storms
- Terrorism
- Active shooter
- Bombs
- Pandemic
- Earthquakes
- Drought
- Cyber-attack



# Levels of Planning

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- Individual (you and your family)
- Group (work group, recreational groups, etc)
- Community (City, County, HOA)





# Things to think about

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- If you needed to shelter in place, would you know what to do?
- If you need to evacuate, would you know what to do?
- When it rains, it pours... can more than one disaster strike at the same time?



# Make a Plan

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- **Sit down with family members to develop a plan**

- **Phone numbers- make a list of important numbers**

- **Locations- where will you go?**

- ✦ **Shelter**
    - ✦ **Friends/family**
    - ✦ **Hotel**

- **Out of the area contacts**

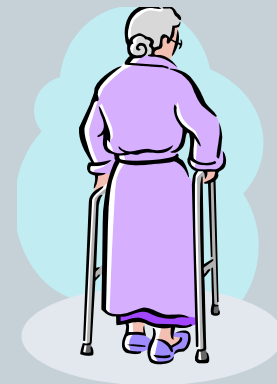
- **Plan for your pets**

- ✦ **Pet shelters**
    - ✦ **Humane Societies**
    - ✦ **Boarding facilities**
    - ✦ **Pet friendly hotels/motels**
    - ✦ **Friends/family**

- **Plan for special needs**

- ✦ **Accessibility issues**
    - ✦ **Devices**
    - ✦ **Batteries**
    - ✦ **Medications**
    - ✦ **Communication devices**
    - ✦ **Special food**

- **Insurance: update it!**



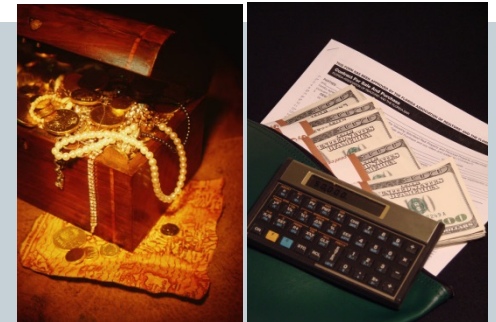


# Make a Plan, cont.

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- **What will you take with you?**

- **Make a checklist!!!**
- **Emergency kit**
- **Sentimental items (things that can't be replaced)**
- **Important papers**
- **Money**
- **ID**
- **Credit Cards**
- **Computers**
- **Whatever you can't "live without"**
- **Valuables**



# Emergency Kit Items

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## READY PACK A KIT CHECKLIST

*Assemble READY kits to keep at home, in each vehicle and at work.*

Store your disaster supplies in a sturdy, but easy-to-carry container. A large covered plastic bin or trash container, overnight backpack or duffel bag will work. Keep a smaller version of the kit in your vehicle. If you become stranded or are not able to return home, having some items with you will help you be more comfortable until help arrives.

☐ **Water** (one gallon per person per day)

☐ **Food**

Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.

☐ **Flashlight** (include extra batteries)

☐ **First Aid Kit** (see checklist below)

☐ **Medications** (see checklist below)

Prescription and non-prescription items

☐ **Battery-operated radio** (include extra batteries)

☐ **Tools**

A wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, tarp and garbage bags with ties. Contact professionals to turn gas back on.

☐ **Clothing**

A change of clothes for everyone, including sturdy shoes and gloves.

☐ **Personal items**

Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.

☐ **Sanitary supplies**

Toilet paper, feminine supplies, personal hygiene items, bleach, etc.

☐ **Money**

Have cash. (ATMs and credit cards won't work if the power is out.)

☐ **Contact information**

Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.

☐ **Pet supplies**

Include food, water, leash, litter box, tags, any medications and vaccination information.

☐ **Map**

Mark an evacuation route on it from your local area.

☐ **Special items**

Include any necessary items for infants, seniors and people with disabilities in your kit. Having some items with you will help you be more comfortable until help arrives.

☐ **Meeting place** (see communications cards below)

Pick a place for family members to meet in case you are separated during a disaster.

## FIRST AID SUPPLIES CHECKLIST

## MEDICATIONS CHECKLIST

# Stay Informed

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- **Situational awareness!**

- What should you be concerned with during the Summer?
- What should you be concerned with during the Winter?
- What hazards can happen anytime?
- Criminal/terrorism issues? (8 signs of Terrorism)
- Tune into media (TV, Radio, internet), use social media when an event occurs
- Emergency Alert System
- Keep family & neighbors, coworkers informed
- Sign up for reverse notifications: [www.coemergency.com](http://www.coemergency.com)
- Follow instructions from emergency officials



# Get Involved!

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- **Take a Class**

- CERT
- Red Cross Training
- Community Awareness Program (CAP) Training
- Citizen's Academy (Law & Fire)

- **Internet resources**

- [www.readycolorado.com](http://www.readycolorado.com)
- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)
- [www.coemergency.com](http://www.coemergency.com)



# Get Involved!, cont.

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- **Volunteer**

- **Affiliate with a trusted Volunteer Organization Active in Disaster (VOAD)**

- ✦ Red Cross
- ✦ Salvation Army
- ✦ Volunteers of America (VOA)
- ✦ United Way- 211
- ✦ ARES (Ham Radio Operators)
- ✦ Civil Air Patrol
- ✦ Search and Rescue
- ✦ Faith Based organizations (Baptists, Mennonites, Mormon, Jewish Community Services, Catholic Charities)



**American  
Red Cross**



# Get Involved!

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- **Donations**

- Give money not stuff
- Occasionally, specific items are needed- follow instructions as to who and where to bring the “stuff”
- Donate to a trusted, vetted charity
- [www.helpcoloradonow.com](http://www.helpcoloradonow.com)





# Think beyond yourself...

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- Plan & assist neighbors, friends extended family
- Learn how to operate a shelter
- Learn to work as a team (CERT)
  - At work
  - Within your neighborhood
  - Or broader community
- What can you collectively bring to the table to assist each other?
- Take training together (CPR, First Aid, CERT, CAP etc.)



# Summary

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- Preparing for disasters/emergencies lessons the impact on you, your family and your community.
- The three steps to being prepared are: Make a Plan, Stay Informed, Get Involved.
- The different hazards that you should prepare for include: Wildfires, Floods, Tornadoes, HAZMAT, Severe weather, Winter Storms, Terrorism, Active shooter, Bombs, Pandemic, Earthquakes, Drought, Cyber-attack
- The 3 levels of planning are: Individual, Group, Community
- The components of your plan should include: alternate locations, important contacts, considerations for pets, special needs considerations, insurance considerations and emergency kits.
- Ways to stay informed about disasters/emergencies include, emergency alert systems, the media, & being aware of your surroundings/environment.
- Some ways that you can get involved to be better prepared for disasters/emergencies include: take a class, volunteer and donate money.

Be Prepared!

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**Questions?**



# Thank You!

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**Insert Name**

**Insert phone number**

**Insert e-mail**

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[www.dhsem.state.co.us](http://www.dhsem.state.co.us)

[www.coemergency.com](http://www.coemergency.com)

