



Emergency Preparedness Guide

FIRE

Stay prepared

- Install a smoke alarm outside each sleeping area and each level of your home
- Check the smoke alarm each month and replace batteries every six months
- Vacuum cobwebs and dust from smoke alarms monthly
- Replace your smoke alarms every ten years. They become less sensitive with time.
- Determine two ways to escape from each room
- Consider escape ladders for areas on the second floor
- Select an area for family members to meet after escaping the building
- Practice your escape plan twice yearly

Escape safely

- Once you are out, stay out
- Call the fire department from a neighbor's house
- If you see smoke or fire from your main escape route use your second way out.
- Crawl low under smoke to the nearest exit
- Before opening a door, feel it with the back of your hand for heat
- If smoke, heat or flames block your exit route stay in the room with the door closed. Call 911 and tell them where you are

EMERGENCY KIT

Consider the following when assembling or restocking you kit to ensure your family is prepared for any disaster:

- Store at least three days of food, water and supplies
- Keep your kit where it is easily accessible
- Remember to check your kit every six months and replace expired or outdated items

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- Water – at least one gallon per person per day for three days
- Food – store at least three days of non-perishable, nutritious food that requires little or no cooking, and don't forget the can opener.
- Medications – Include a week's supply of prescription and over the counter medications. Also keep a list of all medications and dosages, allergies, doctors names and nearby hospitals.
- Battery powered or hand crank radio
- First aid kit
- Personal documents including ID, passport, birth certificate and insurance policies
- Extra set of glasses, contact lenses, cane, hearing aid batteries or other personal items
- Contact info – keep a list of family phone numbers and addresses and an out of area emergency contact card
- Map – a map can help you find alternate routes
- Money – Cash is king. Keep small bills on hand
- Clothing – sturdy shoes and warm clothing
- Sanitary supplies, toilet paper, feminine supplies, personal hygiene products, bleach.
- Pet supplies such as a leash, food, medications and water
- Tools
- Books, games, puzzles
- Fire extinguisher
- Matches in a waterproof container and candles
- Flashlight and extra batteries

EARTHQUAKE

Choose a safe place in every room – under a sturdy table or desk or against an inside wall where nothing can fall on you.

Practice drop, cover and hold on at least twice a year. Drop under a sturdy desk or table, hold on and protect your eyes by pressing your face against your arm. If there's no table or desk nearby, sit on the floor against an interior wall away from windows, bookcases, or tall furniture that could fall on you.

Consult a professional to find out additional ways you can protect your home.

Take a first aid class from your local Red Cross Chapter, and keep training current.

Eliminate hazards

- Bolt bookcases, china cabinets and other tall furniture to wall studs
- Install strong latches on cupboards
- Strap the water heater to studs

When the shaking begins:

- Drop, cover and hold on. Move only a few steps to a nearby safe place. Stay indoors until the shaking stops and you're sure it's safe to exit. Stay away from windows. Expect fire alarms and sprinklers to go off
- If you are in bed, hold on and stay there. Protect your head with a pillow
- If you are outdoors, find a clear spot away from buildings, trees and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

After the shaking stops

- Check yourself for injuries. Protect yourself from further danger by putting on long pants, a long sleeved shirt, sturdy shoes and work gloves.
- Extinguish small fires, turn off the gas
- Listen to the radio
- Expect aftershocks
- Inspect your home for damage
- Call 911 only for true emergencies.

SHELTER IN PLACE

If the siren blows or you hear “shelter in place”

- Go inside and stay there
- Turn off the ventilation
- Go to a designated area, close and seal any doors and windows with plastic and duct tape
- Listen to news reports for further information
- Do NOT call 911 unless there is an actual emergency at your location
- Use your emergency kit

When you hear the “all clear”

- Open doors and windows
- Check on neighbors
- Restock your emergency kit
- Listen to the radio or TV for more information
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WINTER STORM

Prepare a winter storm plan

- Have extra blankets on hand
- Ensure that each member of your household has a warm coat, gloves, hat and boots
- Have your car winterized before winter storm season

When a winter storm warning is issued

- Stay indoors during the storm
- If you go outside layer your clothes and use a scarf to cover your mouth and face
- Understand wind chill factors
- Beware of icy walkways
- Shovel snow slowly and take breaks. Heart attacks are a leading cause of deaths during winter
- Do not travel if at all possible, but keep your tank full and have a disaster supply kit handy.
- Inform someone of your departure time and destination.

After the storm

- Listen to weather reports or television for emergency information and closed locations.
- Help your neighbors who may need assistance
- If you use a generator make sure that the main breaker is turned off and a sign placed on the meter that a generator is in use.



TORNADO

Before the storm

- Pick a place for family members to gather if a tornado is headed your way. A basement, center hallway, bathroom or closet are good choices
- Listen to radio and TV for storm updates
- Know the difference between a WATCH and a WARNING. A watch means a tornado is possible, a warning means a tornado has been sighted.

If a tornado warning has been issued

- If you are inside, go to the previously selected safe area
- If you are outside, in a car or mobile home go to a storm shelter, a nearby sturdy building or lie flat in a ditch or low lying area

After the storm

- Watch out for fallen or damaged power lines
- Listen to the radio
- Inspect your home for damage
- Do not use candles for heat or light

Thunderstorms and lightning

- If you can hear thunder you are close enough to be struck by lightning. Go inside immediately.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances and avoid using the phone.
- Close blinds or curtains. This will prevent glass from flying around your room if it breaks
- If you are in your car, roll up the windows and stay inside.
- If you are outside go to a low lying area away from trees, poles or metal objects. Watch for flooding.
- Do not lay flat on the ground – squat low and place your hands on your knees with your head between your knees. Make yourself the smallest target possible.