

1 Get a Kit



2 Make a Plan



3 Be Informed



Preparedness

- **Do you know what to do in the event of an emergency?**
- **Do you want to help make your family and community safer?**
- **Do you want to help save a life?**

Three Actions

1 Get a Kit



2 Make a Plan



3 Be Informed





Get a Kit

A disaster supplies kit should include:

- **Water**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- **Flashlight, alternative powered or extra, fresh batteries**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlight, *alternative powered or extra, fresh batteries*
- **First aid kit**

For more information and to purchase products from the family of Emergency Supplies kits and First Aid kits go to www.redcross.org



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlights and batteries, or alternative power
- First aid kit
- **Battery-powered or alternative powered radio**
- **Tools**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlights and batteries
- First aid kit
- Battery-powered radio
- Tools
- **Duct tape and plastic sheeting**



Get a Kit

A disaster supplies kit should also include:

- **Clothing and bedding**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- **Pet supplies**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- **Cash and coins**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- **Sanitary supplies**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- Sanitary supplies
- **Important papers**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- Sanitary supplies
- Important papers
- **Contact information and a map**

What About Masks?

- We do not know how effective the use of masks would be in a flu pandemic.
- The American Red Cross recommends including masks (N95 and surgical) among pandemic flu preparedness supplies.
- Masks are not a substitute for practicing healthy behaviors.



Get a Kit

Kits are available from the Red Cross to help get you started or make your own!

It can be a great family activity.

Shelter-in-Place Preparedness

- 2-week supply of water and food
- Medicines
 - Prescription and nonprescription
- Caregiving supplies

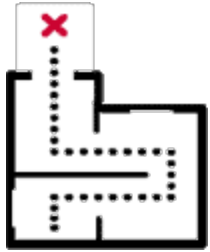
Make a Plan



Pandemic Flu Preparedness Plan

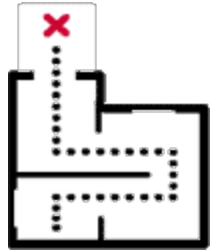
As you develop your plan, think about –

- Number of family or household members
- Family or household members that require special care
- Children: What if schools and daycare centers are closed?
- What if you cannot go to work?
- What if you cannot go to public places?



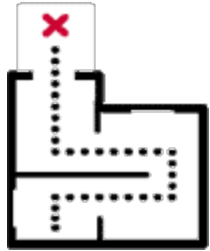
Make a Plan

- **Talk**



- Talk
- **Plan**

Make a Plan



Make a Plan

- Talk
- Plan
- Learn
- Tell
- **Practice**



Be Informed





Be Informed

Know what may happen and how you can help

Identify how local authorities will notify you

Learn what you can do to prepare

Share what you have learned



The 3 C's

Check-Call-Care

Always use the Emergency Action Steps:

- ✓ **Check** the scene for safety, then check the victim;
- ✓ **Call** 9-1-1, or your local emergency number to get advanced medical help; and
- ✓ **Give care** to the injured person.

What Is a Flu Pandemic?

Flu Pandemic – occurs when a new influenza virus emerges

- Little or no immunity in the human population
- Causes serious illness
- Spreads quickly and easily person-to-person worldwide

Public Health Prevention Strategies

Practices that may protect the public from pandemic flu -

- Isolation.
- Quarantine.
- “Bad Weather” days.
- Staying home voluntarily.

Be Informed

- Visit www.pandemicflu.gov
- Visit www.redcross.org
- State and local health departments
- Local American Red Cross Chapter
- www.arizoznredcross.org

Preparing Small Business Workplaces for Pandemic Flu

Available September 30, 2009 for \$19.99

For Employers:

- Leaders Guide
- PowerPoint Presentation
- 24 Minute DVD
- CD Rom with Handouts
 - Pandemic Flu Workplace Planning Checklist
 - Emergency Planning for the Workplace
 - Emergency Health Information
 - Family Preparedness Fact Sheet
 - Handouts for Employees



Make a Plan



Be **Red Cross** Ready



Make a Plan

Volunteer



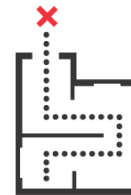
Preparedness

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