

Emergency Readiness 101



Finger Lakes **Independence** Center

Opening Doors to Independence

215 Fifth Street
Ithaca, New York
14850
607-272-2433

“It can take up to 72 hours for emergency responders to get to you when all communications are cut off or all access to your property has been cut off, so you need to be self-sufficient for up to 72 hours.”

This includes people who might have registered as needing help in an emergency.

“One of the best things people can do to be safe and prepared is develop a kit with food, water, and medicine and anything you need to be comfortable for 72 hours.”

(Adapted from Emergency Responders in Virginia from <http://www.wvmetronews.com>)

Overview

- Discuss how to be prepared in an emergency for up to 72 hours
- Preparation: blizzards, flooding, going to a shelter
- Staying safe in your home
- Recommended materials
- Connecting with support system
- Other considerations & recommended resources

Prepare

Be prepared to stay in your home for a minimum of 72 hrs for a typical emergency, and longer for something like a stay-at-home order

- Plan for enough food, water, medicine, toiletries, supplies
- We will give specific amount suggestions later in this presentation

Sign up for local alerts and warnings (will give directions later also)

What if You Lose Power/electricity?

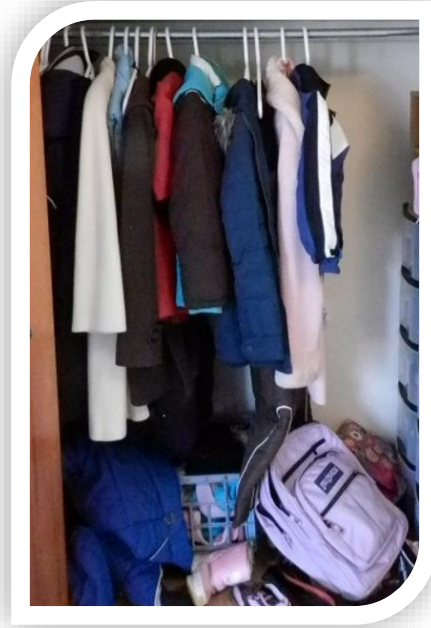
- What kind of food can you prepare without electricity?
- What will you do for light? How will you stay warm?
 - In cold weather, identify a place you can stay warm if you lose heat
 - In hot weather, identify a place you can go to get cool

Plan

If evacuation is needed have an emergency escape route planned

- Draw a plan of your house (1 sheet of paper for each floor)
 - Mark 2 escape routes
- Have meeting spots, be sure everyone in your group knows the plan and practice it
 - Near the home (next door neighbor's house)
 - Outside the immediate area (grocery store parking lot)
 - If you live in an apartment building or living center, find out their rules and plans for emergencies
 - If you need help exiting the building, plan with more than one support person who can help you and have their contact information written out. Have a Plan A and backup Plan B.

Where to Store Materials You Might Need or Take with You



Materials/Supplies: Food

1 gallon of water per person per day to drink

Energy bars/granola bars

Non-perishable food (enough for 3 days)

Multipurpose tool with knife and can opener (pocket knife)



Materials/Supplies: Technology

Cell Phone (for phone calls, reading, and access to social media)

-conserve phone battery



Extra phone charger

Battery pack

LED flashlight that is battery operated

Extra batteries

Device like Kindle with downloaded important papers, books and movies for needed information and escape boredom



Materials/Supplies: Personal Care

Medications (3 days worth)

Portable items of larger medical equipment

First Aid Kit



Back Up Glasses



Toiletries (travel sized)



Blankets



Cash - have enough cash for a few days, as credit cards may not work

And there may not be access to ATM or bank



Change of clothes

Materials/Supplies: Paperwork

Medicare or other insurance cards

birth certificates

drivers licenses

power of attorney & will

marriage and adoption certificates

proof of address

immunization records

information about ATM cards



Sample of new Medicare ID card



Note: USB drives are good for storing information and pics of documents



Plan Your Support System



Image by Emilie Dunphy © The Balance 2019

List contact information for:

- Emergency contacts: family, friends (and 1 not local)
- Doctor
- Specialists
- Pharmacy
- NYSEG
- Vet (if pets)

Who will help you exit your house? Get your groceries? Check on you?



Other considerations

Deaf/hard of hearing: make arrangements for access to warnings

Mobility issues: Plan for necessary assistance to get to a shelter

Single working parent: logistics of children

Non-English speaking persons: Form connections with community and cultural groups to stay informed during emergencies

People without vehicles: Make transportation plan

People with special dietary needs: Take necessary action

to ensure adequate food supply and equipment such as feeding tubes

Winter storms

During:

Stay inside and off the roads and stay dry

Dress in layers

Bring pets into a warm place

Monitor local news

Do not use oven to heat house

Ensure (smoke/carbon monoxide) detectors work

WINTER STORM PREPAREDNESS CHECKLIST

The right time to prepare for a winter storm is now. This checklist will help get you started. Make sure to include your entire family in the preparation, and discuss your emergency plan with them. Then, post this checklist in an easily accessible location so it is always close by. Every family is different, so when you fill this out, be sure to consider your family's specific needs.

BEFORE A WINTER STORM

Stock your emergency kit for sheltering with:

EMERGENCY COMMUNICATION

- Important contact information for family, school, work, doctors, etc., including phone numbers and email addresses
- Cellular phone, extra battery, and chargers for electrical equipment
- AM/FM radio/NOAA weather radio (extra batteries)
- _____

MEDICAL NEEDS

- Medications, plans for refrigeration for at least one week, and copies of prescriptions
- Extra eyeglasses/contact lens
- Medical equipment/assistive technology and backup batteries
- First aid kit
- _____
- _____

CRITICAL DOCUMENTS

- Photo ID (e.g., driver's license, passport)
- Cash and credit cards
- Personal records (e.g., birth certificates, marriage certificates)
- Medical records
- Financial information (e.g., bank account or credit card information)
- Property records (e.g., insurance policies, deed, or lease)

- Waterproof, portable container for important documents
- _____

TOOLS & SAFETY ITEMS

- Flashlight
- Multi-tool
- Matches or lighter in waterproof container
- Local Map
- Fire Extinguisher
- Bag of sand or cat litter
- Shovel
- _____
- _____

FOOD/SUPPLIES

- At least a three-day supply of non-perishable food; if possible, stock for a week or more for sheltering
- At least a three-day supply of water (1 gal per person per day), if possible stock for a week or more for sheltering
- Infant formula and diapers
- Pet food, supplies, and extra water
- _____
- _____

HYGIENE & SANITATION

- Soap/disinfectant/sanitizer
- Paper towels/moist towelettes
- Toilet paper
- Bleach
- Toothbrush and toothpaste
- _____

PROTECTIVE GEAR & CLOTHING

- Extra warm clothes
- Sturdy shoes
- Blankets or sleeping bags (sleeping bags should be labeled for low temperatures)
- Snow gear including gloves
- _____
- _____

CAR EMERGENCY SUPPLY KIT

- Cellular phone charger
 - First aid kit
 - Jumper cables
 - Flares
 - Whistle
 - Water, snacks
 - Full tank of gas
 - Flashlight
 - Tow rope
 - Boots, mittens, warm clothes
 - Blanket
 - Shovel
 - Ice scraper, snow brush
 - Snow traction mats and bags of sand or cat litter (cat litter helps with the tire traction)
 - Tire chains or snow tires
 - _____
 - _____
- ### COMFORT & PRICELESS ITEMS
- Items like: books, puzzles, favorite stuffed toy, photo albums, valuables
 - _____
 - _____

How to set up severe weather alerts on your smartphone or smart speaker

1. Go to Settings > Connections > More Connection Settings > Wireless **Emergency Alerts**.
2. Then, click on the three dots in the upper right-hand corner and choose Settings.
3. There, you can choose which types of **Emergency Alerts** you want to receive.

By default, all the Government Alerts (AMBER Alerts, Emergency Alerts and Public Safety Alerts) are turned on. When you get a Government Alert, your device will vibrate, make an alarm sound and a message will pop up on the screen. ***Note: Do Not Disturb** mode does **not** block Government Alerts. If you ever want to turn off any Government Alerts, simply follow same the directions as above, but toggle off the alerts you no longer want to receive.

Download severe weather apps to stay informed. Try These:

Accuweather – This app uses crowdsourcing to keep you in the know by allowing users to share weather conditions nearby. It also provides minute-to-minute rain forecasts for the next two hours based on your current location.

The Weather Channel – Helpful during severe weather situations and for daily forecasts. There's also a social sharing that allows users to share photos of weather near them.

RainAware – This is a free weather app that helps keep you up to date with the rain chance for the day. It also offers minute-to-minute updates in forecast and times up potential precipitation up to three hours.

About 211 Tompkins Cortland

211 provides a large number of ways to get in contact with us and access our information resources. We're here to help!

Get help by phone: Dial 211 on your phone (or 1.877.211.8667) 24 hours a day, 365 days a year to get help from a live person! The 211 Tompkins/Cortland Help-line connects people with community services.

Get help by text message: Text your zip code to TXT211 or 898211. Available Mon-Fri 9:00 am – 4:00 pm

Get help by email: Email 211 at iandr@hsctc.org.

Get help by live chat: [Chat with us Mon-Fri, 8:30 am to 5:00 pm \(EST\)](#) from your computer.

More help on our website: <https://hsctc.org/211tompkins/>

After Any Emergency

Assess how your supplies and preparation worked and make adjustments accordingly.

Talk with others about their experiences and learn from them

Based on your inventory and what you learned from this experience, restock your supplies to be ready for the next emergency

Resources

- FEMA
 - Phone: 800-621-3362
 - <https://www.fema.gov/webform/disaster-assistance>
- Red Cross
 - National Phone Number: 1 800 RED CROSS (1-800-733-2767)
 - Local: (607) 273-1900
 - 950 Danby Road, Suite #133 Ithaca, NY 14850
 - <https://www.redcross.org/>
- Tompkins County Dept. of Emergency Response
 - Phone: 607-257-3888
 - <http://tompkinsfireems.org/home/tompkins-county-dept-of-emergency-response>
- NYSEG
 - Outage/electrical emergency Phone Number: 800-572-1131
 - Natural gas emergency Phone Number: 800-572-1121
- AARP
 - 1 (888) 687-2277
 - <https://www.aarp.org/>

Resources

- AARP. (2019). AARP® Official Site. Retrieved from <https://www.aarp.org/>
- American Red Cross. (2019). Retrieved from <https://www.redcross.org/>
- FEMA. (2004). Are you ready: An in-depth guide to citizen preparedness. Retrieved from https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready_full.pdf
- FEMA. (2017). How to prepare for a winter storm. Retrieved from https://www.fema.gov/media-library-data/1494008826172-76da095c3a5d6502ec66e3b81d5bb12a/FEMA_2017_WinterStorm_HTP_FINAL.pdf
- FEMA. (2019). Disaster Assistance. Retrieved from <https://www.fema.gov/webform/disaster-assistance>
- Survival Kit Supplies. (2019). Retrieved from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- Tompkins County Dept. of Emergency Response. (2019). Retrieved from <http://tompkinsfireems.org/home/tompkins-county-dept-of-emergency-response>
- Tompkins County Office for the Aging. Retrieved from: <http://tompkinscountyny.gov/cofa>
(607) 274-5482
- Do One Thing – Emergency Preparedness: <https://do1thing.com/>

Questions?

Comments?

Please complete the post-
presentation survey and send it
back to us.

Thank you!