Northwest AIRS Conference
October 16, 2014
Coeur d’Alene, Idaho

Personal Preparedness is Your Business
Judith Scarborough
Unit Coordinator
Medical Reserve Corps
of North Idaho
Panhandle Health District
The Medical Reserve Corps – A Brief History

• After 9-11, there was a surge of “What can I do to help?”

• The President wanted to harness the volunteer energy that was displayed

• All citizens were called upon to make a life-time commitment to volunteer their time in service
MRC – What is it?

- A Medical Reserve Corps (MRC) unit is a group of volunteers who are:
  - Community based
  - Organized
  - Preparedness-trained
Personal and Client Preparedness
MRC – Personal & Family Preparedness

Why Prepare?
Maryn – A Case Study
Prepare Yourself

• Your clients depend upon you in good times
• They will NEED you in troubled times
• Make preparations NOW to be there for them when the time comes
Prepare Your Clients

• Being prepared,
• Having a plan,
• Knowing where your supplies are,
• Allows your clients to feel more control when a disaster strikes
Personal & Family Preparedness
What Could Happen to You and Your Family

- Before a disaster occurs – get prepared
- Find out the types of disasters that are most likely to happen where you live
- Learn about your community’s warning signals
What Could Happen

- **Hazard & Risk Analysis**
  - Hazard is related to the probability that a natural event, or one caused by human activity, MAY happen
  - Risk is related to the probability, based on history, that certain identified Hazards WILL happen
Types of Potential Disasters

- **Natural hazards**
  - Floods
  - Thunderstorms and lightning
  - Winter storms and extreme cold
  - Earthquakes
  - Volcanoes
  - Landslides and debris flow
  - Wildfires

- **Technological hazards**
  - Hazardous materials incidents
  - Nuclear power plants

- **Terrorism**
  - Biological threats
  - Chemical threats
  - Nuclear blasts
  - Radiological dispersion device
Who is Responsible for Emergency Response?

- Federal Government
- State
- Local
- Citizen
Why Should You Prepare?

• Reduces fear and anxiety
• Reduces the impact of disasters
  – The fewer households that need to be rescued, the more emergency responders can attend to the severely impacted
• Communities, families, and individuals should know what to do

Boston Policeman brings milk to family with children in Watertown during the lockdown after Boston Marathon bombing
How to Take Care of You and Your Family

• Learn what to do with your animals

• Learn how to help the elderly and disabled (maybe your neighbors)

• Know the disaster plans at your workplace, at your children’s school, etc.
Create Your Disaster Plan

• Meet with your family and important others – neighbors and friends
• Discuss why you need to prepare for disaster
• Discuss most likely types of disasters
Create Your Disaster Plan

• Pick two places to meet. Make sure your family & others know that information

• Ask an out of state friend to be your “family contact”

• Discuss what to do in an evacuation
  – More common than you realize
  – Important to have written routes and paper maps in your emergency plan so you have options
Preparedness Checklist

• Post emergency telephone numbers by all phones, and put them in your cell phones!

• Teach all family members how and when to call 9-1-1 for help

• Show all family members how and when to turn off utilities at the main switches. Keep the right tools by the switches.
Creating Your “Go-Bag”

Store small items in backpacks with lots of pockets and handles so you can easily grab & carry them to leave in a hurry.

- Flashlights – Spare batteries!
  Multiple charging options
  Hand Crank    Solar    External adapters

- Portable Radio – Spare batteries!
  Hand crank charger
  Weather Service
Creating Your “Go-Bag”

- 3 Gallons/Water Per Person Per Day
  Aqua Blox [www.aquablox.com] 5 years
- 3 Days: Non-perishables
  Canned Goods      Instant Coffee/Tea
  Juices    Dried Foods  Chocolate  Pet Food
  First Aid Kit
  Bandages   Safety Pins  Scissors
  Cold Packs   Thermometer  Tape
  Antibiotic Ointment
Creating Your “Go-Bag”

- **Kitchen Accessories**
  - Paper Plates/Cups
  - Spoons/Forks/Knives
  - Manual Can Opener
  - Plastic Bags
  - Bleach

- **Turn Off Instructions & Tools**
  - Wrench
  - Hand Saw

- **Sanitation Supplies**
  - Plastic Bags
  - Wipes
  - Toilet Paper
  - Shampoo
  - Paper Towels
  - Disinfectant
Creating Your “Go-Bag”

- **Specialty Care Items**
  - For Babies
  - The Infirm
  - The Elderly

- **Credit Cards, Cash, Traveler's Checks**
  - $100
  - $500
  - $1000

- Whistle
- Safety Matches/Waterproof Box
- Extra Car Keys
- Compass
- Needles/Thread
- Duct Tape
- Paper/Pens

**Entertainment:** Books, Playing Cards,
Small Games, Toys
# Gather Important Documents

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<td>✔️</td>
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</tr>
<tr>
<td>✔️</td>
<td>Bank Account Numbers</td>
</tr>
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</table>
Creating Your “Go-Bag”

- 1 Sleeping Bag Per Person
  - Warm & Water-repellant
- 1 Blanket Per Person
  - ER Blankets – Small Size
- 1 Change of Clothing & Footwear Per Person
  - Sturdy Shoes
  - Gloves
  - Socks
Creating Your “Go-Bag”

- Keep a smaller version of the supplies kit in the trunk of your car.

- Check shelf life and replace supplies, especially batteries, stored food and water supply routinely.

- Stock up for long term at home stays.

- Re-think your kit and family needs at least once a year. Clothing sizes change!
Disaster Supplies Kit

- Water
- Food
- First Aid
- Tools
- Household Supplies
- Clothing
- Bedding
- Medication
- Comfort Items

This needs to be kept in an accessible place!
Practice!

- If more than one in the household, go through your plan together
  - Especially with children – so they are not surprised or frightened in times of emergency
- Review your Plan as circumstances change
- Set Your Clocks, Check Your Stocks!
Client Populations
Who are Your Clients?

- Older Adults
- Disabled
- Children
- Rural Populations
- Non-English Speakers
- Chronic Disease
- Homeless
What Disaster Management Plans Are in Place?

- Red Cross is the sheltering agency
  - Does your local Red Cross have a viable sheltering plan?
  - Can their general population shelters accommodate people with mobility issues?
  - What about those with medical needs?
What Disaster Management Plans Are in Place?

- Local Office of Emergency Management (OEM)
  - The Office of Emergency Management's mission is to provide and coordinate mitigation, preparedness, response, and recovery programs necessary to protect people, property, and the environment from major emergencies and disasters. (Kootenai County, Idaho)
The Boy Who Cried Wolf – Client Preparedness

- **Start Small**
  - Piece of paper
  - Phone numbers
    - Out of State contact for “Safe & Well” call
  - Account numbers
  - List of needed items: medications, oxygen machine, wound care and WHERE these items are kept in the home
- And keep going from there!
Client Preparedness
On a Budget

- Plan for the types of disasters that can happen where you live
- Shop sales, used good stores, Dollar stores, the internet
- Store water in safe containers
- Request needed items as a gift
- Think ahead
Client Preparedness
Individuals with Medical Needs

- Extra eye glasses or contacts, hearing aids
- A week’s supply of medication or medical supplies you need
- If you are on Dialysis, Hospice, Home Health Care or home oxygen treatments, talk to your providers
Client Preparedness
Individuals with Medical Needs

- Wear applicable Medical Alert tags or bracelets
- Copies of medical insurance cards, physician contact numbers
- List of allergies and health history
- Copies of prescriptions or doctor’s orders
- Style and serial # of assistive devices you use
Client Preparedness
Individuals with Medical Needs

- Plan ahead for potential loss of power
- FEMA and Red Cross recommend that those with medical needs establish a Personal Support Network
Client Preparedness
Access & Functional Needs

• What essential things do you need for 3-5 days if people cannot get to you?
• Stock custom essentials for your needs in your emergency kit
Client Preparedness
Access & Functional Needs

• At least a week’s supply of medication or medical supplies you use regularly
• Written description of your disability and support needs
• Copies of medical information and health history
• Plan for loss of power – how to charge needed battery-operated medical/assistive devices
Client Preparedness
Service Animals / Pets

• 3 days supply of dry food
• 3 days supply of water
• Food and water bowls
• Prescriptions or medications
• Spare collar and leash
• Pet carrier or crate
Client Preparedness
Service Animals / Pets

- Litter box/litter if needed
- Sanitation items to clean messes
- Toys or bedding
- Identify shelters that will accept animals during a disaster
- If you have the resources, find out what hotels/motels will allow pets
  - www.petswelcome.com
Client Preparedness
Who Can Help?

- A family member they can talk to about preparedness
- A friend or neighbor
- Local agencies – Red Cross or Office of Emergency Management
  - Offer class at senior center?
- Other community groups to help?
Recovery From Disaster

• Gradual Process
• Safety is primary issue, as are mental and physical well-being
• Direct assistance as food, shelter, supplies may be available to you
• If applicable, contact your insurance for assistance

Lower 9th Ward, New Orleans, 5 years after Hurricane Katrina
Recovery From Disaster

• Be aware of new safety issues
  – Washed out roads
  – Contaminated water
  – Gas leaks
  – Broken glass
  – Damaged wiring
  – Slippery floors

• Inform local authorities about health and safety issues
Recovery From Disaster

• Recognize signs of disaster-related stress
  – Difficulty sleeping
  – Limited attention span
  – Headaches / stomach problems
  – Feelings of guilt
  – Sadness
  – Hopelessness
  – Confusion
  – Depression
Recovery From Disaster

- Feeling anxious for your and your family’s safety is normal after a disaster
- Acknowledging your feelings helps you recover
- Focusing on your strengths helps you heal
- Accepting help from the community is healthy
Pulling It All Together

• Knowing what to do before, during, and after an emergency is a critical part of being prepared
• Preparedness is especially critical for our at-risk populations
• Plan ahead to do a Hazard and Risk Analysis to prepare, respond, and recover from viable risks
Pulling It All Together

- Make an Emergency Plan and Practice the Plan!
- Make an Emergency Kit that has key items & Food & Water for a MINIMUM of 3 days
- Recovery takes time; be patient
- Emotions run high for all in disaster – expect this – and try to keep yourself calm
RESOURCES:

On Shaky Ground:
http://www.oregongeology.org/tsuclearinghouse/resources/pdfs/shakygroundmagazine_Oregon.pdf?id=2103

How to Build a Bug Out Bag:

Brochures available from Ready.gov
http://www.ready.gov/publications

Emergency Communication 4 ALL…Picture Communication Aid
Temple University
http://www.disabilities.temple.edu/aacvocabulary/e4all.shtml#index

NCTSN Psychological First Aid Class online:
To Sign Up:
Visit the NCTSN Learning Center for Child and Adolescent Trauma at
http://learn.nctsn.org and create a free account
Check your email and confirm your account (click on link)
Return to http://learn.nctsn.org and enroll in Psychological First Aid Online
READY NOW!

Emergency Preparedness Tool Kit
For People with Disabilities

Oregon Office on Disability & Health (OODH)
Oregon Institute of Disability & Development (OIDD)
Center on Community Accessibility (CCA)
Oregon Health & Science University (OHSU)

Grant funded by the Centers for Disease Control and Prevention
Grant # U58/CCU900084
Resources - Washington

- Remember -
  In a disaster your most immediate source of help are the neighbors living around you.

Prepare

- Learn the first 9 Steps to Take Immediately Following a Disaster to secure your home and protect your neighborhood. These steps will help you to quickly and safely take actions that can minimize damage and protect lives.
- Identify the Skills and Equipment Inventory in your neighborhood that are useful in an effective disaster response. Knowing which neighbors have supplies and skills ensures a timely response to a disaster and allows everyone to contribute to the response in a meaningful way.
- Create a Neighborhood Map identifying the locations of natural gas and propane tanks for quick response if needed.
- Create a Neighborhood Contact List that identifies those with specific needs such as the elderly, those with disabilities, or homes where children may be alone during certain hours of the day.
- Work together as a team to evaluate your neighborhood after a disaster and take the necessary actions.

Learn

http://www.emd.wa.gov/myn/
Resources - Idaho

Picture Communication Aid from Temple University
Link on Resources Page
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<tr>
<th>PERSONAL INFORMATION</th>
<th>6. PRESCRIPTION MEDICATIONS</th>
<th>13. EQUIPMENT/SUPPORT NEEDED FOR INDEPENDENCE</th>
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<td>Name &amp; Dosage ______________________</td>
<td>Personal Assistance Services</td>
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<td>2) __________________________________</td>
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<td>Contact Person ______________________</td>
<td>Cooking ____________________________________</td>
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<td>Eating and Diet __________________________</td>
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<td>Name __________________________________</td>
<td>10. RELEVANT MEDICAL HISTORY [brief]</td>
<td>Transportation __________________________</td>
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<tr>
<td>Relation ______________________________</td>
<td>_____________________________________</td>
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<td>Address _______________________________</td>
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</table>

Picture Communication Aid from Temple University
Link on Resources Page
Thank You!

Judith Scarborough
208-415-5185
jscarborough@phd1.idaho.gov
# Family Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change the water every six months.

## Week 1

- **Grocery Store**
  - 1 gallon of water *
  - 1 jar of peanut butter *
  - 1 large can juice *
  - 1 can meat *
  - hand-operated can opener
  - instant coffee, tea, powdered drinks
  - permanent marking pen to mark date on cans.
  - (remember 1 gallon of water for each pet)

  Also: pet food, diapers, and/or baby food if needed.

## Week 2

- **Hardware Store**
  - crescent wrench
  - heavy rope
  - duct tape
  - 2 flashlights with batteries
  - "bungee" cords

  Also: a leash or carrier for your pet, if needed.

## Week 3

- **Grocery/Dept. Store**
  - 1 gallon of water *
  - 1 can meat *
  - 1 can fruit *
  - sanitary napkins
  - video/digital recording media

  (remember 1 gallon of water for each pet)

  Also: pet food, diapers, and/or baby food if needed.

## Week 4

- **Hardware Store**
  - plumber's tape
  - crowbar
  - smoke detector with battery

  Also: extra medications or a prescription marked "emergency use," if needed.

## To Do

### Week 1
- Make a family plan.
- Date each perishable food item using marking pen.

### Week 2
- Check your house for hazards.
- Locate your gas meter and water shutoffs and attach a wrench near them.

### Week 3
- Use a video/digital camera to record the contents of your home for insurance purposes. Store in a safe location other than your home.

### Week 4
- Install or test your smoke detector
- Tie water heater to wall studs using plumber's tape.

*Items marked with an asterisk *" should be purchased for each member of the household.*
### Week 5
**Grocery Store**
- 1 gallon of water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- extra toothbrush*
- travel size toothpaste

Also: special food for special diets, if needed.

**To Do**
- Have a fire drill at home.

### Week 6
**First Aid Supplies**
- aspirin and/or acetaminophen
- compresses
- rolls of gauze or bandages
- first aid tape
- adhesive bandages (in assorted sizes)

Also: extra hearing aid batteries, if needed

**To Do**
- Check with your child's day care or school to find out about their disaster plans

### Week 7
**Grocery Store**
- 1 gallon of water*
- 1 can ready-to-eat soup (not concentrate) *
- 1 can fruit*
- 1 can vegetables *

Also: extra plastic baby bottles, formula and diapers, if needed.

**To Do**
- Establish an out-of-state contact to call in case of an emergency

### Week 8
**First Aid Supplies**
- scissors
- tweezers
- antiseptic
- thermometer
- liquid hand soap
- disposable hand wipes
- sewing kit
Also: extra eyeglasses if needed.

**To Do**
- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

### Week 9
**Grocery/Dept. Store**
- 1 can ready-to-eat soup*
- liquid dish soap
- plain liquid bleach
- 1 box heavy-duty garbage bags
- 2 rolls toilet paper

Also: saline solution and a contact lens case, if needed

**To Do**
- Send some of your favorite family photos (or copies) to family members out of state for safe-keeping

### Week 10
**Hardware Store**
- waterproof portable plastic container (with lid) for important papers
- portable am/fm radio (with batteries)
- adhesive bandages (in assorted sizes)

Also: blankets or sleeping bag for each family member.

**To Do**
- Make photocopies of important papers and store safely.

### Week 11
**Grocery Store**
- 1 large can juice*
- large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

Also: sunscreen, if needed.

**To Do**
- Have a cell phone, or store change for emergency phone calls.

### Week 12
**First Aid Supplies**
- anti-diarrhea medicine
- rubbing alcohol
- 2 pr. latex gloves
- ipecac syrup and activated charcoal (for accidental poisoning)
- children's vitamins

Also: items for denture care, if needed.

**To Do**
- Take your family on a field trip to gas meter and water meter shutoffs.

*Items marked with an asterisk "*" should be purchased for each member of the household.*
<table>
<thead>
<tr>
<th>Week 13</th>
<th>Week 14</th>
<th>Week 15</th>
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<tbody>
<tr>
<td>Hardware Store</td>
<td>Grocery Store</td>
<td>Hardware Store</td>
<td>Grocery Store</td>
</tr>
<tr>
<td>🟡 whistle</td>
<td>🟡 1 can fruit*</td>
<td>🟡 extra flashlight batteries</td>
<td>🟡 1 can meat*</td>
</tr>
<tr>
<td>🟡 ABC fire extinguisher</td>
<td>🟡 1 can meat*</td>
<td>🟡 masking tape</td>
<td>🟡 1 can vegetables*</td>
</tr>
<tr>
<td>🟡 pliers</td>
<td>🟡 1 can vegetables*</td>
<td>🟡 hammer</td>
<td>🟡 1 box large heavy-duty garbage bags</td>
</tr>
<tr>
<td>🟡 vise grips</td>
<td>🟡 1 package paper plates</td>
<td>🟡 assorted nails</td>
<td>🟡 kleenex</td>
</tr>
<tr>
<td></td>
<td>🟡 1 package eating utensils</td>
<td>🟡 &quot;L&quot; brackets to secure tall furniture to wall studs</td>
<td>🟡 1 box quick energy snacks (such as granola bars or raisins)</td>
</tr>
<tr>
<td></td>
<td>🟡 1 package paper cups</td>
<td>🟡 wood screws</td>
<td></td>
</tr>
<tr>
<td></td>
<td>🟡 adult vitamins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**To Do**

- 🟡 Take a first aid/CPR class.
- 🟡 Make a plan to check on a neighbor who might need help in an emergency.
- 🟡 Brace shelves and cabinets.
- 🟡 Find out if you have a neighborhood safety organization and join it!

<table>
<thead>
<tr>
<th>Week 17</th>
<th>Week 18</th>
<th>Week 19</th>
<th>Week 20</th>
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<tbody>
<tr>
<td>Grocery/Dept. Store</td>
<td>Hardware Store</td>
<td>Grocery/Dept. Store</td>
<td>Hardware Store</td>
</tr>
<tr>
<td>🟡 1 box graham crackers</td>
<td>🟡 &quot;child proof&quot; latches or other fasteners for your cupboards</td>
<td>🟡 1 box quick energy snacks (such as granola bars or raisins)</td>
<td>🟡 camping or utility knife</td>
</tr>
<tr>
<td>🟡 assorted plastic containers with lids</td>
<td>🟡 double-sided tape or Velcro-type fasteners to secure moveable objects</td>
<td></td>
<td>🟡 extra radio batteries</td>
</tr>
<tr>
<td>🟡 assorted safety pins</td>
<td></td>
<td></td>
<td>Also: purchase an emergency escape ladder for second story bedrooms, if needed.</td>
</tr>
<tr>
<td>🟡 dry cereal</td>
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</tbody>
</table>

**To Do**

- 🟡 Arrange for a friend or neighbor to help your children if you are at work.
- 🟡 Pack a "go-pack" in case you need to evacuate.
- 🟡 Have an earthquake drill at home.
- 🟡 Find out about your workplace disaster plans.

<table>
<thead>
<tr>
<th>Week 21</th>
<th>Week 22</th>
<th>Week 23</th>
<th>Week 24</th>
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<tbody>
<tr>
<td>Hardware Store</td>
<td>Grocery/Dept. Store</td>
<td>Hardware Store</td>
<td>Grocery/Dept. Store</td>
</tr>
<tr>
<td>🟡 heavy work gloves</td>
<td>🟡 extra hand operated can opener</td>
<td>🟡 battery powered camping lantern with extra battery or extra flashlights</td>
<td>🟡 large plastic food bags</td>
</tr>
<tr>
<td>🟡 1 box disposable dust masks</td>
<td>🟡 3 rolls paper towels</td>
<td></td>
<td>🟡 plastic wrap</td>
</tr>
<tr>
<td>🟡 screwdriver</td>
<td></td>
<td></td>
<td>🟡 aluminum foil</td>
</tr>
<tr>
<td>🟡 plastic safety goggles</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Items marked with an asterisk "*" should be purchased for each member of the household.*
CREATE A FAMILY DISASTER SUPPLIES KIT

To Get Started

■ Check your house for supplies that you already have on hand.
■ Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

Meet with Your Family to Plan

■ Discuss the types of disasters that could occur.
■ Explain how to prepare; explain when and how to respond.
■ Discuss what to do if you need to evacuate.
■ Practice your plan.

Suggested Foods
Select based on your family’s needs and preferences. Pick low-salt, water-packed varieties when possible.

<table>
<thead>
<tr>
<th>Canned Meat</th>
<th>Tuna, chicken, ravioli, chili, beef stew, spam, corned beef, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Green beans, kernel corn, peas, beets, kidney beans, carrots, etc.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Pears, peaches, mandarin oranges, applesauce, etc.</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cheerios, Chex, Kix, Shredded Wheat, etc.</td>
</tr>
<tr>
<td>Quick Energy Snacks</td>
<td>Granola bars, raisins, etc.</td>
</tr>
</tbody>
</table>

REMEMBER TO ROTATE YOUR SUPPLIES EVERY SIX MONTHS

In case of evacuation, your "Go-Pack" should:
■ be in a back pack or other similar container that is easily carried.
■ contain your most important items such as a change of clothes, change for pay phones, out-of-state contact info, medications, important papers, etc.

CITIZEN CORPS COUNCIL OF NORTH IDAHO

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
<th>County</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benewah County</td>
<td>(208) 245-8032</td>
<td>Kootenai County</td>
<td>(208) 446-1775</td>
</tr>
<tr>
<td>Bonner County</td>
<td>(208) 265-8867</td>
<td>Kootenai Tribe</td>
<td>(208) 267-3519</td>
</tr>
<tr>
<td>Boundary County</td>
<td>(208) 255-6073</td>
<td>Shoshone County</td>
<td>(208) 556-1114</td>
</tr>
<tr>
<td>Coeur d'Alene Tribe</td>
<td>(208) 686-5519</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your Family Disaster Supplies Calendar