

Fold along the dotted lines to create a pocket size guide



Department of Health

**BE AWARE.
PREPARE.**

A Pocket Guide
on how to prepare
for emergencies

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Being prepared for any emergency – whether a house fire, power outage, snowstorm, disease pandemic or terrorist attack – requires planning ahead. Take the time to work out a disaster plan and to gather supplies to keep in your home, workplace and in a “To Go” bag.

**Develop a
Disaster Plan**

Include all of your household members in this plan so that everyone will know what to do, where to go & how to communicate in an emergency. Record your plan on the reference card provided

**Stay
Informed**

Below are resources to help you to stay informed about

Erie County Department of Health

Emergency Preparedness
Phone: (716) 961-6860
Website: www.erie.gov/health/avian_pandemic_flu.asp

Emergency Medical Services
Website: www.erie.gov/health/services/ems.asp

SMART (Specialized Medical Assistance Response Team)
www.wnysmart.org

Department of Homeland Security

Phone: 1-202-282-8000
Website: www.ready.gov

FEMA (Federal Emergency Management Agency)

Phone: (800) 621-3362
Website: www.fema.gov

American Red Cross

Phone: 716-886-7500
Website: www.redcross.org

EMERGENCY Reference Card

Information for all household members:

Name: _____ Sex: _____ Date of Birth: _____

Medical information (blood type, allergies, medical conditions): _____

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Medical information (blood type, allergies, medical conditions): _____

Name, sex, breed & description of all household pets:

Veterinarian (name & #) _____

Local Emergency Contacts (name, location, phone #):

Out of Town Emergency Contacts (name, location, phone #):

Other Emergency Information:

Household Meeting Location: _____

Family Doctor (name & #): _____

Pharmacy (name & #): _____

Hospital (name & #): _____

Fire Company (name & #) _____

Police Station (name & #) _____

Employer (name & #) _____

Religion/Spiritual (name & #) _____

Funeral Director (name & #) _____

Build an Emergency Supply Kit

In the event you need to evacuate quickly and take essentials with you, you will not have the time to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date as your needs may change. A disaster supplies kit is a collection of basic items a family would probably need to stay safe and more comfortable during and after a disaster. Your kit should be stored as close as possible to the exit door in a portable container such as a back pack or suitcase with wheels. Also, consider having emergency supplies in each vehicle and at your place of employment. Your supply kit should include the following items below as well as any other items you feel important to include.

Supplies for your home kit should include

Three-day supply of nonperishable food & manual can opener (Select foods that require no refrigeration such as canned meals, vegetables, granola bars, energy bars, canned juices, etc.)
Three-day supply of water (one gallon of water per person, per day);
Avoid using containers that will decompose or break, such as milk cartons or glass bottles
Paper plates, cups, plastic utensils
Portable, battery-powered radio and/or television & extra batteries
Flashlight & extra batteries - do not use candles or any other open flame for emergency lighting
First aid kit & manual (over the counter medication, thermometer, gauze, tape, etc.)
Sanitation and hygiene items (alcohol based hand sanitizer, moist towelettes, toilet paper, toothbrush, toothpaste, feminine supplies, brush, masks, etc.)
Matches in waterproof container
Garbage bags, duct tape,

Whistle

Clothing & bedding needs for each person & consider the weather changes in your area (jackets, long pants, long shirts, sturdy shoes, hat, mittens, scarf, sleeping bag, warm blanket, etc)
Kitchen accessories & cooking utensils
Copies of your important documents in a waterproof container (ID, insurance cards, proof of address, credit & ATM cards, etc.)
Cash, at least \$50-\$100 in small denominations, & coins
Special needs items (prescription medications, eye glasses, contact lens solution, & hearing aid batteries; make sure to rotate these items so they do not expire)
Items for infants (formula, diapers, bottles, & pacifiers)
Pet supplies (disposable bowls, food, water, litter, plastic bags for waste)
Tools (wrench or pliers to turn off utilities, screwdriver, hammer, etc.)
Map of your local area with escape routes marked
Entertainment items such as books, paper, pens, deck of cards, games
Extra set of car and house keys

Supplies for your vehicle kit should include:

Flashlight, extra batteries, & maps
First aid kit & manual
White & florescent distress flag
Tire repair kit, booster/jumper cables, pump, & flares
Bottled water and non-perishable foods such as granola bars
Seasonal supplies (Winter blanket, hat, mittens, shovel, sand, windshield scraper, sunscreen lotion with SPF 15 or higher, umbrella, etc)

Supplies for your Workplace kit should include:

Go to www.redcross.org/services/disaster/beprepared for a complete list of supplies recommended to keep at your worksite.