

## Emergency Personal Protection Guide

Protective actions are steps we take to protect our family members and ourselves from harm. The two most common forms of emergency protective actions are *shelter-in-place* and *evacuation*. During and after an event, stay tuned to your local emergency radio or television station or listen to emergency personnel to know which action you should use.



### PROTECTIVE ACTIONS

#### Shelter-In-Place

Shelter-in-place involves simply staying in your house or inside any other location. In the event of an emergency such as the release of a hazardous material, it is not always recommended to immediately evacuate. Leaving your house might expose you to harmful agents that have been dispersed into the air. There are five easy steps to remember for Shelter-In-Place.

First Aid Kit

1. Go inside immediately and turn on radio or TV for emergency information.
2. Close all windows and doors.
3. Turn off all ventilation systems.
4. Once inside, go into and seal a room, if at all possible.
5. Continue listening to radio or TV for further instructions.

#### Before an emergency

It is necessary for you to learn about the things you can do to be prepared before an emergency occurs. Two actions that will help you do this are to develop an emergency plan, and Emergency Go Kit.

#### Create an Emergency Plan

Emergencies may strike when your family members are away from home, so find out about plans at your workplace, school, or anywhere you and your family spend time. After creating a household emergency plan, you should take time to review it with your family every six months. Steps to take in creating a household emergency plan include:

- Meet with household members and discuss the dangers of possible emergency events, including fire, severe weather, hazardous spills, and terrorism.
- Discuss how you and your family will respond to each possible emergency.
- Discuss what to do in case of power outages or personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Teach adults how to turn off the water, gas and electricity at main switches.  
Note: If you do turn off natural gas service to your home, call your gas provider to restore service. DO NOT ATTEMPT TO RESTORE GAS SERVICE YOURSELF.
- Post-emergency contact numbers near all telephones, pre-program emergency numbers into phones with AutoDial capabilities.

- Teach children how and when to dial 9-1-1 to get emergency assistance. Teach children how to make long-distance telephone calls.
- Pick a friend or relative that all family members should call if separated. It is often easier to call out-of-state during an emergency than within the affected area.
- Instruct household members to turn to your local radio or television station for EAS information.
- Pick two meeting places:
  - A place near your home
  - A place outside your neighborhood in case you cannot return home after an emergency. Take a basic first aid and CPR class. Contact the America Red Cross for more information.
- Keep family records in a watertight and fireproof safe. Inexpensive models can be purchased at most hardware stores.
- If members of your household have disabilities or are elderly, find out what services may be available to aid in their care or evacuation in the event of an emergency.

### **Prepare an Emergency Go Kit**

During an emergency, electricity, water, heat, air conditioning, or telephone service may not work. Preparing an Emergency Go Kit ahead of time can save precious time in the event you must evacuate. You should consider including the following items in an Emergency Go Kit:

- At least a 3 to 5 day supply of water (1 gallon per person per day). Store water in sealed, unbreakable containers. Replace every 6 months.
- A 3 to 5 day supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear, and sturdy shoes.
- Blanket, bedding, or sleeping bags.
- A first aid kit and prescription medications (be sure to check the expiration dates).
- An extra pair of glasses or contact lenses and solution (be sure to check the expiration dates).
- A list of family physicians, important medication information, and the style and serial number of medical devices, such as pacemakers.
- Special items for infants, the elderly, or family members with disabilities.
- A battery-powered radio, flashlight, and plenty of extra batteries.
- Identification, credit cards, cash, and photocopies of important family documents, including home insurance information.
- Extras set of car and house keys.
- Tools such as screwdrivers, cutters, and scissors; duct tape; waterproof matches; a fire extinguisher; flares; plastic storage containers; needle and thread; pen and paper; a compass; garbage bags; and regular household bleach.