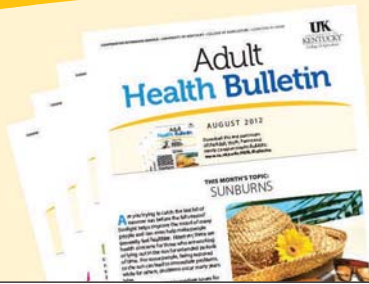


Adult Health Bulletin



SEPTEMBER 2014

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Reprinted by:
K-State Research & Extension
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THIS MONTH'S TOPIC:

RESOLVE TO BE PREPARED FOR DISASTERS

As much as we hate to think that it could happen to us, the truth is, disasters can happen to anyone, at any time. Even though you may not know when a disaster may occur, by being prepared, you will have the tools needed to handle the situation. Being prepared includes knowing what needs to happen during an emergency and discussing that with everyone living in your home. Making a plan together will ensure that everyone knows what to do during the disaster. Preparing a disaster kit will help make sure you have all the supplies you and your family may need.

Be informed

Have you ever thought that you did not need to worry about disasters because you live in Kentucky? In truth, some sort of disaster has hit almost every county in Kentucky. As families travel to different places, each place may have different



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hazards. It is important to be prepared for these hazards too. Knowing what you and your family need to do before, during and after a situation is critical. Part of being informed includes knowing what to do to be disaster prepared.

Be prepared

A disaster can occur at any time. Members of your family may or may not be together. When developing a plan for you and your loved ones, consider the following:

If you are at home:

- Where is a safe place for all in the household?
- Make sure your disaster kit is in a safe place, so you do not have to look for it.
- If you have to leave the house, where will all the family members meet?

If you are away from home:

- Where is a safe place to go?
- How will all the family members contact one another? It is recommended that you use texting so that phone lines will be available for emergency workers.
- If you are not all together, how will you get back together? Who will pick up children, seniors or handicapped family members? What if the roads are blocked?

You will also want to select a family member outside your area who you can contact. Let your out-of-area contact know you and your family are OK, or if you have needs, what they are. That person should let others in the family know as needed.

Build a kit

A large part of being prepared is also being able to have needed supplies should an emergency strike. There are many lists available online.



Most lists include some of these items:

- First aid kit
- Extra batteries
- Matches in a waterproof container
- Water (a gallon per person, per day)
- Radio (battery powered or hand cracked)
- Flashlights
- Sleeping bags or blankets for each family member
- Local maps
- Can opener
- Nonperishable food
- Important documents such as copies of IDs, insurance policies, medical prescriptions and bank account information. Store in a waterproof container.

A full list of needed items can be found at: www.fema.gov. The kit should include items to last each person three days. Don't forget to consider pets too. You may want to start by gathering a few items at time so that the cost is spread out over several weeks or months. Do not forget to put the kit in your safe place. You may also want to consider having a smaller kit for your car.

By being prepared, you are doing your best to stay safe.

Additional information is available at:

- <http://www.ready.gov/plan-for-your-risks>
- <http://www.ready.gov/infants-young-children>
- <http://www.ready.gov/build-a-kit>
- <http://www.fema.gov/media-library/assets/documents/90354>

SOURCES:

- American Public Health Association (2014). Get Ready! <http://www.getreadyforflu.org/getreadyday/index.htm>
- FEMA. (2014) Ready: Prepare. Plan. Stay Informed. <http://www.ready.gov>

Adult
Health Bulletin

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