

ALASKA: READY TOGETHER PLAYBOOK



PERSONAL PREPAREDNESS

Estimated Completion Time

This presentation can be customized to fit your needs and time allowance. Ideally 45 -60 minutes.

- 45 minutes= 30 minutes of presentation and 15 minutes of questions
- 60 minutes= 45 minutes of presentation and 15 minutes of questions

OBJECTIVES

At the conclusion of this presentation the audience will be able to:

- Identify the roles and responsibilities for personal preparedness
- Describe the types of hazards most likely to affect their community and their potential impact on them.
- Undertake personal and organizational preparedness actions by becoming involved.

The topics that will be discussed in this unit are:

- Introductions and Overview
- Personal Preparedness
- Becoming Informed
- Preparing the Plans
- Developing a home disaster preparedness kit
- Becoming involved

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Setting the Stage

Open by discussing with the audience natural disasters that has happened in the community or natural disasters that could affect them in the future.

Explain

While emergency personnel are the best trained and equipped to handle emergencies, they may not be immediately available in a disaster. In such a situation, members of the community may be on their own for several days or longer. They may have to rely on their own resources for food, water, first aid, and shelter. Neighbors or coworkers may have to provide immediate assistance to those who are hurt or are in need of help.

Who would need extra help in your community? Disabled, the elderly?

<p style="text-align: center;">Alaska: Ready Together Preparing for emergencies & disasters</p>	<p style="text-align: center;">Slide 1</p> <p style="text-align: center;">Insert your Agency logo on the first slide</p>
<p style="text-align: center;">Alaska: Ready Together</p> <p>Alaskans Ready Together for all types of disaster through preparedness efforts that enable them to respond to and recover from events rapidly and effectively.</p>	<p style="text-align: center;">Slide 2</p> <p>Discuss with the audience that community preparedness is a key priority in lessening the impact of disasters. It is critical that all community members take steps to prepare in advance of an event</p>

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Why Prepare?

• In a disaster...

- First responders and emergency workers will not be able to reach everyone right away.
- Providers may not be able to restore critical services such as power or infrastructure immediately

Slide 3



Research findings provide some interesting insights on public expectations and beliefs. Data for the 2009 survey include:

- Only 50% of the public is familiar with the alerts and warning systems in their community.
- The importance of family and community members in the first 72 hours of a disaster
 - 70% of people report an expectation to rely on household members, and
 - 49% say they will rely on people in their neighborhood.
- Nearly 30% indicate that a primary reason they have not taken steps to prepare is the expectation that fire police, or other emergency personnel will help them.
- Only 40% of people nationwide think there is a likelihood of a natural disaster ever occurring in their community.
- Preparedness differs according to age, education, income, language and culture,

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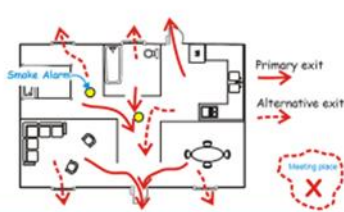

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	<p>disabilities and abilities, experience, and other factors.</p>
<p>Step for Preparedness</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Be Informed <input type="checkbox"/> Make a Plan <input type="checkbox"/> Build a Kit <input type="checkbox"/> Get Involved 	<p>Slide 4</p> <ul style="list-style-type: none"> • Discuss the 4 steps for preparedness • Ask the audience <ul style="list-style-type: none"> • What if they lost power for a week and they could not make it to a store for food and gas? • What would they do?
<p>Be Informed</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> What are the 3 most likely natural hazards in your area? <input type="checkbox"/> How do you receive current emergency updates? <ul style="list-style-type: none"> <input type="checkbox"/> TV <input type="checkbox"/> Social Media <input type="checkbox"/> Radio <input type="checkbox"/> NOAA Weather Radio 	<p>Slide 5</p> <p>Explain that many preparedness actions are useful in any type of emergency situation, and some are specific to a particular type of disaster.</p> <p>A critical first step to preparedness is to understand the hazards in their communities and to learn about local alerts and warning systems, evacuation routes, and sheltering plans.</p> <p>Discussion questions?</p>

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	<ul style="list-style-type: none"> • What disasters could and have affected their area? • How do or did they get emergency alerts/updates? • Where would they go if they and their family needed to evacuate?
<p style="text-align: center;">Make a Plan</p> <ul style="list-style-type: none"> ◦ Family Emergency Plan ◦ Communication Plan ◦ Evacuation Plan  	<p style="text-align: center;">Slide 6</p> <p>An emergency plan can mean the difference between life and death in a disaster. For example:</p> <ul style="list-style-type: none"> • Where will you meet family members? You should have a location outside the house and another location outside the neighborhood. • Identify an out-of-state “check-in contact.” • Plan for all possibilities: extended stay, shelter in place, or evacuation. • How will you escape buildings where you spend time: your home, workplace, school, place of worship? • What route (and several alternatives) will you use to evacuate? Do you have transportation? <p>Put together a plan by discussing these 4 questions with your</p>

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	<p>family, friends, or household to start your emergency plan</p> <ul style="list-style-type: none"> • What is my shelter plan? • What is my evacuation route? • What is my family communication Plan? • Does anyone in your family have special needs? • Practice your plan with your family.
<p style="text-align: center;">Build a Kit</p> <p><input type="checkbox"/> What is a disaster kit?</p> 	<p style="text-align: center;">Slide 7</p> <p>Discuss with the audience that they can cope best by preparing for disaster before it strikes.</p> <p>One way to prepare is by assembling a Disaster Supply Kit.</p> <ul style="list-style-type: none"> • After disaster strikes, they won't have time to shop or search for supplies. But if they have gathered supplies in advance, they and their family can endure an evacuation or home confinement • Remind them that many households already have many of the items needed for their kits.

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	<ul style="list-style-type: none"> • These items can be assembled in appropriate locations for quick access in an emergency, but used under normal circumstances whenever needed. • For example, keep a wrench in their kit to shut off gas at the meter in an emergency, but use the wrench for everyday tasks, too. Just be sure to return it to the emergency kit. • Place the supplies that they apt to need for an evacuation in an easy-to-carry container.
<p style="text-align: center;">What should go in a Disaster Kit?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water - one gallon of water per person per day for 10 or more days, for drinking and sanitation <input type="checkbox"/> Food - at least 10 or more days of supplies of non-perishable food <input type="checkbox"/> Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert <input type="checkbox"/> Flashlight <input type="checkbox"/> First aid kit <input type="checkbox"/> Extra batteries 	<p style="text-align: center;">Slide 8</p> <ul style="list-style-type: none"> • Have a class discussion on what they would put in their Kit. • No two kits are the same. • Discuss a Go Kit and shelter in place kit. <p>Discuss different types of nonperishable food e.g. MRE, Mountain House, canned goods</p>

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What should go in a Disaster Kit?

- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Cell phone with chargers and a backup battery
- Medication

Slide 9

Discuss other items such as:

- Clothing
- Medicine
- Important Documents
- Sanitation

How much food and water to have stored.

Water Storage



Slide 10

Discuss:

- Determining water needs- 1 gallon of water per person -7 days of water.
- Store water in plastic containers such as soft drink bottles.
- Look for the triangular recycling symbol with a number 1 on the bottom of the bottle, as those are best for water storage. Avoid using containers that will decompose or break, such as plastic milk jugs or glass bottles.
- Wash the bottle with soap and warm water, fill with water from your tap, and store in a cool, dark area away from direct sunlight.

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- Replace your emergency water every 6 months by repeating the process; like food and batteries, water does expire!

If they have questions about the quality of the water, purify it before drinking.

They can heat water to a rolling boil for 1 minute or use commercial purification tablets to purify the water.

They can also use regular household liquid chlorine bleach if it is pure 5.25% sodium hypochlorite. (Do not use scented bleach!) To purify water, use the table below as a guide:

Ratios for Purifying Water with Bleach





Water Quantity	Bleach Added
1 quart	2 drops
1 gallon	8 drops
5 gallons	½ teaspoon

Note: If water is cloudy, double the recommended dosage of bleach.

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	<p>After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.</p>
<div data-bbox="203 745 885 1186"> <h3 style="text-align: center;">Get Involved</h3> <ul style="list-style-type: none"> ▪ Join and find out how you can help ▪ Get connected ▪ Volunteer ▪ Empower the local Community <div style="display: flex; justify-content: space-around; align-items: center;">     </div> </div>	<p style="text-align: center;">Slide 11</p> <p>Explain that preparedness requires active participation from all. Participants should:</p> <ul style="list-style-type: none"> • Start the process by talking to their friends and family about the hazards in their area and what steps they all need to take to be able to help each other in a crisis — large or small • Ask about emergency planning at their workplace, their schools, their place of worship, and other social settings. <p>Plan also to participate in drills and exercises with their family and neighbors and at their workplace, school, place of worship, and community-organized events.</p> <p>The more they practice, the better prepared they will be to take effective action when a disaster happens.</p>

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	<p>Talk to their friends and family about volunteering, too.</p> <p>Volunteering to help their community is a great experience to have.</p> <p>Here are some ideas to get your started:</p> <ul style="list-style-type: none">• Red Cross• Community Emergency Response Team• Salvation Army <p>Another great training resource is the training YOU ARE THE HELP UNTIL HELP ARRIVES</p> <p>Research shows that trauma is the leading cause of death in Americans under the age of 46.</p> <p>Life-threatening (traumatic) injuries require immediate action to stop someone from dying. While the Nation's emergency medical responders are quick to arrive, any delay between injury and the initiation of care can result in death. Those nearest to someone with life-threatening injuries are best positioned to provide the first care, which should focus on the most essential actions, including moving someone away from</p>
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ongoing danger, stopping life-threatening bleeding, positioning the injured so they can breathe, keeping them warm, and providing comfort.

This course is designed to educate the public about the important role it plays in providing these potentially life-saving interventions prior to the arrival of emergency services. You can find all of the resources for this FEMA course at:

<https://www.ready.gov/until-help-arrives>

