

Preparing for Emergencies



Be Prepared

Preparedness is everyone's job. Every individual or family should have a plan for how they will respond to emergencies, just as government agencies, business, schools, and other service groups have been working on their emergency plans. Each person must be ready to act on their own. One of the keys for the safety of your family is to be prepared for the first 24 to 72 hours of an emergency. Start today to prepare for an emergency.

To limit the spread of germs and prevent infection:

Teach your family to wash hands frequently with soap and water, and model the correct behavior.

Teach your family to cover coughs and sneezes with tissues, and be sure to model that behavior.

Stay away from others as much as possible if you are sick. Stay home from work and school if sick.

Make an Emergency Plan:

Plan in advance what you will do in an emergency.

- Discuss with your family the types of emergencies that may occur. Plan what to do in each case.
- Identify places for your family to meet: One in the home, one outside the home for things like fire and one place outside of the neighborhood if you must evacuate the area.
- Find out your employer, school and day care provider emergency procedures.
- Ask a relative or friend who lives out of the area to be your family's contact person. In an emergency, all family members should contact this person and tell them where they are.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Have a list of current family health information: allergies, medications, children's weights, ages/birthdates.

Family Information—Complete the important family information and store with your Emergency Kit

Home address _____ Phone _____

Adult #1 Name _____ Phone _____

Employer _____ Work phone _____

Adult #2 Name _____ Phone _____

Employer _____ Work phone _____

Child #1 Name _____ Birth date _____ Phone _____

School or day care _____ Phone _____

Child #2 Name _____ Birth date _____ Phone _____

School or day care _____ Phone _____

Child #3 Name _____ Birth date _____ Phone _____

School or day care _____ Phone _____

In Case of emergency please contact: (list one out of state contact)

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

Neighbors: Name _____ Phone _____

Create an Emergency Kit:

- Store the emergency kit in a backpack or sturdy bag that you can grab if you need to leave your home in an emergency
- Keep a checklist in your emergency kit and check it every six months and replace water and food (ready-to-eat canned meats, fruits, vegetables, soups, dry cereal, peanut butter, nuts, juices, crackers, baby food and formula)

Flu Supplies:

(Store with your Emergency Kit)

A person who has any type of flu should be kept clean, dry, warm and hydrated.

- Pain and fever reducer like Tylenol or ibuprofen
- Cold medicine
- Antacid like Tums
- Re-hydration solution like Pedialyte for kids or Gatorade for adults and teens.
- Face masks and plastic gloves
- Prescription drugs
- Tissues/ toilet paper
- Thermometer
- Instant chicken soup

General Emergency Supplies:

- Three day supply of food and water
(1 gallon/day/person for drinking and sanitation)
- NOAA Weather Radio/ battery powered radio
- Change of clothing
- First Aid kit
- Battery powered flashlight
- Extra batteries
- Blankets or sleeping bag
- Personal identification and contact information
- Extra medications, extra pair of glasses
- Candles, matches
- Special items for infants, elderly or disabled family members
- Important family information, including medical information, Social Security number, Health Insurance Card, ID cards and photos of family
- Paper and pencils
- Disinfectant hand solution
- Tools, can opener, and work gloves
- Extra set of car keys
- Family communication plan
- Cash or credit cards—
- Personal care items
- Garbage and plastic bags and ties
- Games, books, cards
- Whistle

Be Informed About What to Do in an Emergency:

Listen to the radio and television for current information and instructions.

Visit the following Websites:

U.S. Dept of Homeland Security www.ready.gov/

MN Responds <https://www.mnresponds.org/> Count Me In: www.mncountmein.org

The Centers for Disease Control and Prevention (CDC) www.bt.cdc.gov

Minnesota Department of Health: www.health.state.mn.us,

ECHO-Emergency and Community Health Outreach (multilingual): www.echominnesota.org

American Red Cross: http://www.redcross.org/services/prepare/0,1082,0_239_00.html

For More Information contact:

Countryside Public Health

320-839-6135

320-269-2174

320-598-7313

320-843-4546

320-564-3010

Big Stone County

Chippewa County

Lac qui Parle County

Swift County

Yellow Medicine County

County Emergency Management

Brian Dahl

Marv Garbe

Graylen Carlson

Gary Bjornjeld

Michelle Gatz

320-839-3147

320-269-2121

320-598-3720

320-842-5271

320-564-5882