



Disaster Preparedness Newsletter

June, 2009

Volume 2, Number 6

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Preparing for Disasters



Life is a series of small daily decisions. The decisions you make today can be important to the safety of your family. Disasters strike all the time and may strike anywhere. The difference between life and death for you and your family may be the decisions you have made in advance to prepare for disasters.

Disaster Preparedness

Disaster preparedness means preparing for disasters. June 1st was the start of hurricane season for the United States. If you have not thought about preparing in advance, now is the time to do so. The two most important elements of disaster preparedness are 1) an individual or family plan for disaster; and 2) a “Go Kit”.

The **individual plan** is a written or typed document with information about you, your family and friends, your pets and service animals, your medical issues and the medications you take, information about your pharmacy, hospital, and doctors, arrangements for evacuation and travel, shelter locations, and copies of important documents proving your identity, property ownership, and bank accounts.

Your **Go Kit** contains 3 or more gallons of water per day per person and animal, food and some means of preparing it, clothing and bedding, a weather alert radio, first aid kit, your medications, flashlights and candles, matches, local and regional maps, toiletries, rope, chemicals for water purification, extra shoes and socks, and other objects necessary for the survival of you and your family.

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Disaster Plan for Individuals

Don't Get Caught Without One!

Disaster Plan for Individuals

John J. Trifiletti, Ph.D.
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DIRECTIONS: To prepare in advance for disasters, complete this form and bring it with you when you evacuate.

PERSONAL INFORMATION

1. Name _____ Date of Birth _____

2. Social Security Number _____

3 Street Address _____ Apartment Number _____

4. City _____ State _____ Zip _____

5. Telephone _____ Cell Phone _____ TTY _____

6. Pager Number _____ E-mail address _____

7. Persons to Contact in Emergency _____

Name _____ Relationship _____ Phone _____ E-mail _____

Name _____ Relationship _____ Phone _____ E-mail _____

Name _____ Relationship _____ Phone _____ E-mail _____

Name _____ Relationship _____ Phone _____ E-mail _____

8. What is the nature of your disability (if any)? _____

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Disaster Plan for Individuals

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- * Tax Records _____
- * Maps _____
- * Plan of Care _____
- * Other Important Documents _____

COMMUNICATION PLAN

Family

18. List your immediate and extended family members.

Name	Relationship	Address	Phone	Email

Additional Contacts

19. List any other additional contacts you might wish to reach during or after evacuation:

Name	Phone	Email

EVACUATION PLAN

20. Identify three (3) places where you can go in an emergency (friend's home, motel, and shelter)

- Address _____ Phone _____
Description of Above Address _____
- Address _____ Phone _____
Description of Above Address _____
- Address _____ Phone _____
Description of Above Address _____

21. What preparations have you made for your pets/service animal during the emergency?

Describe: _____

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Disaster Plan for Individuals

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22. Identify your medicines and medical supplies that you have to take with you:

Describe _____

23. Do you have a first aid kit to take with you?

YES NO DON'T KNOW

24. What bedding and clothing, including sleeping bags and pillows will you take with you?

Describe: _____

25. Do you have bottled water to take with you or shelter in place?

(3 gallons or more per person is recommended)

YES NO DON'T KNOW

26. Do you have a battery-operated radio and extra batteries to take with you?

YES NO * DON'T KNOW

27. Do you have food and a can opener to take with you?

YES NO DON'T KNOW

28. Do you have written instructions on how to turn off the electricity, gas, and water?

YES NO * DON'T KNOW

If YES, where are these instructions kept? _____

SUPPLY KIT CHECKLIST (Go Kit)

29. Recommended Disaster Supplies Kit Items:

- * First Aid Kit and essential medications including prescriptions (in the original containers)
- * Canned food and can opener
- * At least 3 gallons of water per person
- * Protective clothing, rainwear, and bedding or sleeping bag
- * Battery-powered radio, flashlight, and extra batteries
- * Special items for infants, elderly, or disabled family members

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Disaster Plan for Individuals

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- 33b Do you require the emergency exit procedures to be in Braille?
 YES NO YES NO
- 33c Do you require the emergency exit procedure to be on tape?
 YES NO YES NO
- 33d Do you require the emergency exit procedures to be in large print?
 YES NO YES NO
- 33e Do you require the emergency exit procedures as text on a disk?
 YES NO YES NO
34. Are the signs which mark emergency routes and exits clear enough?
 YES NO YES NO

EMERGENCY ALARM SYSTEM

In The Home?

At Work?

35. Can you hear the fire alarm(s) in your home and workplace?
 YES NO YES NO
36. Could you raise the alarm if you discovered a fire?
 YES NO YES NO

ASSISTANCE

In The Home?

At Work?

36. Do you need assistance to get out of premises in an emergency?
 YES NO YES NO
37. Is anyone designated or employed to assist you to get out in an emergency?
 YES * NO * YES NO
 If YES give name(s), location(s) and contact details

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38. Is the arrangement with your assistant(s) a formal arrangement?

(A formal arrangement is an arrangement specified by the Director/Administrator or written into their job description or where someone is employed to provide support or some other formal procedure.)

YES	NO	YES	NO
-----	----	-----	----

38a Are you always in easy contact with those designated to help you?

YES	NO	YES	NO
-----	----	-----	----

39. In an emergency, could you contact the person(s) in charge of evacuating the building(s) in which you reside and work and tell them where you were located?

YES	NO	YES	NO
-----	----	-----	----

GETTING OUT

In The Home?

At Work?

40. Can you move quickly in the event of an emergency?

YES	NO	YES	NO
-----	----	-----	----

41. Do you find stairs difficult to use?

YES	NO	YES	NO
-----	----	-----	----

42. Are you a wheelchair user?

YES	NO	YES	NO
-----	----	-----	----

MEDICAL INFORMATION

43. List all the drugs and medications you are taking (including over-the-counter and herbal remedies:

NAME	AMOUNT	HOW OFTEN
------	--------	-----------

44. Are you allergic to any medications, foods, or environmental factors?

NAME	DESCRIPTION
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Disaster Plan for Individuals

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45. Information about your pharmacy:

NAME ADDRESS PHONE

46. Alternative source for medications:

NAME ADDRESS PHONE

47. Your hospital information:

NAME OF HOSPITAL ADDRESS PHONE

48. Are you an organ donor?

YES NO

If YES, Describe

49. Have you assigned Medical Power of Attorney to anyone?

YES NO

NAME RELATIONSHIP ADDRESS PHONE

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Disaster Plan for Individuals

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50. Who are your doctors?

NAME

TYPE OF PHYSICIAN

PHONE

51. List any serious medical operations, surgeries, etc.

NAME OF PROCEDURE

DATE

RESULT

52. List any other medical problems:

53. Health Insurance Information:

PROVIDER

POLICY NUMBER

PHONE

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Family Disaster Kit (Go Kit)

Collect these items and store them to expedite evacuation

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in a few hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives? Here is how to create a Family Disaster Kit.

- **Water.** Store at least 3 gallons per day per person and a 3-day supply.
- **Food.** Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.
- **First Aid Kit.** Include standard items and non-prescription drugs.
- **Tools and Supplies.** Include the following:

<ul style="list-style-type: none"> Paper cups, plastic utensils, plates Emergency Preparedness Manual Battery or Hand Crank Radio, batteries Flashlight, extra batteries Cash and traveler's checks Manual can opener, utility knife Fire extinguisher - ABC type Wrench to turn off gas and water Pliers, hammer, screwdrivers Plastic garbage bags and ties Plastic storage containers Matches Aluminum foil Signal Flare Compass Hammer, screwdrivers, pliers Anti-bacterial, waterless hand wash 	<ul style="list-style-type: none"> Paper and pencils, pens Needles and thread Tent Whistle Map of area and state Toilet paper, towelettes Soap, liquid detergent Feminine supplies Personal hygiene items Tape Plastic bucket with lid Disinfectant Household chlorine bleach Towels Rope Insect repellent
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Family Disaster Kit (Go Kit) *...Continued from Page 11*

- **Clothing and bedding.** *Include these:*
 - Sturdy shoes or work boots
 - Rain gear
 - Blankets or sleeping bags and pillows
 - Hat, coat, and gloves
 - Thermal underwear
 - Sunglasses
- **Special items for babies.** *Include these:*
 - Formula, diapers, bottles, powdered milk, medications.
- **Special items for elderly.** *Include these:*
 - Prescription and non-prescription medications
 - Denture needs
 - Contact lenses and supplies
 - Eye glasses
- **Entertainment.** *Include games and books.*
- **Important family documents.** *Store in a waterproof, portable container. Include the following:*
 - Will or trust, insurance policies, contracts, deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - User names and passwords
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records: birth, marriage, death certificates
 - Vehicle titles

Disaster Planning Resources *Free Information and Materials*

Check out these free disaster planning resources...

FEMA Plan Ahead

<http://www.fema.gov/plan/index.shtm>

Disaster Preparedness and Response

<http://cool-palimpsest.stanford.edu/bytopic/disasters/>

Humane Society Disaster Preparedness Resources

http://www.hsus.org/hsus_field/hsus_disaster_center/resources/

FEMA Library

<http://www.fema.gov/library/>

Family Disaster Plan

<http://www.disastercenter.com/guide/family.htm>

Disaster Planning Portal

<http://www.sla.org/content/resources/inforesour/sept11help/disip/>

Children and Disasters

<http://www.naccrra.org/disaster/>

FEMA for Kids

<http://www.fema.gov/kids/>

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Swine Flu Worsens

Latest Information on the Swine Flu H1N1 Pandemic

Here's a round up of the recent swine flu news:

As of 06:00 GMT, 8 June 2009, 73 countries have officially reported 25,288 cases of influenza A(H1N1) infection, including 139 deaths. [WHO](#)

By June 3, 2009, all 50 states in the United States and the District of Columbia and Puerto Rico were reporting cases of novel H1N1 infection. While nationwide U.S. influenza surveillance systems indicate that overall influenza activity is decreasing in the country at this time, novel H1N1 outbreaks are ongoing in parts of the U.S., in some cases with intense activity. [CDC](#)

A central Alberta pig farmer whose animals were quarantined after it was discovered they were infected with swine flu has voluntarily culled his entire herd, according to an industry organization. [cbc.ca](#)

New Orleans Mayor Ray Nagin is being held in a Shanghai hotel, after a passenger on his flight from the US fell ill with suspected swine flu. [BBC](#)

The number of swine flu cases in the UK is probably double the official figure, a leading bacteriologist has said. [Why a bacteriologist is discussing the issue as opposed to a virologist is unclear. [BBC](#)

New Zealand confirmed its 14th case of swine flu Sunday. All of the country's cases so far have been contracted overseas. [Beinghealthyhomeandaway blog](#)

South Korea's health ministry says it has confirmed one more case of swine flu, bringing the country's total to 47. [Beinghealthyhomeandaway blog](#)

An Ontario man who died in hospital over the weekend had tested positive for the H1N1 flu virus, a spokesman with the Ontario Ministry of Health said Tuesday. The adult male was the third person with swine flu to die in Canada. [NY Times](#)

The global spread of the swine flu — influenza virus A(H1N1) — virus shows no sign of slowing as [Africa reported its first confirmed case](#), in Egypt, this week.

Keiji Fukuda, WHO assistant director-general for health security and environment, said the agency was [close to declaring a 'phase six' pandemic alert](#) — a fully-fledged pandemic where community spread is established outside the first region where the disease was reported.



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NOAA Issues Atlantic Hurricane Season Outlook *Normal Hurricane Season Predicted*

NOAA forecasters say a near-normal Atlantic hurricane season is most likely this year. However, as with any season, the need to prepare for the possibility of a storm striking near you is essential.



Commerce Secretary Gary Locke.

High resolution (Credit NOAA)

“Today, more than 35 million Americans live in regions most threatened by Atlantic hurricanes,” Commerce Secretary Gary Locke said. “Timely and accurate warnings of severe weather help save lives and property. Public awareness and public preparedness are the best defenses against a hurricane.”

In its initial outlook for the 2009 Atlantic hurricane season, which runs from June through November, NOAA’s National Weather Service Climate Prediction Center calls for a 50 percent probability of a near-normal season, a 25 percent probability of an above-normal season and a 25 percent probability of a below-normal season. Global weather patterns are imposing a greater uncertainty in the 2009 hurricane season outlook than in recent years. Forecasters say there is a 70 percent chance of having nine to 14 named storms, of which four to seven could become hurricanes, including one to three major hurricanes (Category 3, 4 or 5).

“This outlook is a guide to the overall expected seasonal activity. However, the outlook is not just about the numbers, it’s also about taking action,” said Gerry Bell, Ph.D., lead seasonal hurricane forecaster at NOAA’s Climate Prediction Center. “Prepare for each and every season regardless of the seasonal outlook. Even a near- or below-normal season can produce landfalling hurricanes, and it only takes one landfalling storm to make it a bad season.”

NOAA administrator Jane Lubchenco and Rear Admiral Philip M. Kenul, director, NOAA Office of Marine and Aviation Operations.

High resolution (Credit NOAA)

Shaping this seasonal outlook is the possibility of competing climate factors. Supporting more activity this season are conditions associated with the ongoing high-activity era that began in 1995, which include enhanced rainfall over West Africa, warmer Atlantic waters and reduced wind shear. But activity could be reduced if El Nino develops in the equatorial Eastern Pacific this summer or if ocean temperatures in the eastern tropical Atlantic remain cooler than normal.

NOAA’s seasonal hurricane outlook does not project where and when any of these storms may hit. Landfall is dictated by weather patterns in place at the time the storm approaches. For each storm, NOAA’s National Hurricane Center forecasts how these weather patterns affect the storm track, intensity and landfall potential.

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NOAA Atlantic Hurricane Outlook *...Continued from Page 14*

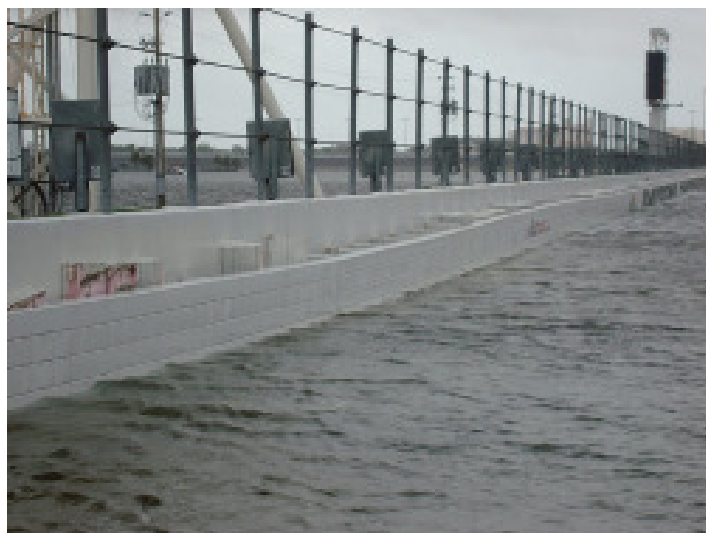
“NOAA strives to produce the best possible forecasts to help emergency officials and residents better prepare for an approaching storm,” said Jane Lubchenco, Ph.D., under secretary of commerce for oceans and atmosphere and NOAA administrator. “I’m pleased to have the Administration’s support for an additional \$13 million in next year’s budget request to continue the trend of improving hurricane track and intensity forecasts.”

Tropical systems acquire a name – the first for 2009 will be Ana – upon reaching tropical storm strength with sustained winds of at least 39 mph. Tropical storms become hurricanes when winds reach 74 mph, and become major hurricanes when winds increase to 111 mph. An average season has 11 named storms, including six hurricanes with two becoming major hurricanes.

NOAA scientists will continue to monitor evolving conditions in the tropics and will issue an updated hurricane outlook in early August, just prior to what is historically the peak period for hurricane activity.

NOAA understands and predicts changes in the Earth's environment, from the depths of the ocean to the surface of the sun, and conserves and manages our coastal and marine resources.

Disaster Photos *May 3009 Disasters*



Daytona Beach Raceway Flooding



California fires force 8,000 people to abandon homes

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Disaster Photos

June 2009 Disasters



Lightning strikes 5,000 times starting 90 fires in Northern California - June 2, 2009 photo

Motorists flee their flooded vehicle in Greensboro, North Carolina, after several inches of rain fell in the area

