3 Proactive Steps to Prepare Your Family for Emergencies

ST. CHARLES COUNTY DEPARTMENT OF Community Health & The Environment

Lincoln County Health Department

American Red Cross
1. Create a Plan
Presented by Doug Bolnick, PIO St. Charles County Department of Health and the Environment

2. Make a Kit
Presented by TJ Runge, Coordinator, American Red Cross Disaster Services, Greater St. Louis Region
_Serving:_ Franklin, Gasconade, Lincoln, St. Charles, & Warren Counties

3. Be Informed
Presented by Emma Epplin, MPH
Public Health Liaison, Emergency Planner
Lincoln County Health Department
Know What Kind of Emergencies Can Impact You

- What kind of emergencies/disasters can occur in our area?
- How might these emergencies affect you?
Create a plan

Make a kit

Be Informed
Create a plan

Know where to go and what to do in an emergency

- **Shelter in place**: Be self-sufficient for at least 72 hours.
- **Evacuate home**: Have a specific meeting place near your home, but out of danger.
- **Evacuate area**: Have a meeting place within your community to meet up with family members if separated at the time of the emergency.
Designate an Out-of-Town Contact

- Contact someone who lives outside the affected area. Try texting, e-mailing or instant messaging.

- Your out-of-town contact may be able to relay messages to and from those in an affected area.

- During a disaster if you make only one call, call your Voicemail, change your Outgoing Message to update your status.
Practice Your Plan!

- Practicing takes a lot of uncertainty out of unexpected emergencies.
- Practice with all family members twice a year so everyone knows what to do and where to meet. Make any necessary changes to your plan.
- Include plans for your pets. Where can you go with your pets?
- Remember... What you do in practice is what you do at “game time!”
Make a kit

Kit = 3 Days Supply per Person
2 weeks additional supply at home

- Water, non-perishable food
- Flashlights, radio/weather radio, cell phone charger, extra batteries
- Medical items: First-Aid Kit, prescription and over-the-counter medications
- Important papers: Copies of IDs, home owners ins. policy, contact list with utilities, family, friends, financial documents, cash & pet records
Make a Kit

Tools & Self-protection:

- Spare set of all keys, Maps
- Multi-purpose tool, nails, duct tape, plastic sheeting/tarp
- Utility gloves, masks, safety goggles, bug spray, Sun Screen
- Bicycle helmet, baseball caps, seasonal garments, extra clothing
Home, Car, Work Place
Keep Kit Current

- Home kit should be located in a safe area
- Check your kit twice a year
- Maintain contents list with expiration dates
- Rotate items soon to expire
- Make sure important documents are still current
Be Informed

Staying Connected

- Know where to learn about emergencies affecting your community. Sign up with local authorities to receive information directly.

- Many local fire & police Departments have websites or Facebook pages keeping communities informed and up to date.
Be Informed

Special Considerations

➢ When at the Work Place, know the facility’s Emergency Operations Plan

➢ When traveling & staying in hotels or with family & friends know where to go in case of emergencies

➢ Understand your location and surroundings at all times

➢ Consider mobility issues and other special needs
Be Informed

How Can I Help?

- Create a Plan, Make a Kit, Be Informed
- Prepare yourself & family FIRST
- VOLUNTEER! Being involved will keep you informed
- Prepare NOW! Delay & Denial could prove to be costly
Download **FREE** Apps on your cell phone for Emergency Information at your Fingertips
For More Information:

http://health.sccmo.org  636-949-7400

1650 Boones Lick Rd  St. Charles MO  63301

www.lchdmo.org  636-528-6117

5 Health Department Dr.  Troy, MO  63379

warrencountyhealth.com  636-456-7474

101 Mockingbird Ln.  Warrenton MO  63383

www.redcross.org/stl  636/397-1074

224 Mid Rivers Mall Dr.  St. Peters  MO  63376