

**Emergency Planning TIN**  
**\* June 2019 Revision\***  
**KJ4PUJ**

Starts with personal preparedness

- Make sure you, your family, and your pets are healthy, annual check ups for all, regardless of age.
- Make sure your vehicles are in good working condition, and do the routine maintenance as required. It is cheaper in the end.
- Make sure your home is child proof, pet proof, and physically secure. You can ensure the physical safety ahead of time for your home or business, by asking your local law enforcement agency to conduct a crime prevention survey. This is usually a free service, when their schedule permits.
- Pay attention to the weather and news for your region, at least once a day. KNOW if severe weather is projected for the next 36-48 hours.
- Know the risks for your geographic region. If you know what to plan for, things will be easier. Take into account whether or not you live in an urban, suburban, or rural area. Make your plans for a minimum radius of 100 miles in a city, 150+ miles in suburban areas, and out to 250 miles in rural settings. You may have to travel some distance to get to safe shelter areas. Plan for it, and remember things that happen hundred or thousands of miles away, can affect your region.
- Have a primary and at least one alternate plan, discuss it with all family members. If the kids are old enough to stay home alone or be babysitters, they are old enough to have the discussion.
- Do your children, spouse, parents, etc. know what to do (and where to go) when you are not around, or when they are at work or school?
- Have primary and backup communications, and plans that include if there are total communications failures. This is particularly true if you have children. Do they know where to go, if there is no contact with you, or another trusted adult that they know. Police stations, Fire and EMS centers are usually good choice, unless they are in the affected areas. If you use only a cell phone, consider having yours on one carrier, and your spouse/significant other/child's on another carrier. The odds of both carriers going down at the same time, are minimized this way.
- If there is time to leave, or your local officials dictate, leave the area. Secure your home and business, notify your friends and family, and or the local police department that you are leaving, and go. You only become another worry for public safety personnel after the situation is over, and recovery operations begin. It is better to be holed up at a friends place or in a hotel, than stranded in your own home.

- If you do evacuate, go uphill and upwind unless there is no alternative. Going downwind or downhill risks exposing you to hazards in the air or on the ground.
- Be physically and mentally ready to take care of yourself and your family for a minimum of 7-10 days. Do NOT rely on a governmental organization to save you within a few hours. There will come a point and time where you call your local emergency number, and no one is coming. Plan for the worst, hope for the best, and things will work themselves out. Take your family camping for a long weekend at least once, so that they know what things will be like.
- Remember that the public safety personnel that will be coming to your aid have to ensure their families are safe first, then they need to get organized (depending on who is available to respond), and then safely get to your area. This takes time.
- Deal with things while they are small problems before they become larger issues.
- No less than two weeks of medication(s) for all on hand. Take into account items that may need to be kept at certain temperatures, and plan for that as well. Do not store medications requiring temperature control with food items unless necessary. You don't want to be reaching for a cold drink and get stuck with a chilled needle.
- If you have family members (human and critters alike), that have special needs for logistics, sanitary needs, diet and or medication, plan for that too.
- Do not forget basics like vitamins, aspirin, ibuprofen, antacids, etc in your go kit. Remember to check for expiration dates on all medicine, prescriptions and over the counter. More than 30 days out of date needs to be thrown out. Otherwise, you risk chemical reactions of an unpleasant nature.
- If you have not taken a first aid and CPR class within the last 5 years, get current.
- Keep some clothes that still fit, that you were otherwise going to donate to a charity, in your go kit for all weather conditions. Unless you plan to update your go kits monthly, have standard items like clean underwear, jeans, shirts, socks and shoes, layered clothing, hats, medium weight jackets, blankets, etc.
- Money – figure out your family's food, water, gasoline budget for two weeks. That is how much money, in cash, you need to keep secured and easily accessible. Remember, that in a major disaster, there will probably not be power for ATM's and banks will be closed. The reason for two weeks is that some merchants will take advantage of the situation, and immorally raise their prices. Deal with it, file complaints later.
- Stay within your budget when planning and making a go kit. It may take several months to get a complete 10-day kit. Start with the basics and build upon it.

- Work with your neighbors, and or co-workers. Plan and discuss these things before a problem occurs. If your next-door neighbor has a generator that will power the whole block, ask if you can share it if you help with fuel and maintenance costs. Know each other's strengths and resources.
- Pay attention – the weather, news, etc. At least once a day. In addition, get over the "It won't happen to me" mentality. It can, and it will. It is just a matter of time.

## **Know the risks**

We live in a vast world with extreme weather conditions and dramatic geological features. With its size, weather patterns and varied regions come several natural hazards. Learn about the natural hazards of your country and your region. More importantly, learn how to prepare for them – a natural hazard need not be a natural disaster. Being prepared can make a world of difference.

## **Make an emergency plan, and at least one alternate.**

A family emergency plan will help you and your family know what to do in case of an emergency. Every household needs an emergency plan and a backup.

It will take you about 90 minutes to complete your personalized plan. Before starting your home emergency plan, you will need to think about:

- Safe exits from home and neighborhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town at least 100 miles away
- Health information and medications, including chronic conditions and pets
- Place for your pet to stay if you ABSOLUTELY must leave them behind
- Risks in your region
- Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain
- Local and regional maps, and teach others how to use them, and their differences

## **During an emergency**

During an emergency, you may not have time to make alternative plans. You may also not be aware of whom to listen to for instructions. That is why it is important to know who to call and what to do under different circumstances.

- [When to call 9-1-1](#) or your local emergency number
- [In case of a major emergency](#)
- [Shelter-in-place](#)
- [Evacuation orders](#)

When to call 9-1-1 (where available)

- Save a life
- Report a fire or medical emergency
- Report a crime in progress

For non-emergency calls, use the numbers listed in your local phone book for police, fire and paramedic services.

### **In case of a major emergency**

- Follow your [emergency plan](#)
- Get your [emergency kit](#)
- Make sure you are safe before assisting others.
- Listen to the radio or television for information from local officials and follow their instructions.
- Stay put until all is safe or until you are ordered to evacuate.

### **Shelter-in-place**

You may be instructed to "shelter-in-place" if chemical, biological or radiological contaminants are released into the environment. This means you must remain inside your home or office and protect yourself there. The following steps will help maximize your protection:

- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air-conditioning systems to avoid drawing in air from the outside.
- Close the fireplace damper.
- Get your [emergency kit](#) and make sure the radio is working.
- Go to an interior room that's above ground level (if possible, one without windows). In the case of a chemical threat, an aboveground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed.
- Using duct or other wide tape, seals all cracks around the door and any vents into the room.
- Continue to monitor your radio or television until you are told all is safe or are advised to evacuate.

### **Evacuation orders**

Authorities will not ask you to leave your home unless they have reason to believe you are in danger.

If you are ordered to evacuate, take:

- your [emergency kit](#)
- your [emergency plan](#)
- essential medications and copies of prescriptions
- a cellular phone (if you have one)
- your pets

***Pets are not allowed in some emergency shelters, so plan in advance for a pet friendly location.***

Protect your home:

- Shut off water and electricity if officials tell you to.
- Ask your local gas company ahead of time; however, most state to leave natural gas service on from the street; and off at the house, unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional to respond. You would be without gas for heating and cooking.
- Lock your home.

If you have time:

- Call or e-mail your out-of-town contact, and copy the local police and fire department if they have that capability. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.
- Leave a note telling others when you left and where you are going, and a contact phone number.

**Basic Emergency Communications** will be covered in more depth during a separate TNT Open Forum, in the meantime:

- Unless you are part of an organized group, such as ARES, RACES, SATERN or MARS, do not start creating your own emergency net(s) after a crisis has been realized.
- If you need to communicate during this time frame, it is best if you contact your local and regional officials ahead of time, and find out what frequencies they plan to monitor and or use during emergencies.
- If they do not plan on using or monitoring the amateur frequencies, then work with your local radio club, and or the state or provincial emergency managers ahead of time. With all the frequencies, and types of transmissions available today; if you do not know where to go look into the spectrum, you might never get your message(s) out.

- Unless you as the transmitter, and the receiving operator are working off the same message format; use simple terms in plain English, and avoid HAM, CB or other public safety jargon.
- When you send a message – listen first for more urgent traffic, be brief, use plain language, and use only the phonetic alphabet if some one asks you to spell something. NO other codes or signals unless you are part of an official group.
- Even if you do not plan on becoming part of an organized effort, I recommend that you participate occasionally in your area tests of emergency communications; and if your schedule permits, take the time to learn how messages are formatted in your area of the world.

## **Basic emergency kit**

Many of the items required in an emergency kit are found in most people's homes. It is just a question of taking some time and putting them together as your emergency kit.

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home. Whatever you do, do not wait for a disaster to happen.

Easy to carry – think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary.

In case of a major event you will need some basic supplies set aside. That way you will always be prepared to be self-sufficient for at least 7-10 days while emergency workers focus on people in urgent need.

Basic items for a go kit:

- Water, one gallon of water per person and pet per day for drinking and sanitation
- Food, at least a 7-10 day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- 2 Flashlights and extra batteries
- Camping style cooking gear, lighting, heat, etc. Plan for no power for at least a week.
- First aid kit
- Whistle, mirror and or an air horn 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 (if kit contains canned food)
- Local and regional maps, at least out to 250 miles.
- Cell phone, marine and or amateur radio with chargers, inverter or solar chargers.
- If you live in an area where temps fall below 50 degrees Fahrenheit, 1 large metal coffee can, with a 12 hour candle burning inside of it (the can upside down), will keep a 4 person tent warm enough to usually stave off hypothermia or frostbite.

- Prescription medications and glasses
- Infant formula and diapers
- Dry pet food, medications and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change – 2 weeks worth of your family budget
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of layered clothing - including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Maps as previously discussed, manual compass (and learn how to use it ahead of time).
- GPS receiver if you must, with spare batteries.
- Basic Tools – hammer, saw, chisel nails, tarps, duct tape, wrenches, pliers, etc.
- Entrenching tool, machete or axe, and definitely a good pocket knife
- Books, games, puzzles or other activities for children

#### Amateur Radio Go Kit:

- Handheld/mobile HAM radio with pre-programmed repeaters for a 250 mile radius
- Spare batteries or car charging equipment
- Magnetic mount roof antenna and cables for that same radio (pre-test your equipment)
- Spare whip antenna and connectors
- Pencil, pad, pen and notepaper
- Call signs of 5 other operators that you regularly connect w/to relay messages for you
- If relying on Echolink or IRLP only, spares for your laptop computer and its hard drive backed up.
- Consider a marine band, citizens band (CB) or other type radio as well.
- Know the repeaters in your area out to about 100 miles: <http://www.rfinder.net/blog/>

Two books that are strongly recommended, in addition to the below listed web sites:

ISBN-10: 0061733199. ISBN-13: 9780061733192

ISBN-10: 0872599388; ISBN-13: 978-0872599383

In addition, if you live in North America, I recommend the following two books:

ARRL's repeater directory

<http://www.arrl.org/shop/The-ARRL-Repeater-Directory-2019>

Department of Transportation's -- Emergency Response Guidebook

<https://www.phmsa.dot.gov/hazmat/erg/emergency-response-guidebook-erg>

**Disaster Preparedness Public Web Sites: NOTE:** *just because you do not live in the location(s) mentioned, does not mean the information is not useful.*

*If you cannot locate a guide for your geographic region, please contact your local office of emergency management or [nipentuck@yahoo.com](mailto:nipentuck@yahoo.com) for assistance. Web sites listed are current as of June 2019.*

## **US Governmental and Non-Governmental sources of planning:**

FEMA's Preparedness pages

[www.ready.gov](http://www.ready.gov)

<https://www.fema.gov/media-library/assets/documents/7877>

For our furry, feathered or scaly family members

<http://www.aspca.org/pet-care/disaster-preparedness/>

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

National Institute of Occupational Health and Safety (NIOSH)

<http://www.cdc.gov/niosh/topics/emres/business.html>

American Red Cross

<http://www.redcross.org/>

Find out how to keep food safe during and after an emergency by visiting:

<http://www.foodsafety.gov/keep/>



## **Amateur Radio and emergency planning options:**

USA - ARES & RACES & MARS

<http://www.arrl.org/ares> and <http://www.usraces.org/> and [http://en.wikipedia.org/wiki/Military\\_Auxiliary\\_Radio\\_System](http://en.wikipedia.org/wiki/Military_Auxiliary_Radio_System)

Canada

<http://www.rac.ca/>

<http://www.getprepared.gc.ca/index-eng.aspx>

UK

<http://www.rsgb.org/> and <http://www.raynet-uk.net/>

Australia

[http://www.dxzone.com/catalog/Ham\\_Radio/Clubs/Australia/](http://www.dxzone.com/catalog/Ham_Radio/Clubs/Australia/)

Home security planning options

<http://tinyurl.com/7hzkzmk>

## **WEATHER monitoring:**

NOAA's National Hurricane Center

<http://www.nhc.noaa.gov/>

Accuweather

<http://www.accuweather.com/>

The Old Farmer's Almanac

<http://www.almanac.com/weather>

Space Weather

<http://www.spaceweather.com/>

## **Disaster Preparedness for Specials Needs People**

<https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>

[http://www.disastersrus.org/MyDisasters/disability/disability\\_preparedness.htm](http://www.disastersrus.org/MyDisasters/disability/disability_preparedness.htm)

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>

## **American Sign Language Emergency Preparedness Videos**

<https://www.youtube.com/playlist?list=PL17B6B510552D612D>