

# 3 Proactive Steps to Prepare Your Family for Emergencies



ST. CHARLES COUNTY DEPARTMENT OF  
**Community Health  
& The Environment**



**Public Health**  
Prevent. Promote. Protect.

**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*

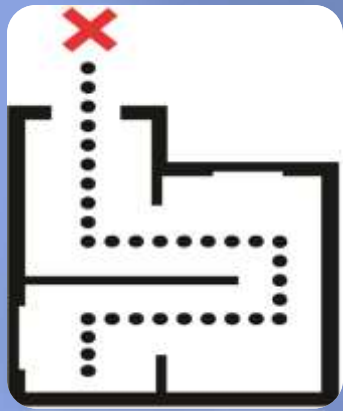
## **3. Be Informed**

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 effect you?



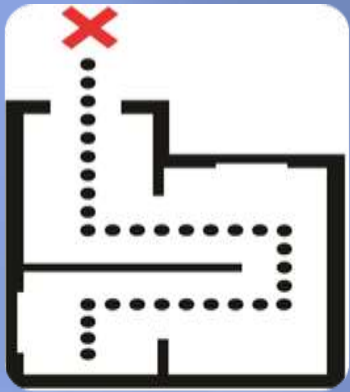
**Create a plan**



**Make a kit**



**Be Informed**



## Create a plan

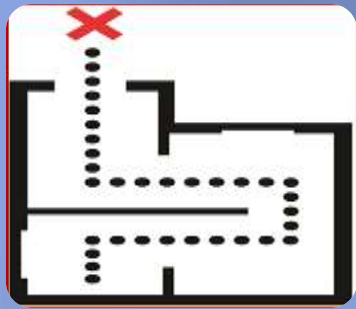
Know where to go and what to do in an emergency

- 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



# Location & Maintenance

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 effecting 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](http://www.lchdmo.org) 636-528-6117

5 Health Department Dr. Troy, MO 63379

[warrencountyhealth.com](http://warrencountyhealth.com) 636-456-7474

101 Mockingbird Ln. Warrenton MO 63383

[www.redcross.org/stl](http://www.redcross.org/stl) 636/397-1074

224 Mid Rivers Mall Dr. St. Peters MO 63376

