

If disaster strikes your plan and your supplies could mean the difference between life and death. Water, food and first aid will keep you alive while the authorities work to provide assistance on a mass scale.

FOOD

A 3-7 day supply of food may be a good idea. Refrigeration may not be possible, so foods should be non-perishable. Canned meats, fruits, vegetables, canned milk and juices are good choices. High-energy foods like peanut butter, crackers and granola bars are recommended.

WATER

As a rule of thumb, a 3-7 day supply of water should be stored, allotting one gallon per person, per-day. Water should be stored in plastic bottles or containers. Remember, water is needed for drinking, food preparation and even hygiene.

FIRST AID

A first aid kit is vital. Kits should include:

- Sterile bandages
 - Gauze pads
 - Tape
 - Roller bandages
 - Scissors
 - Tweezers
 - A needle
 - Antiseptic
 - Thermometer
 - Safety pins
 - Latex gloves
 - Antibacterial soap
 - Pain reliever (aspirin or nonaspirin)
 - Antacid
 - Anti-diarrhea medication
 - Laxative
- ** It is always a good idea to take a basic first aid course.**

CHECKLIST

**Comfort Items*

- ✓ Bedding (blankets, sleeping bags)
- ✓ Extra clothing and shoes
- ✓ Hats, gloves, rain gear

Tools

- ✓ Battery operated radio
- ✓ Flashlights
- ✓ Extra batteries
- ✓ Non-electric can opener
- ✓ Fire extinguisher
- ✓ Crescent wrench, pliers
- ✓ Tape
- ✓ Pencil and paper
- ✓ Matches and lighters

**Sanitation*

- ✓ Toilet paper
- ✓ Soap
- ✓ Personal hygiene items
- ✓ Baby wipes

✓ Feminine supplies

- ✓ Plastic garbage bags

Special Needs

- ✓ Medications or prescriptions used by family members

- ✓ Items for babies: formula, diapers, bottles, etc.

- ✓ Contact lenses or glasses

**Family Documents*

- ✓ Insurance papers
- ✓ Wills and deeds
- ✓ Social Security Cards
- ✓ Financial information
- ✓ Family records (birth, death, marriage)

**It is important to protect certain items from fire and water. Store items in a convenient location, in air-tight bags. Water, food and batteries should be rotated every six months.*



A winter storm, a flood, an earthquake, a terrorist attack a flu pandemic: All are disasters and all are a threat to human life. The Ross County Health District has put together this short guide which will help you and your family be prepared in the event of an emergency.

When a disaster strikes there is no guarantee that the authorities will come immediately to the aid of Ross County's citizens. Use this guide to assist you in developing a family plan. In the event of a disaster or an emergency, your plan may mean life or death for you and your family. It is essential that you are prepared for a disaster and that you know your life - and the lives of your loved ones - may be in your own hands. In the event of any emergency or disaster it is essential that all citizens follow the law and guidelines that may be established by federal, state or local authorities.

Following the law

In the event of a disaster or an emergency, nothing is more important than being prepared and following the law.

Acting appropriately can save lives and allow authorities to do their job in assisting citizens. Whether it's staying in your home if ordered, evacuating to another location, or not taking to the streets with a mob mentality, you can help by obeying directives.

TIP: Being trained in basic first aid can save lives in an emergency.

Water, food and medicine: All are items that your life may depend on. In the event of a disaster - whether natural or manmade - there is a chance that authorities could be overwhelmed and your life could depend on your actions alone.

If disaster strikes, is YOUR family ready?

TIP: Keep important family documents dry and safe from fire.

DISEASE OUTBREAK: Disease is always a threat. In the event of an outbreak it is crucial that you follow instructions as released by health and law enforcement officials. How you react to the situation and how well you follow orders could mean life or death - for yourself and for others.

Emergency Phone Numbers

9.1.1

Ross County Sheriff - 773.1185

Chillicothe City Police - 773.1191

Highway Patrol - 775.7770

Ross County Health Dist. - 779.9652

Red Cross - 772.2014

Poison Control - 1.800.222.1222

Local Radio Stations

WKKJ - 93.3FM WOUH - 91.1FM

WBEX - 1490AM WVXC - 89.3FM

WCHI - 1350AM WOHC - 90.1FM

FIRE

Fire is probably the most likely disaster to strike.

- Every person in your home should have an escape route.
- Persons on the second floor should have a safe way to the ground and anyone in a basement should have two exit options.
- Once outside, a meeting place should be designated for all family members.
- Never re-enter a burning home.
- Educate family members on fire safety. Items such as: never open a door that is hot to the touch; stop, drop and roll; and stay as low to the floor as possible, are all things to know.
- Working fire alarms and smoke detectors save lives.
- Keep important documents in a fire-proof box or safe.
- Practice your plan on a regular basis.

TORNADO

Tornadoes are more likely to strike at certain times of the year.

- Identify the safest place in your home. A basement is best. If you do not have a basement, select an interior room with no windows.
- Be aware of heavy objects that could fall and cause injury.
- If you live in a mobile home, identify a nearby building and use it as a place of safety.
- Practice your plan with all family members. Remember, if a tornado hits time is of the essence.
- If threatening weather has been forecast or is approaching, keep a television or radio on for weather updates.
- After a tornado, be aware of electrical hazards or gas leaks.

TIP: Select a place for family members to meet in the event of a disaster, or a way to contact each other - especially if phones are out.

Anything is possible, but in Chillicothe and Ross County the disasters mentioned here are probably the most likely to take place.

Terrorism is always a possibility, but if you have a plan, are prepared and follow directives from local authorities, this booklet can also help you prepare for - and survive - a terrorist attack.

Together we can be prepared and safe.

FLOOD: Long term flooding could necessitate the need for a disaster supply kit, since flooding can lead to contaminated water or food supplies (see pg. 3). Floods can develop slowly or in a matter of minutes.

- High ground or the second floor of a home are the safest places.
- Never enter flood waters, neither on foot nor in a car.
- If time allows, move valuable items to a safer (higher) place.
- If time allows, gas and electricity should be shut off before water enters your home.

BLIZZARD/SNOW STORM: Remember that winter weather means cold weather and the potential for long-term isolation, heat and electrical outages.

- Have plenty of blankets, coats and gloves in the home and avoid travel.
- Be careful of open flames and using kerosene heaters in unvented areas.
- If power and heat fail, a basement will stay warmer than areas above ground.
- Have a battery operated radio at hand for receiving official information and announcements.

Web Site:

www.redcross.org/ (click "Get Prepared")

ROSS COUNTY
HEALTH DISTRICT



PROMOTING HEALTH
PREVENTING DISEASE