

The ABC's of Emergency Preparation

A CREATIVE FAMILY GUIDE TO EMERGENCY PREPAREDNESS.

PRODUCED BY THE FLORIDA DEPARTMENT OF HEALTH IN BAY COUNTY AND THE BAY AREA MEDICAL RESERVE CORPS.





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The ABC's of Emergency Preparation

By Kyle Merritt

Book design by Kyle Merritt and

Bay Haven Charter Academy art students under the direction of Daphne Watts.

www.floridahealth.gov



The
ABC's
*of Emergency
Preparation!*

Written by Kyle Merritt

It was a blustery summer morning when Jon awoke to clashing lightning and deep rolls of thunder. Today marked a week after his fifth birthday, and while he was excited to be starting elementary school in the fall, he was still a little frightened by the bad weather. Jon walked into the living room to find his mother and older sister Krista curled up on the couch, looking at a book by the light of the battery operated lantern always stored in a closet near the entrance to their house. “Mom, why is it so dark in here?” Jon asked. His mother replied, “The power went out about an hour ago. It will be alright, we have flashlights and plenty of batteries.” Just then, a bolt of lightning clashed loudly, as though the brass section of an orchestra was performing on their roof. Jon swiftly crawled into his mother’s lap. “There is no need to be worried,” she said. “This storm will pass in a couple of hours, and we are prepared for any emergency, weather situation, or disaster. We have a family plan.” Her reassuring words helped Krista and Jon feel safe. “What book are you holding?” Krista asked. “This book is called the ABC’s of Emergency Preparation,” their mother explained. “I’ve used it as a guide to make sure we are ready during emergencies.” Krista, Jon and their mother leaned in around the glow of the lantern and read the book together.

Artwork created by Daphne Watts, Art Teacher



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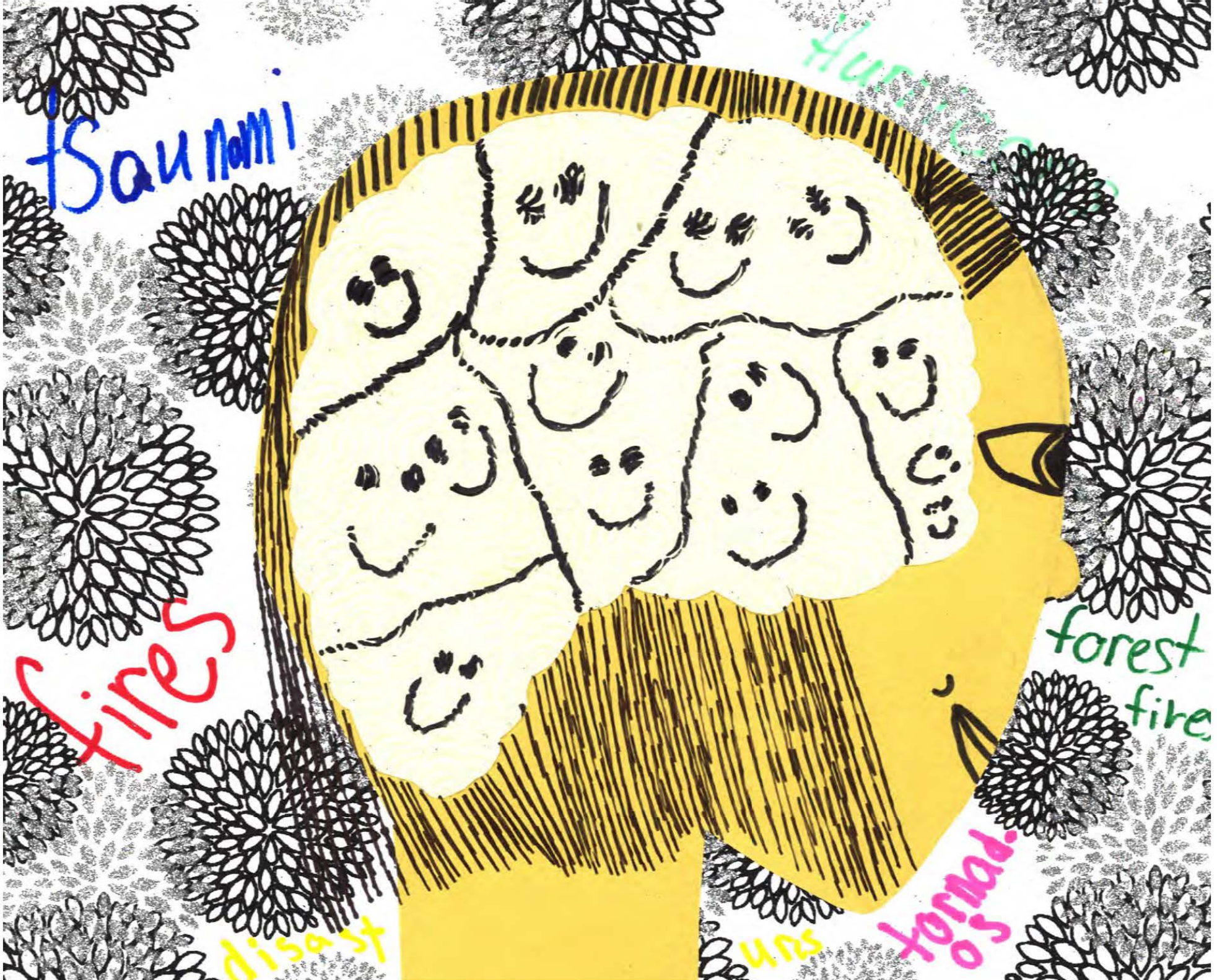
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Attitude

During an emergency it is important to keep a positive attitude. Do not panic. Stay calm; keep a clear mind in order to assess the situation appropriately.



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Batteries

You may be without electricity. Make sure you are stocked up with a week supply of batteries for all the devices you might need.

Remember: If devices are active for a prolonged period of time, battery life will decrease quickly. Be sure to have an additional supply on hand just in case.

Leptocarpus



Clothing

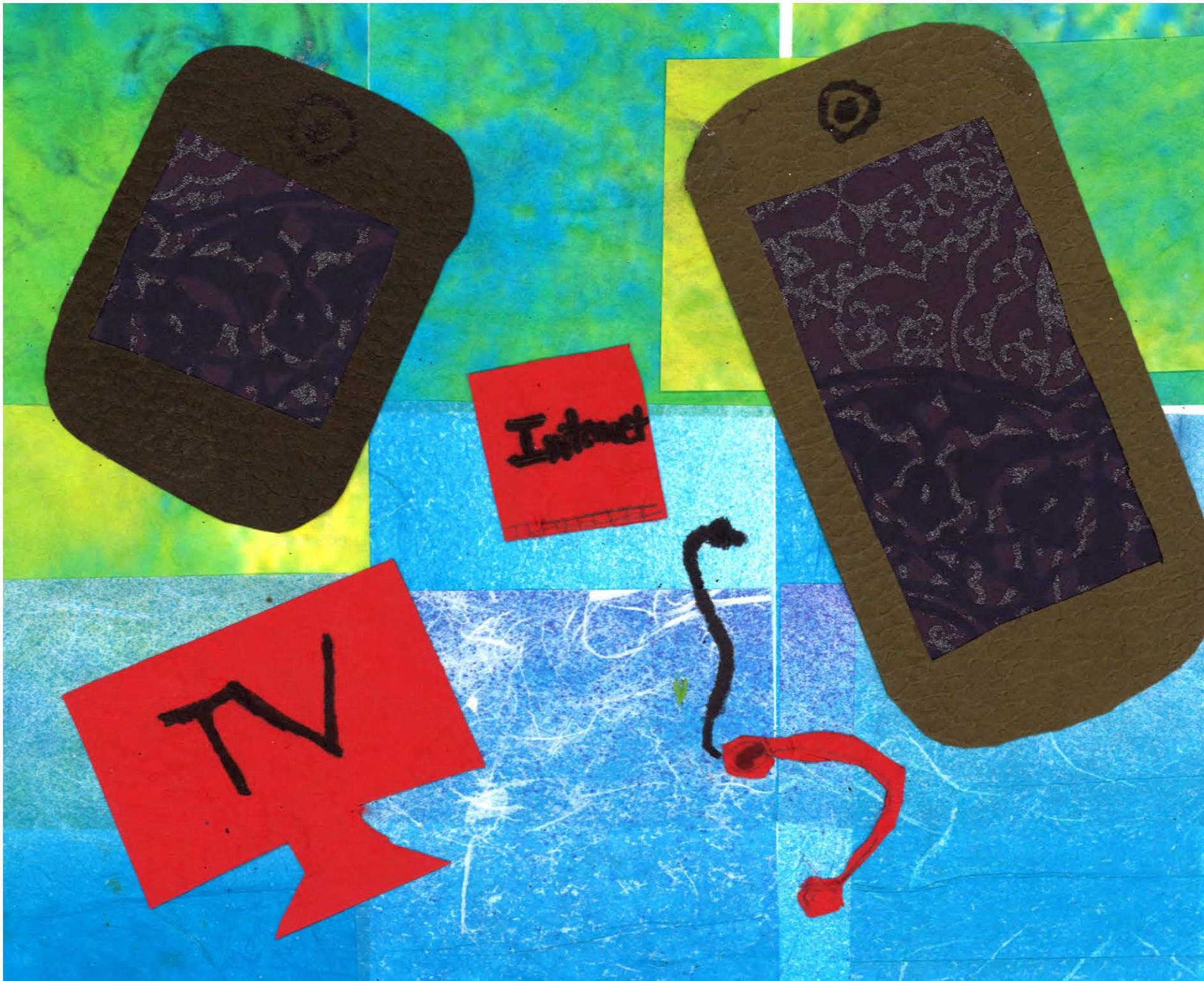
You'll want to prepare the appropriate type of clothing for the situation. Pack two or three additional sets of clothing for each family member.

Artwork created by Madison Tibbets



Devices

Many communication devices such as cell phones, tablets, laptops and radios, are useful during an emergency or disaster. Be sure that they are easily accessible and fully charged.



Exit and Evacuation Plan

Discuss with your family the best way to exit the house during a fire or emergency, and a relocation point afterwards. If the event calls for an evacuation, such as a hurricane, set up a plan with friends or family members who will let you stay with them.



Fun

During an emergency or disaster you may be without power for days or even weeks. You may even have to stay at a hotel or shelter. Prepare activities such as board games to help ease the situation and make it more enjoyable.



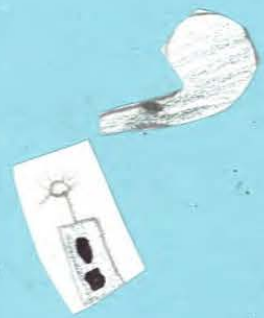
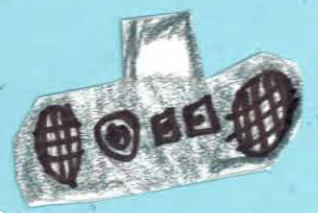
Go-kit

A Go-kit is one of the most important things to have packed for an emergency. It is basically a backpack filled with general items, useful for any emergency. It can be kept in a car or the house, but needs to be in a location that is easy to retrieve, or near a door.

Include these items in your Go-kit:

- Medications (7-day supply), other medical supplies, and medical paperwork (e.g., medication list and medical information)
- Copies of personal documents (e.g., proof of address, deed/lease to home, passports, birth certificates, and insurance policies)
- Battery powered or hand crank radio (NOAA Weather Radio, if possible)
- Multipurpose tool (e.g., Swiss army knife)
- Family and emergency contact information
- Extra set of car keys and house keys
- Sanitation and personal hygiene items
- Water—one gallon per person, per day
- Food (Ready to eat items)
- Map(s) of the area
- Cell phone with chargers
- Manual can opener
- Emergency blanket
- Extra batteries
- First aid kit
- Extra cash
- Flashlight

Artwork created by Devin Gainer



Hygiene

It is important to maintain good hygiene. Cleanliness will help your family decrease the chances of become sick, or getting an infection. It also makes you smell better! Make sure you pack all products necessary to maintain good health and hygiene.

Mikey says, “This is what you will look like if you do not have what you need to stay clean.”

Artwork created by Mikey White



Identification

Always bring documents that can prove your identity and residence. These documents may include but are not limited to:

- State Driver's License
- State Identification Card
- School Identification Cards
- Social Security Cards
- Other Photo Identification
- Birth Certificates
- Recent Utility Bills

Artwork created by Alyssa Malamud



Luna Smith

age: 32

Race:
Alaskan Native

DOB: 3/6/82

Gen: F

husband: Tom Smith

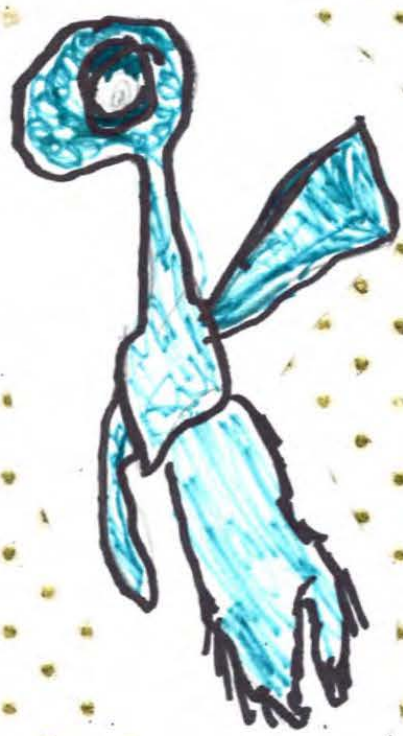
Colorado



Junk

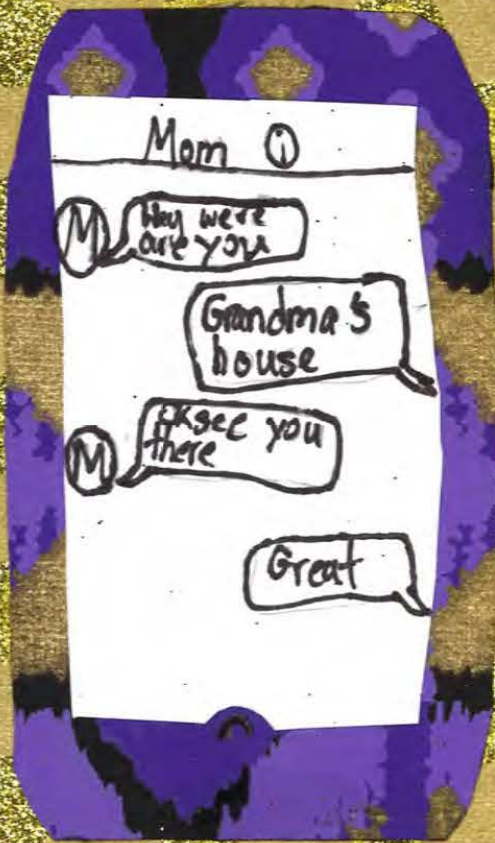
Leave all unnecessary items at home. Do not bring jewelry or expensive possessions during an evacuation, they could get lost or stolen. Store them in a secure place such as a safe, or a waterproof box in a bathtub. These items will be recoverable at a later time.

Joseph explains that he will store his toys in a safe area if his family has to leave their house.



Keep Focused

Sometimes an emergency or disaster can be scary and confusing. Remember to keep focused and communicate with your family.



Local Maps

Maps are an important way to help navigate if you have to evacuate. Sometimes electronic map services are unavailable during a disaster. Be sure to keep local maps of the place you will stay and directions on how to get there.



Medical Supplies

Pack basic medical supplies to be ready to use during an emergency. An easy way to be sure to have what you need is to buy a First-Aid Kit. Also be sure to have at least a week's supply of any personal medication you may need, such as insulin, or prescription medicine. If needed, pack an extra pair of glasses, or an ample supply of contacts and solution.

Artwork created by Abigail Henry

Family Medical Supplies



Nourishment

It is important to have a sufficient supply of food and drinking water. Plan to store a week's worth of ready-to-eat food for each member in your house including infants and pets. Ready-to-eat food includes: Canned meats, pastas and vegetables, snack bars, dried fruit, beef jerky, baby food in jars, etc. You will also want to prepare one gallon of water per day per person.

Artwork created by Anna Parsons



Grapes!



Bacon!



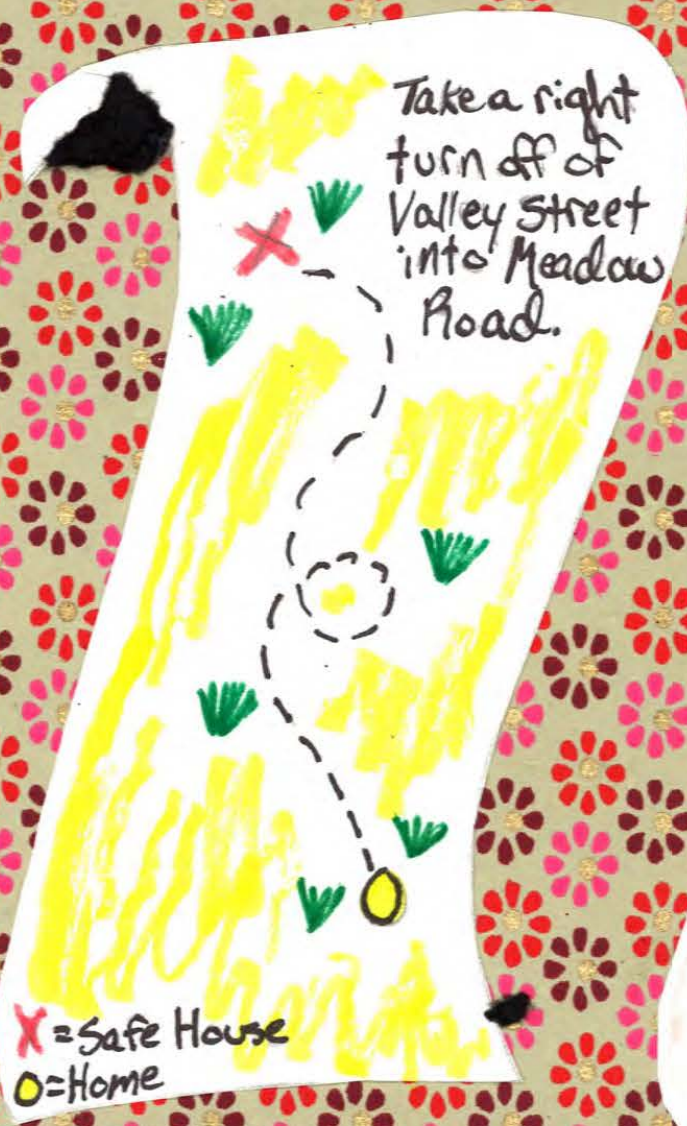
Organize a Family Plan

Make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and should have plans for making sure you are able to contact and find one another.

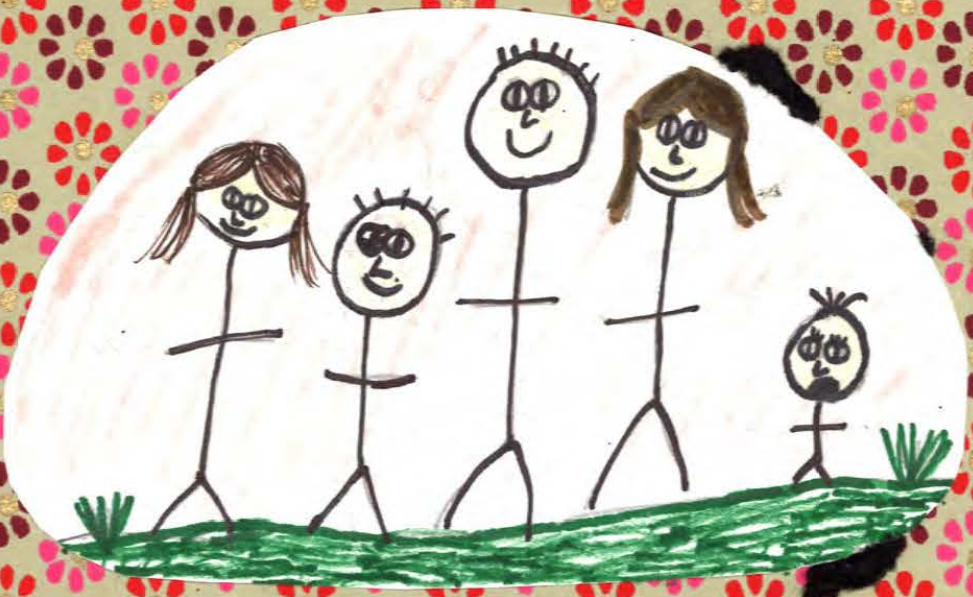
Here are some basic steps to make sure you remain safe:

Meet with your family or household members. Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play. Identify responsibilities for each member of your household and plan to work together as a team. If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency. Choose two places to meet: Right outside your home in case of a sudden emergency, such as a fire. Plan a location outside your neighborhood, in case you cannot return home or are asked to evacuate. Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.



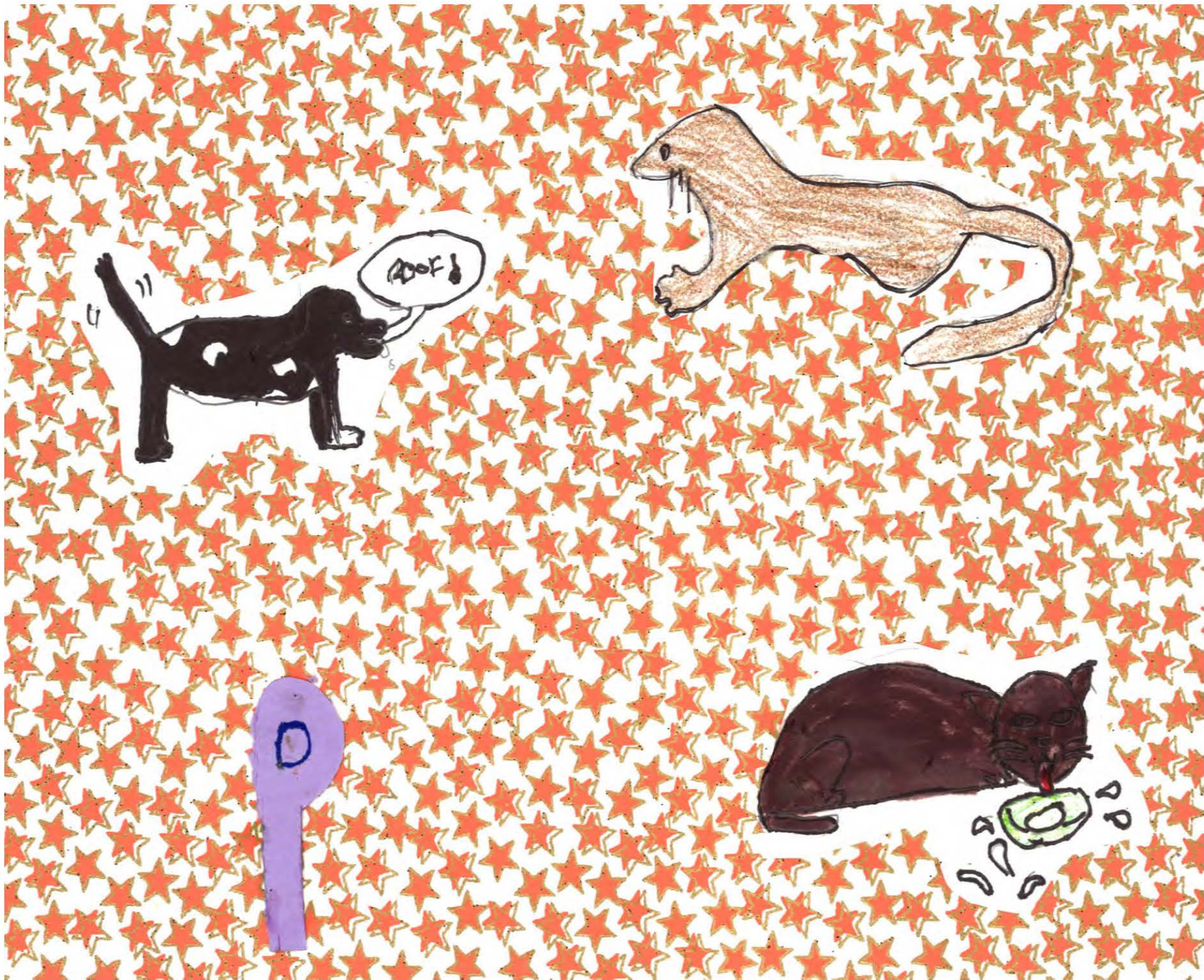
1. Don't Freak out.
2. Run away from danger.
3. Call 911.
4. Get to somewhere safe.
5. Contact a friend or family.



Pets

Don't forget your pets! They will need a week supply of food and water. They will also need bedding, a leash, prescribed medications, and an appropriate cage. Make sure they have proper identification and tags, as well as documentation on vaccinations.

Artwork created by Kaidon Jackson-Foster



Questions

If you have a question regarding emergency planning, don't hesitate to ask. You can call the Florida Department of Health in Bay County at 850.872.4455 and ask for an Emergency Planner. They will be able to answer your questions. During an emergency do not be afraid to ask questions to the proper authorities. They are there to help!

Artwork created by Emmie Lichty

Relocation Point

Set a relocation point with your family so that if you become separated, you can easily be reunited. A relocation point can also help families or groups driving multiple vehicles reassemble in a specific location. Relocation points can be at any accessible location such as a friend's house, parks or restaurants.

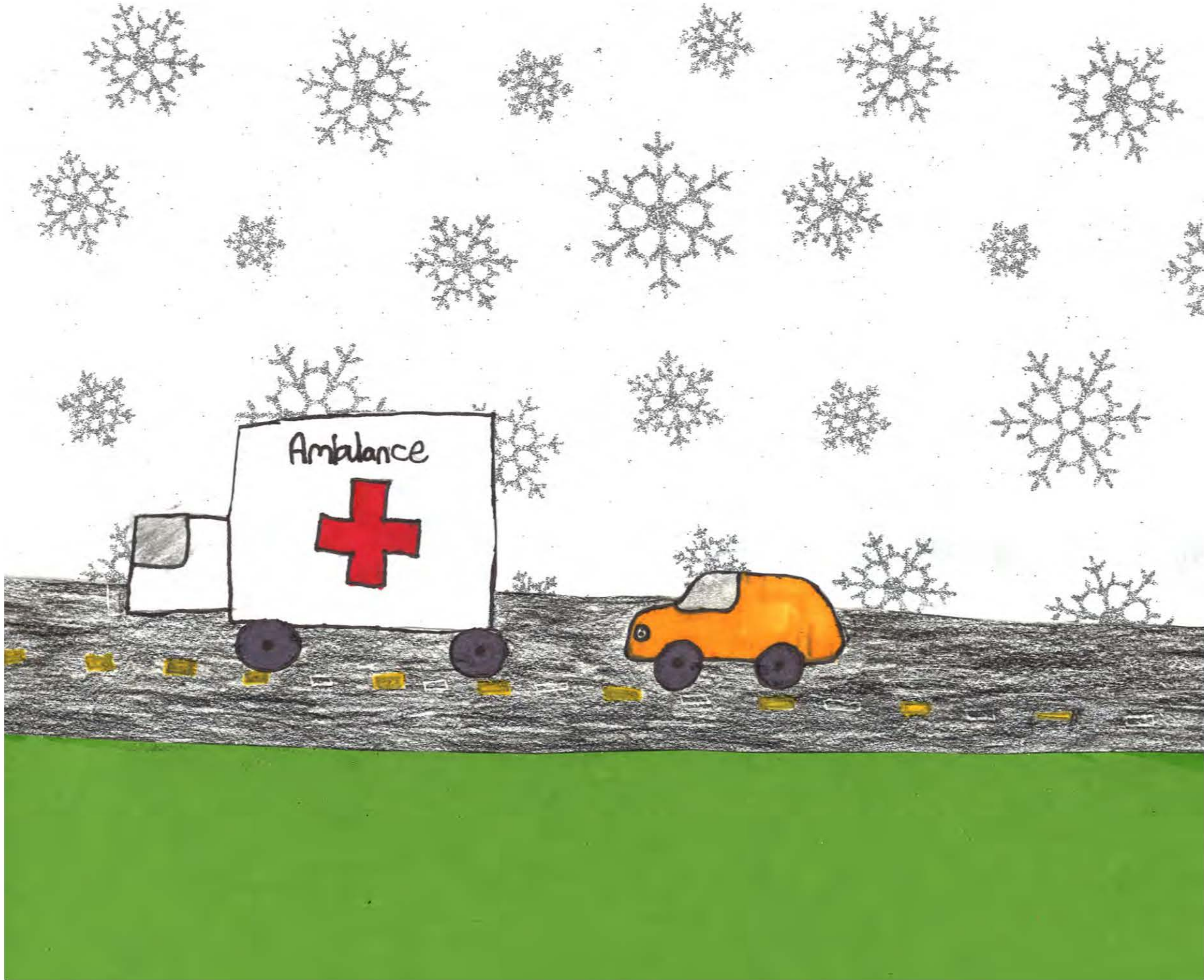
Artwork created by Cory Ezzell



Mr. Jiggleles we've sold some

Safety

Be alert during an emergency. Watch out for potential hazards, and if you are traveling, switch drivers every couple of hours if available. Try to get the best sleep possible. Be aware of your surroundings, and report any potential threats to an authority figure. Stay in constant communication with your family or group.



Ambulance

Travel

You may have to travel during a disaster, therefore make sure the family vehicle is filled with gas, you have your Go-kit and various supplies you will need. Create a checklist of items you will need before you leave.

Artwork created by Ben Porter.



Ben Potter

Universal Warning Signs

Universal Warning Signs will tell you if there is a hazard present. Be sure to look up the meaning of road safety signs, hazardous material signs, and other warning signs so that you are aware of what precautions you should take.

Artwork created by Carter Stem



Various Supplies

Other supplies you may want to bring include duct tape, super glue, water bottles with filters, and dust masks. Sit down with your family and brainstorm other items you might need for an emergency. What other supplies can you think of?

Artwork created by Daniel Viera



Hammer



Candle



Rope



duct-tape



Scissors



GoKit



money



Credit card



Wallet



Battery

Weather

Check the weather frequently before and during a storm. Be aware of any warnings that might be issued. Follow those warnings to remain safe. After the storm is over, continue to watch the news for road conditions and damage the storm may have caused.

Artwork created by Will Verenakis



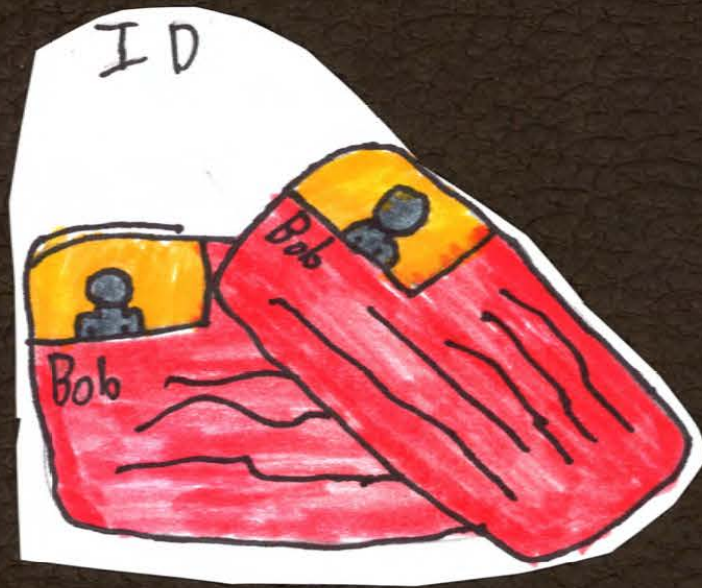
Must look at sea
radio
Small flat, satellite my mom



Xerox Copy

Always remember to copy important documents and keep them in your Go Kit. In the event items such as, a State Driver's License, State Identification Card, School Identification Card, Social Security Card, Birth Certificate, or other important documents were destroyed during an emergency, you would still be able to prove your identification, and access important services. You can also have copies of your keys made at a local hardware store.

Artwork created by Seth Cozart



You Can Do This

If you become overwhelmed during an emergency or disaster, remind yourself that “You can do this.” You are capable of doing extraordinary things. You can overcome any obstacle!

Artwork created by Sidney Gay



MOM

CAM!

Zombie Apocalypse Plan

The Center for Disease Control (CDC) has created this plan to engage audiences on all hazards preparedness. The CDC director, Dr. Ali Khan, notes, "If you are generally well equipped to deal with a zombie apocalypse you will be prepared for a hurricane, pandemic, earthquake, or terrorist attack." So please log on, get a kit, make a plan, and be prepared!

<http://www.cdc.gov/phpr/zombies.htm>

Artwork created by Richard Ross



Congratulations,
You finished reading the guide!

Follow each measure carefully and you will be prepared for many emergency situations. For more information on emergency preparedness please contact the Florida Department of Health in Bay County at:
850.872.4455

Artwork created by Aiden Mitchell



CRIVAL

IT



The Medical Reserve Corps was created along with Homeland Security in response to the devastating events on September 11, 2001 and the anthrax scare that shortly followed. It is the mission of the National Medical Reserve Corps to train, prepare, and mobilize teams of volunteer civilian medical professionals to respond during emergencies and disasters. Locally, the Bay Area Medical Reserve Corps does this by providing education, trainings, exercises, and mobilization events within the community.

The Bay Area Medical Reserve Corps gives medical professionals, teachers, college students, support staff and many others who are willing to volunteer, a chance to help their community. We accept a broad range of talents, skills, and abilities. A member of the Bay Area MRC is eligible to serve with any MRC program in the country at any time.

*medical
reserve
corps*



Please contact the Florida Department of Health in Bay County for more information about the Medical Reserve Corps, or if you are interested in joining.

850.872.4455

www.medicalreservecorps.gov

The art for this project was created by students at Bay Haven Charter Academy, under the Direction of Art Instructor, Daphne Watts. Students spent four weeks learning about emergency preparedness from Medical Reserve Corps volunteers.

Bay Haven Charter Academy is a public school, offering an innovative approach to education. As a Community School of "choice" for teachers, parents & students. The school's mission is to strive together to teach beyond the standards in order to meet each child's needs through motivating students to reach their unique potential. Bay Haven Charter Academy believes:

- Learning is a life-long process.
- Every Person can learn and achieve success.
- Education is both a privilege and a responsibility.
- Literacy and knowledge are fundamental to a free society.
- Every child is unique.
- Education can influence change to achieve progress.
- Environment affects learning.
- Self-esteem is fundamental to individual fulfillment.
- Every individual is entitled to equal opportunity.
- Public education is a team effort including the home, school and community.
- Children are the future.

For more information about Bay Haven Charter Academy

please visit their website:

<http://bhca.ws/schools/bhca>







