

# Preparing for an Environmental Emergency

## WHY PREPARE?

For you and your family's safety and health. In order to allow you to work, providing necessary services to protect the public's health.

## KNOW LOUISIANA'S HAZARDS

### SEVERE WEATHER

- Winter – Heat source safety or loss of heat
  - Call Energy Company
- Summer – Extreme Heat
  - Drink lots of liquid, AC if possible if not -open windows, use fans, outside seek shady areas to rest
- Flash Floods
  - Never attempt to drive your vehicle through standing water
- Tornadoes
  - Bath Tub or safest point in home

### KNOW HURRICANE EVACUATION ROUTES

Residents in **Regions 1, 3, 4, 5 and 9** face the highest risk of flooding from a hurricane's storm surge. Regions 1, 3, 4 and 5 includes all low-lying coastal areas and other areas that could experience storm surge from ANY hurricane making landfall close to the Louisiana coast.

### LOCAL HAZARDS

#### Utility Disruptions

Power Outages – Use 24-hour hotlines for Energy Company

#### Gas Leaks

- Evacuate immediately and call 911
- Water/Sewer-Related Problems
- Call appropriate utility emergency number

#### Building Collapse or Explosion

If you can't get out – go under sturdy furniture

If you're trapped – tap on a pipe or wall so rescuers can find you

Follow city advisories – move out of area, stay away from event, remove outer layer of clothing and wash with soap and water.

## **Disease Outbreaks & Biological Events**

### **Terrorism**

Follow city guidance and media advisories

- Personal Preparedness: Preparing for an Emergency

### **Develop Your Personal/Family Plan**

- Making Your Disaster Plan

### **Personal Healthcare Needs**

- Maintain list of chronic diseases, medications, and necessary medical supplies in your wallet, with your emergency supplies, in your Go Bag, and at work.
- Maintain emergency supply of medications and medical supplies (if possible) with your emergency supplies, in your Go Bag and at work.

### **Making Your Disaster Plan**

### **Communications**

- Have redundant communications available in your home – landlines (including phone that does not require electricity), cellular phones (maintain extra charged battery).
- Designate an out-of-state friend/relative whom household members can call if separated during a disaster (out-of-state contact may be able to help you communicate with one another when circuits busy).

### **Family/Household Meeting Place**

- Decide where your household will reunite if a disaster compromises your home.
- Choose 2 places:
  - 1 place near your home
  - 1 place outside your immediate neighborhood - (library, community center, friend's home)

### **Child Care**

Teach your children:

- How to call for help
- How to shut off utilities
- When to use emergency numbers
- To call the family contact if they are separated
- If your children are old enough, help them to memorize the family contact and family meeting places.
- Create a network of neighbors, relatives and friends who may be able to assist with childcare.

### **Work with caregivers and schools. Ask:**

- Do you have a (written) emergency plan?
- How will you safely get my child to a safe?

- \_ Predetermined location?
- How and when will I be notified if a disaster occurs when my child is in childcare/school?
- If I cannot get to my child during or after a disaster, how will you continue to care for my child?

Do the state and local emergency management agencies and responders know about your child care program and where it is located?

### **Elder Care/Individuals with Disabilities**

- The elderly may be especially vulnerable during a disaster.
  - Aging is associated with loss of physiologic reserve that becomes apparent in times of stress
  - Physical limitations, sensory deficits, cognitive disorders, or chronic medical illnesses increase their dependency on others
  - Economic disadvantages and language barriers in older citizens hinder their ability to advocate for themselves
- Assist elders in preparing for disasters – those who live with you as well as those who live on their own.
  - Develop a plan for every place that he or she spends time
  - Include caretakers in planning
- Create a personal support network – make a list of family, friends and others who will be able to assist elders during a disaster.
  - Transportation, food, etc
  - Include electric-dependent medical equipment, oxygen
- Ensure that elderly individuals maintain a contact card with life saving information - emergency numbers, meeting places, medical conditions, medications and doses.

### **Prepare to Stay or Go**

Prepare emergency supplies needed to shelter-in-place.

- Prepare emergency supplies that can be taken with you should you need to or decide to evacuate.
- One gallon of drinking water per person per day
- Non-perishable, ready-to eat canned foods
- Manual can opener, cups, eating utensils
- First aid kit
- Flashlight
- Battery-operated AM/FM radio
- Extra batteries
- Whistle
- Iodine tablets or one quart of unscented bleach
- Phone that does not require electricity
- Child care, pet, or other special items
- Large pieces of plastic sheeting and duct tape

### **First aid kit**

- Lightweight raingear, Mylar blanket
- Warm clothes
- Contact and meeting place information for household, local maps