

Emergency Preparedness Training Outline

How will I receive emergency alerts and warnings?

What is my shelter plan?

What is my evacuation route?

What is my family/household communication plan?

The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, satellite digital audio service and direct broadcast satellite providers, cable television systems, and wireless cable systems to provide the President with a communications capability to address the American people within 10 minutes during a national emergency.

Notified of an Emergency Situation will be done by the following (Alerts and Warnings)

TV

Radio

Text

Sirens

Alarms

Individual

Shelter

Taking appropriate shelter is critical in times of disaster. Sheltering is appropriate when conditions require that you seek protection in your home, place of employment or other location when disaster strikes. Sheltering outside the hazard area could include staying with friends and relatives, seeking commercial lodging or staying in a mass care facility operated by disaster relief groups.

To effectively shelter, you must first consider the hazard and then choose a place in your home or other building that is safe for that hazard. For example, for a tornado, a room should be selected that is in a basement or an interior room on the lowest level away from corners, windows, doors and outside walls.

The length of time you are required to shelter may be short, such as during a tornado warning, or long, such as during a winter storm or a pandemic. It is important that you stay in shelter until local authorities say it is safe to leave. Additionally, you should take turns listening to radio broadcasts and maintain a 24-hour safety watch.

During extended periods of sheltering, you will need to manage water and food supplies to ensure you and your family have the required supplies and quantities. Read more about [Managing Water](#) and [Managing Food](#).

Store at least one gallon of water per person per day for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

Water Tips

Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.

Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.

Do not drink carbonated or caffeinated beverages instead of drinking water. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.

Food

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Suggested Emergency Food Supplies

Consider the following things when putting together your emergency food supplies:

Store at least a three-day supply of non-perishable food.

Choose foods your family will eat.

Remember any special dietary needs.

Avoid foods that will make you thirsty.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand. Download the Recommended Supplies List (PDF)

Ready-to-eat canned meats, fruits, vegetables and a can opener

Protein or fruit bars

Dry cereal or granola

Peanut butter

Dried fruit

Canned juices

Non-perishable pasteurized milk

High energy foods

Food for infants

Comfort/stress foods

Do:

Keep food in covered containers.

Keep cooking and eating utensils clean.

Discard any food that has come into contact with contaminated flood water.

Discard any food that has been at room temperature for two hours or more.

Discard any food that has an unusual odor, color or texture.

Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort.

Don't:

Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.

Eat any food that looks or smells abnormal, even if the can looks normal.

Let garbage accumulate inside, both for fire and sanitation reasons.

Evacuation Plan:

Plan to Evacuate

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances.

Before an Evacuation

Learn the types of disasters that are likely in your community and the local emergency, evacuation, and shelter plans for each specific disaster.

Plan how you will leave and where you will go if you are advised to evacuate.

Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.

If needed, identify a place to stay that will accept pets. Most public shelters allow only service animals.

Be familiar with alternate routes and other means of transportation out of your area.

Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.

Develop a family/household communication and re-unification plan so that you can maintain contact and take the best actions for each of you and re-unite if you are separated.

Assemble supplies that are ready for evacuation, both a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling by longer distances if you have a personal vehicle.

During an Evacuation

A list of open shelters can be found during an active disaster in your local area by downloading the FEMA app

Listen to a battery-powered radio and follow local evacuation instructions.

Take your emergency supply kit.

Leave early enough to avoid being trapped by severe weather.

Take your pets with you, but understand that only service animals may be permitted in public shelters.

Plan how you will care for your pets in an emergency now.

If time allows:

Call or email the out-of-state contact in your family communications plan. Tell them where you are going.

Secure your home by closing and locking doors and windows.

Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are

instructed to do so, shut off water, gas and electricity before leaving.
Leave a note telling others when you left and where you are going.
Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
Check with neighbors who may need a ride.
Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

After an Evacuation

If you evacuated for the storm, check with local officials both where you're staying and back home before you travel.

Residents returning to disaster-affected areas after significant events should expect and prepare for disruptions to daily activities, and remember that returning home before storm debris is cleared is dangerous.

Let friends and family know before you leave and when you arrive.

Charge devices and consider getting back-up batteries in case power-outages continue.

Fill up your gas tank and consider downloading a fuel app to check for outages along your route.

Bring supplies such as water and non-perishable food for the car ride.

Avoid downed power or utility lines; they may be live with deadly voltage.

Stay away and report them immediately to your power or utility company.

Only use generators away from your home and NEVER run a generator inside a home or garage, or connect it to your home's electrical system.

Collect, Share, and Practice

1. COLLECT.

Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

2. SHARE.

Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your Family Emergency Communication Plan online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

3. PRACTICE.

Have regular household meetings to review and practice your plan.

If you are using a mobile phone, a text message may get TEXT through when a phone call will not. This is because a text

IS BEST!

message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.