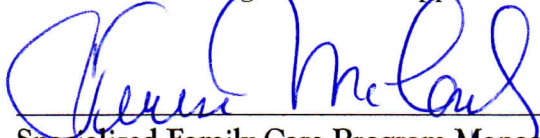


**SPECIALIZED FAMILY CARE
Provider Training**

Category:	Safety
Title:	All-Hazards Preparedness Guide - Part 1 - Make a Kit
Materials:	"All Hazards Preparedness Guide" from Centers for Disease Control & Prevention, pages 6-9
Goal:	To know how to make a Disaster-Preparedness Kit
Credit Hours:	1
Date Developed:	October 2014
Developed by:	Donna McCune, Family Based Care Specialist

This Training Packet was approved for the Specialized Family Care Training Program by:


Specialized Family Care Program Manager

10/9/14
Date

Training Objectives:

- Provider knows the steps to being prepared for a hazardous condition
- Provider knows items which should be part of a safety supply kit
- Provider self-assesses preparedness for a hazardous condition

Training Procedures:

- Provider initiated self study
- Test completed by Provider
- Review of test responses by Family Based Care Specialist and Provider

I certify that I have completed all the materials associated with this training module. I feel that I have a basic understanding of the material completed.

Specialized Family Care Provider

Date

Reviewed by: _____

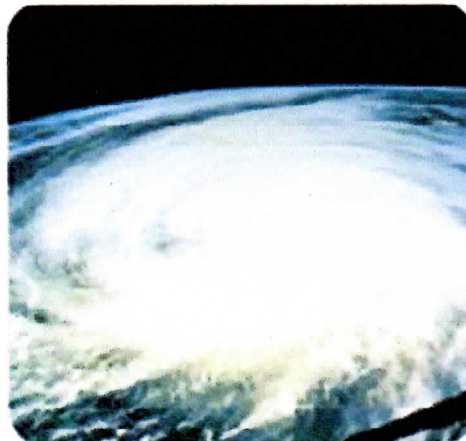
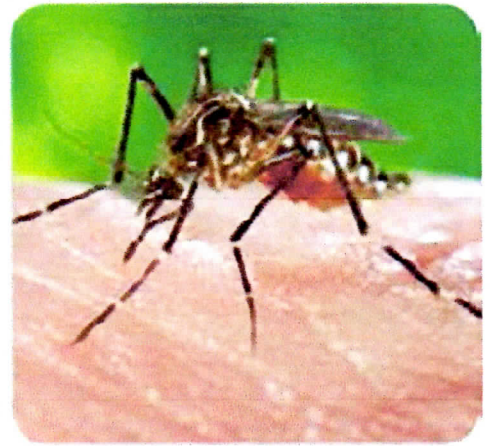
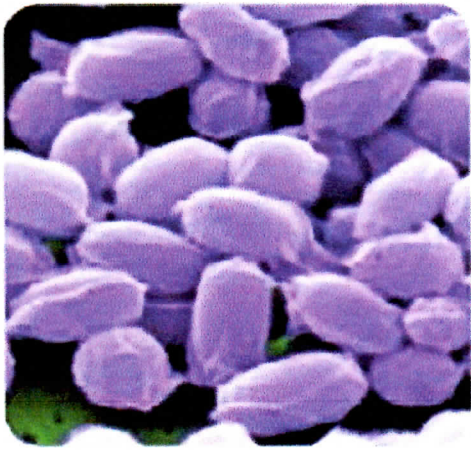
Family Based Care Specialist

Date

This Program is funded by the WV Department of Health & Human Resources, Bureau for Children & Families and administered by the Center for Excellence in Disabilities, West Virginia University.

WVDHHR/CED/SFC/ALL-HAZARDS PREPAREDNESS-PART 1/OCTOBER 2014

All-Hazards Preparedness Guide



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

The All-Hazards Preparedness Guide is a publication of the Office of Public Health Preparedness and Response of the Centers for Disease Control and Prevention.

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PHPR All-Hazards Preparedness Guide

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Introduction

Public Health Emergencies Happen

For over 60 years, the Centers for Disease Control and Prevention (CDC) has been dedicated to protecting health and promoting quality of life through the prevention and control of disease, injury, and disability. Because of its unique abilities to respond to infectious, occupational, or environmental outbreaks or events,

CDC also plays a pivotal role in preparing our nation for all types of public health emergencies.

CDC's Office of Public Health Preparedness and Response (PHPR) leads the agency's preparedness and response activities by providing strategic direction, support, and coordination for activities across CDC as well as with local, state, tribal, national, territorial, and international public health partners. CDC also helps these partners recover and restore public health functions after the initial response.

Being prepared to prevent, respond to, and recover rapidly from public health threats can save lives and protect the health and safety of the public. Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with hazards of all types much more effectively when they do occur.

By reading this guide, you have taken the first step in securing your preparedness. You will learn that emergency preparedness requires attention not just to specific types of hazards but also to steps that increase preparedness for any type of hazard.



Office of Public Health Preparedness and Response

About Us

The Office of Public Health Preparedness and Response (PHPR) has primary oversight and responsibility for all programs that comprise CDC's public health preparedness and response portfolio. Through an all-hazards approach to preparedness — focusing on threats from natural, biological, chemical, and radiological events — PHPR helps the nation prepare for and respond to urgent threats to the public's health. PHPR carries out its mission by emphasizing accountability through performance, progress through public health science, and collaboration through partnerships.

Mission

Strengthen and support the nation's health security to save lives and protect against public health threats.

Vision

Peoples' Health Protected—Public Health Secured

Figure 1: All-hazards approach maximizes available resources.



Three Steps to All-Hazards Preparedness



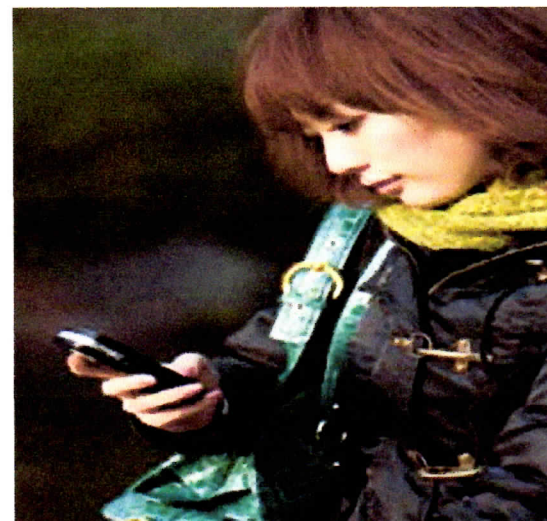
Get a Kit

By gathering supplies for your all-hazards supply kit, you will be better prepared to provide for you and your loved ones in the event of a public health emergency. Take a moment to gather the items listed on the All-Hazards Supply Kit Checklist provided on page 7 and store them in a waterproof bin.



Make a Plan

You and your loved ones may not be together when an emergency strikes, so take the time now to plan how you will contact one another.



Be Informed

Being informed means staying up-to-date on the most current information available, such as how to shelter-in-place, information for those with special needs, and preparedness information for each type of hazard.

Get a Kit

By gathering supplies for your all-hazards supply kit, you will be better prepared to provide for you and your loved ones when a public health emergency occurs. Take a moment to gather the items listed on the All-Hazards Supply Kit Checklist provided on the next page and store them in a waterproof bin.

Additional Resources

- **CDC Emergency Preparedness and You: Get a Kit**
Please visit CDC's site (<http://emergency.cdc.gov/preparedness/kit/disasters/>) to learn more about how you can assemble an all-hazards supply kit.
- **Contact Your Local American Red Cross Chapter**
Please visit the American Red Cross' site (<http://www.redcross.org/where/where.html>) to find your local chapter.
- **FEMA: Ready.gov**
FEMA's website (<http://www.ready.gov/>) has additional information on how to prepare for an emergency.

All-Hazards Supply Kit Checklist

Assemble the following items to create kits for use at home, the office, and/or at school:

- Water – one gallon per person, per day (three day supply for evacuation, two week supply for home)
- Food – non-perishable, easy to prepare items (three day supply for evacuation, two week supply for home)
- Flashlight
- Battery — powered or hand— crank radio (NOAA Weather Radio, if possible) and extra batteries
- First aid supplies (whistle, antibiotic ointment, bandages, face masks, gloves) and reference book
- Medications (seven day supply) and medicinal dispensers if necessary
- Multi-purpose supplies (wrench, pliers, plastic sheet, duct tape, scissors, matches)
- Sanitation/personal hygiene items and bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Emergency Disaster Plan (emergency contact information)
- Extra cash
- Emergency blanket, extra clothes, sleeping bag (at least one for each person)
- Tools, map(s) of the area, and other items to meet your unique family needs

Consider the needs of all loved ones and add supplies to your kit as necessary. Suggested items to help meet additional needs are:

- Specific medical supplies (hearing aids/extra batteries, glasses, contact lenses, syringes, cane)
- Infant supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Extra set of car keys and house keys

Examples of Non-Perishable Foods

Within six months, use:

- Boxed potatoes
- Dried fruit
- Dry, crisp crackers
- Powdered milk

Within one year, use:

- Canned, condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Hard candy and canned nuts
- Jelly
- Peanut butter
- Ready-to-eat cereals and uncooked instant cereals
- Vitamins

In proper containers and conditions, the following can be stored indefinitely:

- Baking powder
- Bouillon products
- Dried corn
- Dry pasta
- Instant coffee, tea and cocoa
- Soft drinks
- Vegetable oils
- Salt
- Soybeans
- Wheat (for bread making)
- White rice

Tip: In an emergency, drink at least 2 quarts of water a day, 3 to 4 quarts a day if you are in a hot climate, pregnant, sick, or a child. If supplies run low, do not ration water. Drink the amount you need today and look for more tomorrow. Don't risk dehydration. Emergency assistance should be available within a few days at most.

If a disaster catches you without a stored supply of clean water, you can use the water found:

Inside your home

- Your hot-water tank
- Pipes and faucets
- Ice cubes

Outside your home

- Rainwater
- Visibly moving streams, rivers, and other moving bodies of water
- Ponds and lakes
- Natural springs