
Disaster/Emergency Relief Plan of Action

4. Use travel routes specified by local officials. **Never** drive through flooded roadways. **Do not** bypass or go around barricades.
5. Wear life preservers if possible. Wear appropriate clothing and **sturdy shoes**.
6. Avoid any contact with flood water. Flood water may be contaminated and pose health problems. If cuts or wounds come in contact with flood waters, clean the wound as thoroughly as possible.
7. Lock your home before leaving.
8. When you reach a safe place, call your pre-determined family contact person.

After a Flood:

1. Return home **only** after authorities say the danger of more flooding is over.
2. Do not drink tap water unless it is declared safe. Boil water if unsure.
3. If fresh food has come in contact with flood waters, **throw it out**.
4. Do not turn on main electrical switch. First have the electrical system checked by a professional.
5. A flood can cause emotional and physical stress. You need to look after yourself and your family as you focus on cleanup and repair. Rest often and eat well.
6. Keep a realistic and manageable schedule. Make a list and do jobs one at a time
7. Contact the American Red Cross and get a copy of the book *Repairing Your Flooded Home*. The book will tell you how to safely return to your home and begin the recovery process.

First Aid

1. Information on first aid can be found in your local phone book or by contacting the American Red Cross.
2. Utilize known persons who are medically trained (such as doctors, nurses, or people medically trained in CPR and first aid) to assist in administering first aid to those injured.
3. If the injured individual(s) are in imminent danger they should carefully be moved to a safe location to administer first aid.
4. In the case where injuries are severe and movement could cause further injuries, **do not move** the injured. Make the injured person(s) as comfortable as possible and wait for emergency personnel.
5. Before emergencies, prepare a first aid kit. Have the kit in an easy to locate place and make sure all family members know the location of the kit.

"Information on preparing a first aid kit for your home is available on the website of the American Red Cross at www.redcross.org"

Government and Relief Agencies estimate that after a major disaster, it could take up to three days for relief workers to reach some areas. In such cases, a 72 hour disaster supply kit could mean the difference between life and death. In other emergencies, a 72 hour disaster supply kit means the difference between having a miserable experience or one that's like a pleasant family camp out. In the event of an evacuation, you will need to have items in an easy-to-carry container like a backpack or duffle bag.