Emergency Preparedness Plan (EPP) Series
7: Be Red Cross Ready—Home Preparedness Essentials

William D. Hart II, CLM
IDC/DSC/MN, RES/DAT/MN, OM/GEN/SV, MC/SH/SV, IP/GEN/SA
SOC Liaison, Disaster Cycle Services
California Gold Country Region, Pacific Division
American Red Cross

Health Services Advisory Group
Wednesday, August 16, 2023
Are Staff More Prepared Now?

• 1994 Northridge Earthquake—6.7 magnitude
  – 113 Los Angeles Skilled Nursing Facilities (SNFs) responded to a survey
    • Staff absences—most frequent problem
      – Loss of transportation
      – Loss of childcare or eldercare
      – Damages/losses sustained at home
September is Disaster Preparedness Month

• September 2023 campaign will focus on preparing older adults for disaster
• Observing Disaster Preparedness Month
  – Engage your staff to be prepared at home
Be Red Cross Ready

Prepare so you can protect.

American Red Cross

Bill Hart
(530) 852-2455
bill.hart@redcross.org
Odds Are That Disaster Will Strike

- Disasters happen often and sometimes without warning.
- They can affect any community.
- It’s a disaster if:
  - Normal response systems are overwhelmed
  - People are hurt
  - Property is damaged or destroyed
Which hazards do we face?

Home Fire
Earthquake
Hurricane
Flood
Tsunami
Tornado
Wildfire
Extreme Heat
Thunderstorm
Landslide
Winter Storm
Volcano
It’s Up To You To Be Ready

• Do not count on receiving help right away.
• You must be prepared to help:
  • Yourself
  • Your household
  • Neighbors
  • Older adults
You Can Prepare

Each of us can prepare ourselves and our households for any disaster.

Preparing helps us:
• Stay safe
• Adapt to challenges
• Recover quickly
Be Red Cross Ready

Get a Kit

Make a Plan

Be Informed
Get a Kit

- Household kit—supplies for 3 days, 2 weeks is better
- Go-bag—mobile version, supplies for 3 days in case you need to evacuate quickly
- Supplies for each member of household
- Customize for personal needs and disasters common to your area
Gather The Essentials

• What is essential every day
• Needs of every household member
• Keep it fresh

1 gallon per day, per person

Be Red Cross Ready  Prepare so you can protect.
Customize Your Kit

Add to your kit based on:

- Health or medical needs
- Pets and service animals
- Items that bring you comfort when stressed (playing cards, photos, books, games, etc.)
- Disasters common to your location
A Kit for Everywhere

- Single, easy-to-grab container
- Food and water
- Walking shoes

Work

- Food and water
- First aid supplies
- Flares and jumper cables
- Seasonal supplies

Vehicles
Make a Plan

Things to consider:

• Likely disasters
• Household members who travel
• Household members with access or functional needs
• Pets and service animals
Include the Right Details

- How to evacuate
- Where to meet
- How to communicate
- Important records
- Where you will stay
- Shelter in place

Practice your plan.
Communication After a Disaster

• Carry the card at all times
• Memorize the emergency contact
• Use the Safe & Well website

safeandwell.communityos.org
Be Informed

• Identify how you will get information
• Understand weather alerts
• Follow instructions from authorities
• Know your neighbors
• Know what to do when traveling
Emotional Health After a Disaster

- Disasters can be stressful.
- Know the signs of stress.
- Take steps to help manage stress and minimize lasting effects.
- Get help when you need it.
Helping Children Cope

Help them cope with:

• Evacuation
• Injury
• Death or injury of relative, friend, or pet

Help them build confidence before disasters.

Be supportive after disaster strikes.
Tools

• Emergency contact cards to carry with you
• Red Cross *Safe and Well* website
• Red Cross Apps available for free from the Apple App Store and Google Play
Be Red Cross Ready Checklist

✓ I know what disasters are most likely in my area.

☐ I have a household disaster plan and have practiced using it.

☐ I have a disaster preparedness kit.

☐ At least one member of my household is trained in CPR and First Aid.
Download the Red Cross Emergency App!

Monitor over 35 different severe weather and emergency alerts to keep you and your loved ones safe.
Three Things to Do Over the Next Two Months

• Create and communicate your household disaster plan.
• Compile a disaster kit for your home.
• Assemble a disaster kit for your car.
Questions?
Thank you!

Bill Hart | bill.hart@redcross.org | 530.852.2455
Karen Schindler | kschindler@hsag.com
This material was prepared by Health Services Advisory Group, a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. QN-12SOW-XC-08152023-01