

Getting Away – there may be conditions under which you will decide evacuate or there could be a situation when you are ordered to leave. Plan in advance how you will gather your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Take your emergency supply kit.

In all cases, remain calm. Be prepared to adapt this information to your personal circumstances and make every effort to follow any instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However, there are important differences among natural disasters that will impact the decisions you make and the actions you take. Some natural disasters are easily predicted, others happen without warning. Planning what to do in advance is an important part of being prepared.

## Shelter-in-Place

Whether you are at home, work or elsewhere, there may be situations when

it's simply best to stay where you are and avoid the uncertainty outside.

Staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place by sealing off the house or a room can become a matter of survival.

Plan in advance where you will take shelter in this kind of an emergency. Choose an interior room or one with as few windows and doors as possible. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated.

### More Safety Tips Know

how to turn off your utilities

Learn how to use a fire extinguisher Call FEMA at 1-800-480-2520 and order your free copy of IS-22 "Are You Ready"

### Educational & Service Programs

Strongsville Fire & Emergency Services offers a variety of programs and services to meet the needs of the community.

- Home safety inspections
- CPR and first aid training
- Juvenile fire setter counseling
- Fire extinguisher training
- Safety town instruction
- Fire safety education for all Kindergarten thru third graders
- Career day presentations and shadowing

- Station tours ➤ Educational programs for schools, businesses, or community groups

## STRONGSVILLE FIRE AND EMERGENCY SERVICES



## A GUIDE TO EMERGENCY PREPAREDNESS

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A PUBLIC SERVICE BROCHURE  
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## Get Ready Now

All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack, natural disaster or other emergency.

While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones. Some of the things you can do to prepare for a natural or man-made emergency are assembling a supply kit and developing a family communications plan.

## Basic Needs

**Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.**

While there are many things that might make you more comfortable, think first about water, food and clean air.

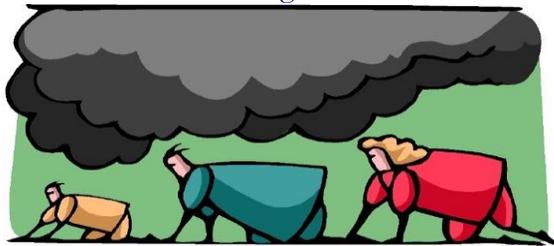
Remember to include and periodically rotate medications you take every day such as insulin and heart medicine. Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away. Store items in an easy-to-carry bag, such as a shopping bag, backpack or duffle bag.

**Water** – store a minimum of one gallon of water per person per day in clean plastic

containers. Rotate water every six months. Don't ration water, drink what you need. You can lower your needs by reducing activity level and keeping cool.

**Food** - store food that won't go bad and does not have to be heated or cooked. Choose foods that your family will eat, including protein or fruit bars, dry cereal or granola, canned foods and juices, peanut butter, dried fruit, nuts, crackers and baby foods. Avoid salty foods that will make you thirsty. Remember to pack a manual can opener, cups and eating utensils.

**Clean Air** - if the air becomes contaminated be prepared to protect your nose and mouth using face mask or improvise by using dense cotton fabric to breathe through.



**Basic Supplies** – store a flashlight, battery powered radio, extra batteries, a first aid kit, utility knife, local map, toilet paper, feminine hygiene products, soap, garbage bags and other sanitation supplies, plastic sheeting, duct tape, as well as extra cash and some identification. Periodically rotate your extra batteries to be sure they work when you need them.

**Warmth** – it is possible that the power will be out and you will not have heat. Have warm clothing for each family member in your supply

kit, including a jacket or coat, long pants, a long sleeve shirt, sturdy shoes, a hat and gloves. Have a sleeping bag or warm blanket for each person.

**Special Items** – think about your family's unique needs. Pack diapers, formula, bottles, prescription medications, pet food, comfort items such as books, paper, pens, a deck of cards or other forms of entertainment.

## Make a Plan

You should plan in advance what you will do in an emergency. Be prepared to assess the situation, use common sense and whatever you have on hand to take care of yourself and your loved ones. Obtain free information from FEMA by calling **1-800-BE-READY** or you can download in-depth information from FEMA at [www.ready.gov](http://www.ready.gov). Think about the places where your family spends time such as school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency.

## Communications

Develop a Family Communications Plan. Your family may not be together when disaster strikes. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. Be sure each person knows the phone number and

has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether but be patient and stay calm.