

PREPAREDNESS

Business Preparedness

If you are an employer, make sure your workplace has an evacuation plan that is regularly practiced.

- [Prepare your business](#) for the unthinkable, create an emergency plan.
- Create an Emergency [Supply Kit](#)
- Depending on the situation you could be asked to [evacuate](#) or to [shelter-in-place](#). It is best to be prepared for either occurrence.
- Encourage staff to have [emergency plans](#) of their own.

Related Links

[Prepare Your Business](#)

[Red Cross Business & Industry Disaster Planning](#)

[Red Cross: Evacuate](#)

[Red Cross: Shelter-in-place](#)

[Supply Kit](#)

Family Preparedness

Depending on the situation you and your family could be asked to [evacuate](#) or to [shelter-in-place](#). It is best to be prepared for either occurrence. Have the following prepared in advance:

- Disaster Supply Kit in an Easy-To-Carry Container
- Evacuation Plan
- [Emergency Communication Plan](#)
- Knowledge of how to shut off utilities at the main switch

Your supply kit should be stocked with the following six basics:

- Water (at least a three day supply of one gallon per person per day)
- Food (non-perishable, no preparation needed)
- First aid supplies
- Tools and emergency supplies
- Clothing and bedding
- Special items (prescription medication, important documents, etc.)

Important information for pet owners:

- Plan ahead to find shelters or hotels that will take animals
- Public shelters will not accept pets, find a relative or friend to take in your pet
- Bring proof of recent vaccinations along with food, water and a leash

Other preparations you can make that can help keep you and your family healthy include:

- Getting a yearly influenza vaccine
- Keeping your immunizations current
- Washing your hands often

For more information about preparing for an emergency situation please visit the following websites.

Related Links

[Arizona Div. of Emergency Mgt Home Emergency Checklist](#)

[Emergency Communication Plan](#)

[Red Cross Family Disaster Planning](#)

[US Dept of Homeland Security Preparedness](#)

[Red Cross: Evacuate](#)

[Red Cross: Shelter-in-place](#)

[Supply Kit](#)

How Can I Be Prepared?

A question often asked by the public in response to a public health emergency is: How can I prepare?

Since it is very difficult to know when and where a public health emergency will occur, it is best to prepare quick and effective responses to potential events. Preparedness planning for any emergency event will also better prepare you for a bioterrorism event. The following information and links provide useful information in helping the public prepare.

What should I do to be prepared?

In the event of a public health emergency, local and state health departments will inform the public about the actions individuals need to take. It is important that you prepare ahead of time in case you are asked to evacuate or shelter in place.

Does every city have an adequate emergency response system? How quickly can it be implemented?

The emergency response system varies from community to community on the basis of each community's investment in its public health infrastructure. Some components of these emergency systems can be implemented very quickly, while others may take longer.

Are hospitals prepared to handle a sudden surge in demand for health care?

The preparedness level in hospitals depends on the type of emergency. Because a sudden surge in demand could overwhelm an individual hospital's resources, hospitals collaborate with other hospitals in their area in order to respond to an emergency on a citywide or regional basis. Hospitals are required to maintain disaster response plans and to practice applying them as part of their accreditation process. Many components of such plans are useful in responding to bioterrorism. In an emergency, local medical care capacity will be supplemented with federal resources.

School Preparedness

If you are a parent, or guardian of a student, make sure schools and daycare providers have emergency response plans.

- Ask how they will communicate with families during a crisis.
- Ask if they store adequate food, water and other basic supplies.
- Find out if they are prepared to [shelter-in-place](#) if need be, and where they plan to go if they must get away.

i Related Links

[FEMA for Kids](#)

[National Education Association Crisis Communications](#)

[Red Cross School Recommended Supplies](#)

[Red Cross: Shelter-in-place](#)

[Schools of America Emergency Preparedness Website](#)