



BE SAFE AND BE PREPARED  
DISASTER PREPAREDNESS

Georgia Association of Nursing Students

# DISASTER PREPAREDNESS

- ✓ The Georgia Association of Nursing Students (GANS) set out to better prepare the nursing students around the state and open channels of communication for disaster training and support.
- ✓ GANS began by conducting a state wide survey and built the following presentation on the results collected.

Please review and utilize this information,  
because a disaster could strike at any time.

# DISASTER PREPAREDNESS SURVEY

GANS asked the following questions:

1. Do you have a disaster kit for your car?
2. Do you have a disaster kit for home?
3. Do you have an emergency communication plan for family and significant others?
4. Do you have an emergency food supply?
5. Do you have an emergency water supply?
6. Do you have safe storage for important documents?
7. Do you have copies of important documents for transport?
8. Have you taken a first aid course?
9. Have you taken disaster response training?
10. Are you interested in learning more about disaster preparedness?

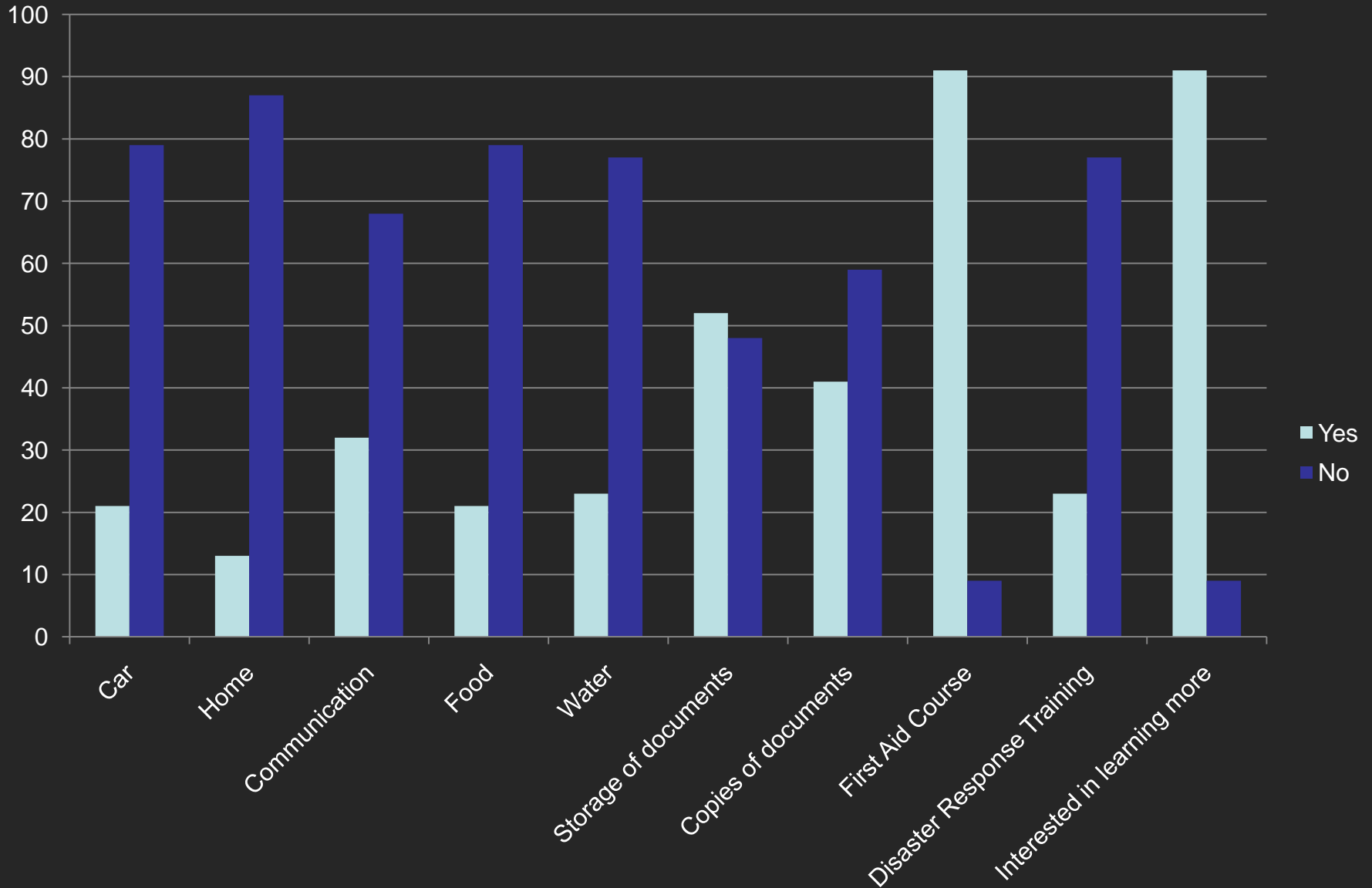
# RESULTS

GANS received the following responses:

1. Do you have a disaster kit for your car?	21% Yes	79% No
2. Do you have a disaster kit for home?	13% Yes	87% No
3. Do you have an emergency communication plan...?	32% Yes	68% No
4. Do you have an emergency food supply?	21% Yes	79% No
5. Do you have an emergency water supply?	23% Yes	77% No
6. Do you have safe storage for important documents?	52% Yes	48% No
7. Do you have copies of important documents...?	41% Yes	59% No
8. Have you taken a first aid course?	91% Yes	9% No
9. Have you taken disaster response training?	23% Yes	77% No
10. Are you interested in learning more...?	91% Yes	9% No

\*Based on the first 100 responses

# RESULTS



\*Based on the first 100 responses

# DISASTER KIT

Disasters happen when you least expect them. A properly assembled kit can make surviving through a disaster less challenging. Disaster kits are essential for both your home and your vehicle(s). Your assembled kit should be made to help you survive until professional assistance can arrive.



# THE BASICS

Before assembling your kit, gather the basics:

- ✓ Water
- ✓ First aid kit
- ✓ Clothing
- ✓ Bedding
- ✓ Prescriptions
- ✓ Tools
- ✓ Copies of important documents
- ✓ Flashlights or candles
- ✓ Matches
- ✓ Battery operated radio
- ✓ Necessary items for family members or colleagues with special needs

# WATER

- ✓ Disasters can hinder water supply, therefore it is important to make sure that there is enough water stored in plastic containers.
- ✓ The average person needs to intake approximately two quarts of water every day.
- ✓ At least one to two gallons of water should be stored for every member of your household
- ✓ But as a general rule, try to store a three-day supply of clean water for each member of the family.



# FOOD

- ✓ When selecting food for your disaster kit, consider the special needs of members in your household. For instance, if you have infants or elderly at home, set aside these special food items.
- ✓ A three-day supply of non-perishable items should suffice.
- ✓ Make sure to get items that are compact and lightweight so they can be easily transferred if relocation is needed.



# SPECIAL NEEDS

- ✓ Infants, elderly, those suffering from particular health issues or under special medications should be considered when assembling your disaster kit.
- ✓ Keep a stock of formula, non-perishable baby food, diapers, baby wipes and any medications for your infant in the kit.
- ✓ It is also a wise decision to include vitamins and “as needed” medications such as acetaminophen or ibuprofen in case of emergencies.



- ✓ If you have family members who use medication, make sure that you keep a stock of those medications in your survival kit. It is also important to keep a list of prescriptions in the kit.

# SPECIAL NEEDS

- ✓ When assembling your disaster kit, factor in family members who are on a special diet.
- ✓ For instance, for those suffering from hypertension or diabetes, you may need to set aside low sodium/low sugar foods.





# MAKE A PLAN

Your family may not be together when disaster strikes, so it is important to plan in advance:



- ✓ How will you contact one another?
- ✓ How will you get back together?
- ✓ What will you do in different situations?

# FAMILY EMERGENCY PLAN

Make sure your Family Emergency Plan includes:

- ✓ An emergency primary out-of-town contact. It may be easier to make a long-distance phone call than a local call. An out-of-town contact may be in a better position to communicate among separated family members.
- ✓ Be sure every member of your family knows the primary contact's phone number and has a cell phone, coins, or a prepaid phone card to call the emergency contact.



# FIRST AID/DISASTER TRAINING

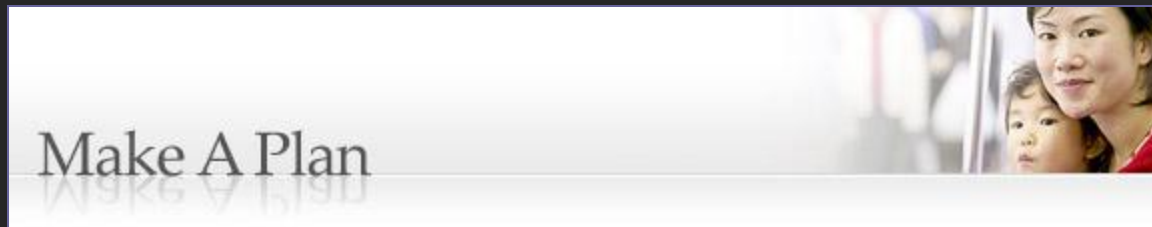
American Red Cross offers several classes designed to give you the confidence to respond in an emergency situation with skills that can save a life including:

- ✓ First Aid
- ✓ CPR/AED
- ✓ Oxygen Administration
- ✓ Bloodborne Pathogens
- ✓ Injury Prevention
- ✓ **Masters of Disaster** – a series of ready-to-go lesson plans that help organizations educate about important disaster safety and preparedness information.



These courses and further information can be found at [www.redcross.org](http://www.redcross.org) under the “*Preparing and Getting Trained*” link.

# RESOURCES FROM READY.GOV



- ✓ Use the New Online Family Emergency Planning Tool created by the Ready Campaign in conjunction with the Ad Council to prepare a printable Comprehensive Family Emergency Plan:  
<http://ready.adcouncil.org/beprepared/fep/index.jsp>
- ✓ Use the New Quick Share application to help your family in assembling a quick reference list of contact information for your family, and a meeting place for emergency situations:  
<http://ready.adcouncil.org/beprepared/quickshare.html>

# FOR MORE INFORMATION

- ✓ Find you local Red Cross Chapter at the following site to register for Basic CPR and Disaster Training:  
<http://www.redcross.org/where>

- ✓ For more information on Disaster Preparedness visit the following sources:

- ✓ Ready.gov
- ✓ FEMA.gov
- ✓ Redcross.com
- ✓ 1800Prepare.com





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Provided by:

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