

## THE NEW JEWISH HOME - HAPI

### EMERGENCY PREPAREDNESS CHECKLIST

As a patient in our home care program, it is important to protect yourself and cope with disaster by planning ahead. A natural disaster-such as a hurricane, tornado, flood, earthquake or fire may result in a disruption of your home care services. It is important that you maximize your safety by doing the following:

1. Select an “**emergency contact**” in your building or neighborhood that you could call on in the event of a disaster.
2. Be prepared with at least 3 days of medications in advance.
3. Store 3 days worth of food and water.
4. Have cash on hand to help you make it through the emergency period.
5. Store a flashlight, battery operated radio and extra batteries in case of a power loss.
6. Don’t be afraid to ask for help from neighbors, friends or family.

If phone lines are functional, the home care agency will call you if there will be a disruption in your home care services. **During this time, if you are in need of medical emergency care call 911.** If you are relocated, please call the home care agency.

## EMERGENCY PLAN CHECKLIST

- ☐ Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- ☐ Find the safe spots in your home for each type of disaster.
- ☐ Discuss what to do about power outages and personal injuries.
- ☐ Draw a floor plan of your home. Mark two escapes routes from each room.
- ☐ Show family members how to turn off the water, gas and electricity at main switches when necessary.
- ☐ Post emergency telephone numbers near telephones.
- ☐ Teach children how and when to call 911, police and fire.
- ☐ Instruct household members to turn on the radio for emergency information.
- ☐ Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- ☐ Teach children your out-of-state contact's phone number.
- ☐ Pick two emergency meeting places:
  - 1) A place near your home in case of a fire.
  - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- ☐ Take a basic first aid and CPR class.
- ☐ Keep family records in a water and fire-proof container.

## **PATIENT/FAMILY EMERGENCY PREPAREDNESS**

### **EMERGENCY SUPPLIES**

A disaster of almost any kind may interfere with your normal supplies of food, water, heat and other day to day necessities. Keep on hand a stock of emergency supplies sufficient to meet your needs for a week.

If you stay at home during the disaster, these supplies could help you live through the period of emergency without hardship. If you must evacuate your home and move temporarily to another location, your emergency supplies could be taken with you and used in route or after you arrive at the new location (where regular supplies might not be available). Even if you only move to an emergency shelter station set up by a local agency, these supplies might be helpful to you, or make your stay easier.

The most important items to keep on hand are water (preferably in plastic jugs or other stoppage containers); canned or sealed package goods that do not require refrigeration or cooling, medicines needed by family members; a first aid kit, blankets or sleeping bags, flashlights or lanterns with extra batteries; a battery powered radio with extra batteries; and perhaps a covered container to use as an emergency toilet. In addition, keep your car in good operating condition with an ample supply of gasoline in case you have to leave your home.

PROFESSIONAL MEDICAL ASSISTANCE MAY NOT BE IMMEDIATELY AVAILABLE AFTER SOME DISASTERS AND EMERGENCIES. Under such circumstances, knowledge of first aid and emergency medical care can save lives and reduce suffering. Both adults and teenagers can acquire these valuable skills by taking general first aid courses and specialty courses, such as cardiopulmonary resuscitation (CPR), which are offered free in most communities. A fully stocked first aid kit and a good first aid manual should be part of your emergency supplies.

In areas of the country subject to hurricanes or floods, it is also wise to keep on hand emergency materials you may need to protect your home from wind and water – such as plywood sheeting or lumber to board up your windows and doors and plastic sheeting or tarpaulins to protect furniture and appliances.

**Know how and where to shut off gas, water and electricity.**

## **DISASTER SUPPLIES KIT**

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

### **Include:**

- ☐ A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- ☐ A supply of non-perishable packaged or canned food and a non-electric can opener.
- ☐ A change of clothing, rain gear and sturdy shoes.
- ☐ Blankets or sleeping bags.
- ☐ A first aid kit and prescription medications.
- ☐ An extra pair of glasses.
- ☐ A battery-powered radio, flashlight and plenty of extra batteries.
- ☐ Credit cards and cash.
- ☐ An extra set of car keys.
- ☐ A list of family physicians.
- ☐ A list of important family information: the style and serial number of medical devices such as pacemakers.
- ☐ Special items for infants, elderly or disabled family members.

## **PATIENT/FAMILY EMERGENCY PREPAREDNESS**

### **AFTER A DISASTER**

Keep listening to your radio for advice and information from your local government on ways to help yourself and your community recovers from the emergency. If your area is declared a disaster area, local radio stations will carry information on where to go to receive disaster assistance.

Use extreme caution in entering or working in buildings that may have been flooded or otherwise damaged, since there may be leaking gas lines or flammable material present.

Stay away from fallen or damaged electrical wires, which may still be dangerous.

Check for leaking gas pipes in your home. Do this by smell only – don't use matches or candles. If you smell gas: (1) open all windows and doors, (2) turn off the main gas valve at the meter, (3) leave the house immediately, (4) notify the gas company or the police or fire department. Do not re-enter the house until you are told it is safe to do so.

If any of your electrical appliances are wet, first turn off the main power switch in your house, then unplug the wet appliance, dry it out, reconnect it, and finally, turn on the main power switch. (Caution: Do not do any of these things while you are wet or standing in water). If fuses blow when the electric power is restored, turn off main power switch again and then inspect for short circuits in your home wiring, appliances, and equipment.

Check your food and water supplies before using them. Foods that require refrigeration may be spoiled if electric power has been off for some time. Also, don't eat food that comes in contact with flood waters. Be sure to follow the instructions of local authorities concerning the uses of food and water supplies.

If needed, get food, clothing, medical care, and shelter at Red Cross stations or from local government authorities.

Stay away from disaster areas. Sight-seeing could interfere with first aid or rescue work and may be dangerous as well.

## **PATIENT/FAMILY EMERGENCY PREPAREDNESS**

### **AFTER A DISASTER (Continued)**

Don't drive unless necessary, and drive with caution. Watch for hazards to yourself and others, and report them to local authorities.

Notify your relatives after the emergency is over so they will know you are safe. Otherwise local authorities may waste time locating you, or if you have evacuated to a safer location, they may not be able to find you. (However, do not hold up the phone lines if they are still needed for official emergency calls.)

Do not pass on rumors or exaggerated reports of damage.

Follow the advice and instructions of your local government on ways to help yourself and your community recover from the emergency.

**ADVISE YOUR HOME CARE AGENCY THAT YOU HAVE RETURNED HOME.**

## **HURRICANE/FLOODING**

- 1) Find out how many feet your property is above or below possible flood level; when predicted flood level are broadcast, you can determine if you may be flooded.
- 2) Keep a stock of food which requires no cooking or refrigeration. Regular electric and gas service may be disrupted.
- 3) Keep a portable, radio emergency cooking equipment, and flashlights in working order; stock extra batteries.
- 4) Keep first aid supplies and any medicines needed by members of your family.
- 5) Keep your automobile fueled. If electric power is cut off, gas stations may not be able to operate pumps for several days.
- 6) Keep materials like sandbags, plywood, plastic sheeting, and lumber handy for emergency waterproofing. But if flooding or significant depth is imminent, do not stack sandbags around the outside walls of your house to keep water out of your basement. Water seeping downward through the earth (either beyond the sandbags or over them) may collect around the basement walls and under the floor, creating pressure that could damage the walls or raise the entire basement and cause it to “float” out of the ground. In most cases, it is better to permit the flood waters to flow freely into the basement or flood the basement yourself with clean water (if you feel it will be flooded away.) This will equalize the water pressure on the outside walls and floors, and thus avoid structural damage to the foundation and the house.
- 7) Store drinking water in closed, clean containers. Water service may be interrupted.
- 8) If flooding is likely and time permits, move essential items and furniture to the upper floors of your house. Disconnect any electrical appliances that can’t be moved – but don’t touch them if you are wet or standing in water.

## **HURRICANE/FLOODING (Continued)**

### **EVACUATION**

If you are advised to evacuate your home and move to another location temporarily, there are certain things to remember to do. Here are the most important one:

#### **FOLLOW THE INSTRUCTIONS AND ADVICE OF YOUR LOCAL**

**GOVERNMENT.** If you are instructed to move to a certain location, go there – do not go anywhere else. If certain travel routes are specified or recommended, use those routes rather than trying to find short cuts of your own. (It will help if you are familiar with the routes likely to be used.) If you are told to shut off your water, gas, or electric services before leaving home, do so. Also, find out from the radio where emergency housing and feeding stations are located, in case you need to use them.

**SECURE YOUR HOME BEFORE LEAVING.** If you have not received other instructions from your local government, you should take the following actions before leaving your home.

- 1) Bring outside possessions inside the house, or tie them down securely. This includes outdoor furniture, garbage cans, garden tools, signs, and other moveable objects that might be washed away.
- 2) Disconnect any electrical appliances or equipment that cannot be moved (but **DO NOT** touch them if you are wet or are standing in water).
- 3) Lock house doors and windows.
- 4) Notify The Home Care Office that you are evacuating.



## **HURRICANE/FLOODING**

**TRAVEL WITH CARE.** If your local government is arranging transportation for you, precautions will be taken for your safety. But if you are walking or driving your own car to another location, keep these things in mind:

- 1) Leave early enough to avoid being stranded by flooded roads.
- 2) Make sure you have enough gasoline in your car.
- 3) Follow recommended routes.
- 4) As you travel, keep listening to the radio for additional information and instructions from your local government.
- 5) Watch for washed-out or undermined roadways, earth slides, broken sewer or water mains, loose or downed electric wires, and falling or fallen objects.
- 6) Watch out for areas where rivers or streams may flood suddenly.
- 7) Do not try to cross a stream or a pool of water unless you are certain that the water will not be over your knees, or above the middle of your car wheels. If you decide it is safe, drive vehicle slowly to avoid splashing water into your engine and causing it to stop. Also, remember that your brakes may not work well after the wheels of your car have been in deep water. Try them out a few times when you reach a dry surface/road.

## **HURRICANE/FLOODING (Continued)**

### **AFTER THE FLOOD/HURRICANE**

- 1) Do not use fresh food that has come in contact with flood waters.
- 2) Test drinking water. Wells should be pumped out and the water tested before drinking.
- 3) Do not visit the disaster area. Your presence will probably hamper rescue and other emergency operations.
- 4) Do not handle live electrical equipment in wet areas. Electrical equipment should be checked and dried before returning it to service.
- 5) Use battery-powered lanterns or flashlights, not oil or gas lanterns or torches, to examine buildings. Flammable may be inside.
- 6) Report broken utility lines to police, fire or other appropriate authorities.
- 7) Keep tuned to your radio or television station for advice and instructions of your local government on where to obtain medical care, where to get assistance for such necessities as housing, clothing, and food, and how to help yourself and your community to recover.
- 8) Notify your insurance agent or broker if your property was damaged by the flood.

## **TORNADOES**

Tornadoes travel at an average speed of 30 miles an hour, but speeds ranging from stationary to 70 miles an hour have been reported. While most tornadoes move from the southwest to the northeast, their direction of travel can be erratic and may change suddenly.

In populated areas, it is very dangerous to attempt to flee to safety in an automobile. Over half of the deaths in the Wichita Falls tornado of 1979 were attributed to people trying to escape in motor vehicles. While chances of avoiding a tornado by driving away in a vehicle may be better in open country, it is still best in most cases to seek or remain in a sturdy shelter such as a house or building. Even a ditch or ravine offers better protection than a vehicle if more substantial shelter is not available.

Where hail may or may not precede a tornado, the portion of a thunderstorm adjacent to large hail is often the area where strong to violent tornadoes are most likely to occur. Once large hail begins to fall, it is best to assume that a tornado may be nearby, and seek appropriate shelter. Once the hail has stopped, remain in a protected area until the thunderstorm has moved away. This will usually be 15 to 30 minutes after the hail ceases.

The tornado's atmospheric pressure plays only a minor role in the damage experienced in a tornado. Most structures have sufficient venting to allow for the sudden drop in atmospheric pressure. Opening a window, once thought to be a way to minimize damage by allowing inside and outside atmospheric pressure to equalize, is not recommended. In fact, if a tornado gets close enough to a structure for the pressure drop to be experienced, the strong tornado winds probably will have caused the most significant damage. Furthermore, opening the wrong window can actually increase damage.

While most tornado damage is caused by the violent winds, most tornado injuries and deaths result from flying debris. Small rooms, such as closets or bathrooms, in the center of a home or building offer the greatest protection from flying objects. Such rooms are also less likely to experience roof collapse. Always stay away from windows or exterior door.

Tornado wind speeds increase with height within the tornado. Storm cellars or well constructed basement offer the greatest protection for tornados.

## **TORNADOES**

(Continued)

If neither is available, the lowest floor of any substantial structure offers the best alternative. In high-rise buildings, it may not be practical for everyone to reach the lower floors, but the occupants should move as far down as possible and take shelter in interior, small rooms or stairwells. Tornado winds may produce a loud roar similar to that of a train or airplane. At night or during heavy rain, the only clue to a tornado's presence may be its roar. Thunderstorms can also produce violent straight-line winds which produce a similar sound. If any unusual roar is heard during threatening weather, it is best to take cover immediately.

Although most tornadoes occur during the mid-afternoon or early evening (3 p.m. – 7 p.m.), they can occur at any time; often with little or no warning. The key to survival is advanced planning. All members of a household should know where the safest areas of home are. Identify interior bathrooms, closets, and hall or basement shelter areas. Be sure every family member knows that they should move to such safe areas at the first signs of danger. There may be only seconds to act.

Tornadoes occur in many parts of the world and in each of the 50 states. However, no area is more favorable to their formation than the continental plains and Gulf Coast of the U.S. during April, May and June. Tornadoes are least frequent in the United States during the winter months, although damaging tornadoes can develop at any time of the year.

**REMEMBER:** Turn off oxygen before lighting candles.

## **WINTER STORMS**

A winter storm watch indicates there is a threat of severe winter weather in a particular area. Check food and fuel supplies. Contact The Home Health office if you need medical supplies. Get prescriptions refilled.

Freezing rain or freezing drizzle is forecasted when expected rain is likely to freeze as soon as it strikes the ground, putting a coating of ice on roads and walkways. If a substantial layer of ice is expected to accumulate from the freezing rain, a winter storm warning is issued.

Sleet is small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it will make the roads slippery.

Traveler's Advisories are used when ice and snow are expected to hinder travel but not seriously enough to require warnings.

**BE PREPARED FOR ISOLATION AT HOME.** If you live in a rural area, make sure you can survive at home for a week or two in case a storm isolates you and it is impossible for you to leave.

You should:

- 1) Keep an adequate supply of heating fuel on hand and use it sparingly, your regular supplies may be curtailed by storm condition. If necessary, conserve fuel by keeping the house cooler than usual, or by "closing off" some rooms temporarily. Have available some kind of emergency heating equipment and fuel so you could keep at least one room of your house warm enough to be livable. Keep in mind, however, that whenever fuel heating devices are used, there must be adequate ventilation to avoid build up of potentially toxic fumes. Also, be sure to use only the proper fuel recommended by the manufacturer. If you have a fireplace, controlled by a thermostat and your electricity is cut off by a storm, the furnace probably will not operate and you will need emergency heat.
- 2) Stock an emergency supply of food and water as well as emergency cooking equipment such as a portable stove. Some of this food should not require refrigeration or cooking.
- 3) Make sure you have a battery-powered radio and extra batteries on hand, so that if your electric power is cut off you could still hear weather forecasts, information, and advice broadcast by local authorities. Also, flashlights or lanterns with extra batteries would be needed.
- 4) Keep on hand the simple tools and equipment needed to fight a fire such as an extinguisher. Be certain that all family members know how to take precautions to prevent fire at such a time, when the help of the fire department may not be available.

**DRESS FOR THE SEASON.** If you spend much time outdoors, wear several layers of loose-fitting, light weight, warm clothing rather than a single layer of thick clothing. Mittens are warmer than gloves. Use a hood to protect your head and face and to cover your mouth to protect your lungs from the cold frigid air.

**TRAVEL ONLY IF NECESSARY.** If you must travel, use public transportation if possible. If you are forced to use your automobile for a trip of any distance, take these precautions.

1. Make sure your car is in good condition, properly serviced, equipped with chains or snow tires, and filled with gas.
2. Take another person with you if possible.
3. Make sure someone knows where you are going, your approximate schedule, and your estimated time of arrival.
4. Have emergency “winter storm supplies” in the car, such as a container of sand, shovel, windshield scraper, tow chain or rope, flares, and a flashlight with extra batteries. It is also good to have with you heavy gloves or mittens, overshoes, extra woolen socks, and winter headgear to cover your head and face.
5. Travel by daylight and use major highways if you can. Keep the car radio turned on for weather information and advice.
6. Drive with all possible caution. Don’t try to save time by traveling faster than road and weather conditions permit.
7. Don’t be daring or foolhardy. Rather than risk being stalled, lost, isolated, stop, turn back, or seek help if conditions threaten to test your ability or endurance. If you are caught in a blizzard, seek refuge immediately.

**KEEP CALM IF YOU GET IN TROUBLE.** If your car breaks down during a storm, or if you become stalled or lost, don't panic. Think the problem through, decide the safest and best thing to do, and then do it slowly and carefully. If you are on a well-traveled road, indicate that you are in trouble. Flash your directional lights or hang a cloth from the radio aerial or car window. Then stay in your car and wait for help to arrive. If you run the engine to keep warm, remember to open a window enough to provide ventilation and protect you from carbon monoxide poisoning. Keep the exhaust pipe free of snow. If there is no house or other source of help in sight, do not leave your car to search for assistance, you may become confused and get lost.

**AVOID OVEREXERTION.** Every winter many unnecessary deaths occur because people – older persons, but younger ones as well – engage in more strenuous physical activity than their bodies can stand. Cold weather itself, without any physical exertion, puts an extra strain on your heart. If you add to this physical exertion, exercise that you are not accustomed to – such as shoveling snow, pushing an automobile, or even walking fast or far – you are risking a heart attack, stroke, or damage to your body. In winter storms, be aware of this danger and avoid overexertion.

#### **WINTER STORM SUPPLIES FOR THE CAR**

1. Windshield Scraper
2. Shovel
3. Booster cables
4. Sand or kitty litter
5. Flares
6. Tow chain or rope
7. Flashlight with extra batteries\
8. Candles and matches
9. First aid kit and manual
10. Heavy gloves and mittens
11. Winter headgear
12. Extra woolen socks
13. Overshoes/boots
14. Two plastic bags, large enough to fit on feet (can be used as additional water proofing between socks and boots.)
15. Blankets
16. Non-perishable high energy foods (Granola bars, raisins, peanut butter or candy bars.)
17. Bottled water. Place in car just prior to traveling as water may freeze if left in car overnight.

## **EARTHQUAKES**

An earthquake is the shaking or trembling of the crust of the earth caused by underground volcanic forces or by breaking and shifting of rock beneath the surface. In recent years considerable progress has been made toward developing the science of earthquake predictions, but the ability to make precise predictions of earthquakes does not yet exist.

The actual movement of the earth, as frightening as it is, seldom is a direct cause of death or injury. The earth does not yawn open, gulp down a neighborhood and slam shut. The earth's movement, however, can cause building and other structures to shake or collapse. Most casualties result from falling objects and debris, splintering glass, and fires.

### **DURING AN EARTHQUAKE**

1. Keep calm. Don't run or panic.
2. Stay where you are. If outdoors, stay outdoors. If indoors, stay indoors. Most injuries occur as people are entering or leaving buildings.
3. If the earthquake strikes when you are indoors, take cover under a desk, table, and bench or against inside walls or doorways. Stay away from glass, windows, and outside doors.
4. Don't use candles, matches, or other open flames during or after the tremor. Douse all fires.
5. If the earthquake catches you outside, move away from building and utility wires. Once in the open, stay there until the shaking stops.
6. Don't run through or near buildings. The greatest danger from falling debris is just outside doorways and close to outer walls.
7. If you are in a moving car, stop as quickly as safety permits, but stay in the vehicle. Avoid stopping near or under buildings, overpasses, and utility wires. When you drive on, watch for hazards created by the earthquake, such as fallen objects, downed electric wires, or broken or undermined highways.



## **EARTHQUAKES (CONTINUED)**

### AFTER AN EARTHQUAKE

1. Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of further injury.
2. Check utility lines and appliances for damage. If you smell gas, open windows and shut off the main gas valve, then leave the house and report gas leakage to authorities. Don't re-enter the house until a utility official says it is safe.
3. If water pipes are damaged, shut off the supply at the main valve. Emergency water may be obtained from such sources as hot water tanks, toilet tanks, and melted ice cubes.
4. Check to see that sewage lines are intact before flushing toilets.
5. If electrical wiring is shorting out, shut off current at the main box.
6. Check chimneys for cracks and damage. Unnoticed damage could lead to a fire. The initial check should be made from a distance. Approach chimneys with great caution.
7. Be prepared for additional earthquake shocks.
8. Stay out of severely damaged buildings. After shocks can shake them down.
9. Stay off the telephone, except to report an emergency. Turn on your radio or television to get the latest emergency information.
10. Don't go sightseeing. Respond to requests for assistance from police, fire fighting, and relief organizations, but do not go into damaged areas unless your assistance has been requested.

HOME ASSISTANCE PERSONNEL, INC.  
(H.A.P.I.)

INFECTION CONTROL  
CLIENT / FAMILY EDUCATION

- If you have any of the following signs of infection, call your doctor right away:
  - Rise in body temperature above 100 degrees F;
  - Tenderness, pain, swelling, redness or drainage around catheter site(s), wound(s) or tube(s).
  - Rashes, spots or other skin disorders;
  - Immobility.
- To reduce the risk of infection to you and/or your caregiver, please follow these steps:
  - Wash hands before and after each client contact or procedure.
  - Always wear gloves when handling blood or body fluids or when in contact with mucous membranes or open cuts.
  - Never re-cap needles. Always dispose of needles in a safety container.
  - No one else should use the client's thermometer.
  - Avoid contact with anyone who has a cold or infectious disease.
  - Daily personal cleanliness is very important.
  - Keep soiled sheets, towels and clothing in a container lined with a plastic bag until laundered. Laundry should be done in hot water.
  - Change dressing and do catheter care on schedule as directed by your doctor or nurse.
  - Wash surface or equipment, contaminated with blood or other body fluids, with household bleach.

