Family Disaster Preparedness Plan

Together, We Prepare, Survive and Thrive

www.bereadymanoa.org

For information, visit: www.BeReadymanoa.org or Contact: Helen Nakano at 927-0993 or email: fair@bereadymanoa.org

Disaster Preparedness Fair

Saturday, Sept. 13, 2014
9:00 a.m. to 2:00 p.m.
Mānoa Valley District Park & Upper Campus Gyms, Multi-Purpose Room
Enter from Mānoa Road for closest parking areas

- FREE Admission
- Parking Available
- Entertainment
- Food

City, State, Federal agencies, NGOs on hand

- Hands-On Disaster Preparedness Activities
  - Demos
  - Exhibits
  - Free Samples
  - Giveaways and so much more...

Become a “Disaster Blaster”
1. **Create a Disaster Plan**

   **Meet** with your family and discuss the need to prepare for disasters.  
   **Explain** the dangers of fire, severe weather and earthquakes to children.  
   **Plan** to share responsibilities and work together as a TEAM.

   ___ Discuss the types of disasters that are most likely to happen. Explain what to do in each case.  
   ___ Pick two places to meet:  
     1. Right outside your home in case of a sudden emergency, like a fire.  
     2. Outside your neighborhood in case you can't return home.  
     (Everyone must know the address and phone number.)  
   ___ Ask an out-of-state family member or friend to be your family contact. The phone system will most likely become unavailable after a disaster. This is almost always caused by overuse of the system. Please stay off all phones (land line and cell) unless you need to **CALL 911** for a life-threatening situation. Sending a text message may be more reliable. After a disaster, your family contact becomes a relay point to share information with all household members. Your plan depends on everyone knowing your out-of-area contact phone number.  
   ___ Discuss what to do in an evacuation. Plan how to take care of your pets.

2. **Complete This Checklist**

   ___ Post emergency telephone numbers by phones (fire, police, ambulance, etc.)  
   ___ Teach children how and when to **CALL 911** or your local Emergency Medical Services number for emergency help.  
   ___ Show each family member how and when to turn off the water, gas and electricity at the main switches.  
   ___ Check if you have adequate insurance coverage.  
   ___ Teach each family member how to use the fire extinguisher, and show them where it’s kept.  
   ___ Install smoke detectors on each level of your home, especially near bedrooms.  
   ___ Conduct a home hazard hunt.  
   ___ Stock emergency supplies and assemble a Disaster Supplies kit.  
   ___ Take a Red Cross first aid CPR class.  
   ___ Determine the best escape routes from your home. Find two ways out from each room.  
   ___ Find the safe spots in your home for each type of disaster.

   **Family Disaster Plan**

   **Emergency Meeting Place:** ______________________ (Outside your home)  
   **Meeting Place:** ______________________ (Outside your neighborhood)  
   **Address:** ______________________  
   ______________________  
   **Family Contact:** ______________________  
   **Phone:** (   ) _________________  (Phone) (   ) _________________  
   **Day**  
   **Evening**  
   **Email:** ______________________

3. **Resources**

   **State Civil Defense**  
   www.scd.hawaii.gov  
   733-4300  
   **Dept. of Emergency Management**  
   www.honolulu.gov/dem  
   723-8960  
   **American Red Cross (State Chapter)**  
   www.hawaiiredcross.org  
   734-2101  
   **Ready.Gov**  
   www.ready.gov  
   **Federal Emergency Management Agency**  
   www.fema.gov  
   **Be Ready Mānoa**  
   www.bereadymanoa.org

Together, We Prepare, Survive and Thrive
Disaster Preparedness Kit

A number of lists are available on-line of suggested items to include in your disaster preparedness kit. Some are listed below.


It is suggested that a good way to assemble your kit is to do it over the space of several weeks selecting those items which are used on a day-to-day basis and would be critical to have if it is necessary to evacuate.

The following items are considered essential to a basic disaster preparedness kit:

___ Water, one-gallon of water per person per day, for drinking and sanitation for seven days.
___ Food, at least a seven-day supply of non-perishable food.
___ Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both.
___ Flashlight and extra batteries.
___ First-Aid kit.
___ Whistle to signal for help.
___ Infant formula and diapers.
___ Moist towelettes, garbage bags and plastic ties for personal sanitation.
___ Dust masks.
___ Plastic sheeting and duct tape to shelter-in-place.
___ Wrench or pliers to turn off utilities.
___ Can opener for food (if kit contains canned food.)
___ Prescription medications for each family member.

Other items to consider adding to your kit are:

___ An extra change of clothes for each family member.
___ Blanket or sleeping bag for each family member.
___ Rain gear.
___ Mess kits, paper cups, plates and plastic utensils.
___ Cash or traveler’s checks, change.
___ Toilet paper, paper towels.
___ Fire extinguisher.
___ Tent.
___ Matches in a waterproof container.
___ Paper, pencil.
___ Personal hygiene items including feminine supplies.
___ Soap.
___ Household chlorine bleach — You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water.
___ Medicine dropper.
___ Important family documents.

Additional items for elderly and disabled individuals:

___ Life-sustaining medications -- seizure, blood pressure, and heart medications, insulin, etc. to last through the disaster and recovery period. There may be no phone service and pharmacies may close. Plan with your physician for emergency prescription refills.
___ Special equipment -- canes, walkers, wheelchairs, braces, eyeglasses, hearing aids etc.

Together, We Prepare, Survive and Thrive
Dear Neighbor:

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services: water, gas, electricity or phones were cut off? Local officials and relief workers cannot reach everyone right away. It is up to us to protect our family and home. As a community, let’s prepare together and Be Ready Mānoa to help each other.

I hope this guide will help your family’s planning efforts in the event of a disaster. Please share this with your family.

Mahalo,

Isaac W. Choy, CPA
State Representative, District 23
Mānoa, Punahou, University, Moiliili

Prepared by:
The Office of Representative Isaac W. Choy
415 S. Beretania Street, Room 404
Honolulu, Hawaii 96813

Step 1 - Have a Household DISASTER PLAN

Develop a disaster plan with your family members to prepare for what to do, how to find each other, and how to communicate in an emergency.

Step 2 - Have a DISASTER PREPAREDNESS KIT

Keep enough supplies in your home to survive on your own for up to 7 days. If possible, keep these materials in an easily accessible, separate container or special cupboard.

You should indicate to your family members that these supplies are for emergencies only. Check expiration dates of food and update your kits every three months.

Step 3 - Have a GO BAG

Every family member should pack a Go Bag—a collection of items you may need in the event of an evacuation.

A Go Bag should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A Go Bag should be easily accessible if you have to leave your home in a hurry.

FOR MORE INFORMATION:
Web: www.bereadymanoa.org
Email: info@bereadymanoa.org

The Be Ready Mānoa team consists of a group of dedicated Mānoa residents, with representatives from the Mānoa Neighborhood Board, Mālama Mānoa, the Mānoa Neighborhood Security Watch network, local businesses, faith-based and community organizations.

Since November 2013, the Be Ready Mānoa team met often weekly, collaborating with the City & County Department of Emergency Management, State Civil Defense, Red Cross and other communities, to complete the first draft of the Mānoa Disaster Preparedness Plan.

GOAL: To raise awareness of the hazards which face Mānoa residents to be able to sustain ourselves for up to seven days before outside assistance arrives and to recover to pre-disaster normality as quickly as possible.
Maintaining Your Disaster Kit

Your emergency kit is not something that you can put together and forget about. It needs regular maintenance so that it will be in top shape for any disaster.

- Replace the water every six months.
- Replace the canned food every year.
- Replace batteries. Since aging batteries can swell and leak, they should be removed from the device they are intended to power and stored in plastic bags.
- Replace any medicines or other items with limited life.
- Inspect all items for deterioration, leaking containers and other problems.
- Wash clothes and bedding. Check children’s clothes to make sure that they still fit.
- Update any of your important documents.

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Your Go Bag

Every family member should pack a Go Bag—a collection of items you may need in the event of an evacuation. A Go Bag should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A Go Bag should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year.

- Copies of your important documents in a waterproof and portable container (insurance cards, photo IDs, family photo, proof of address, copies of prescriptions, etc.)
- Extra set of car and house keys.
- Credit and ATM cards and cash, especially in small denominations.
- Bottled water and non-perishable food such as energy or granola bars.
- Flashlight and extra batteries.
- Charger and external power pack for your cell phone.
- Battery-operated AM/FM radio and extra batteries.
- Medications and other essential personal items. Be sure to refill medications before they expire. Keep a list of the medications each member of your family takes, why they take them, and their dosage.
- First-aid kit including bandages and antibiotic ointments.
- Change of clothes, sturdy, comfortable shoes, lightweight rain gear, coat and blanket.
- Contact and meeting place information for your family, and a small regional map.
- Child care supplies (diapers, wipes, food, formula) or other special care items.
Emergency Shelters and Taking Care of Our Pets

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<thead>
<tr>
<th>Area Schools</th>
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<tbody>
<tr>
<td>Hokulani Elementary</td>
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<tr>
<td>Mānoa Elementary</td>
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<tr>
<td>Noelani Elementary</td>
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<tr>
<td>Roosevelt High</td>
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<tr>
<td>Stevenson Middle</td>
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<tr>
<td>Washington Middle</td>
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<tr>
<td>Kaimuki High</td>
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Statewide List of Emergency Shelters
www.honolulu.gov/demevacuate/hurricaneinfo.html

The Mānoa Neighborhood Security Watch Network consists of about 28 individual neighborhood security watches organized in various areas of Mānoa Valley to help improve residential security.

Contact the
Mānoa Neighborhood Security Watch Recruitment Team
for more information on how you can JOIN or FORM a NSW on your Street

Emergency Shelters and Taking Care of Our Pets

Know Your Shelter
Special Health Needs Shelters provide limited support to persons with special health needs. These evacuees must either be capable of taking care of their own needs or be accompanied by a caregiver.

Pet Friendly Shelters are co-located with some general population shelters. Household pets entering a pet friendly shelter must be caged for safety and owners should provide water and food for their pets.

Food and water (include can opener, food and water bowls.)
Collar with ID tag
Pet Carrier (one for each pet if evacuating to a Pet Friendly Shelter.)
Sanitation (Pet litter/litter box), newspapers, plastic trash bags, cleaning solution.
Pictures—You and your pet in case of separation.

Our Pet Supplies 7 Days of Essentials

Neighbor Helping Neighbor

► Establish a personal support system. A personal support network is made up of individuals who will check on you in an emergency to ensure you are okay and to give assistance if needed.
► Working with neighbors can save lives and property.
► Meet with your neighbors to plan how the neighborhood could work together in the event of a disaster and until help arrives.
► If you are a member of a Neighborhood Security Watch, introduce disaster preparedness as a new activity.
► Know your neighbors special skills (e.g., medical, technical) and consider how you can help neighbors who have special needs, such as disabled and elderly persons.
► Make plans for child care in case parents can’t get home.

Mānoa NSW Blog: http://manoa.homeserver.com/nswblog

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