

What Will YOU Do When Disaster Hits?

KNOWLEDGE DIMINISHES FEAR



YOU ARE INVITED TO A DYNAMIC PRESENTATION ON
PERSONAL PREPAREDNESS BY DR. SHEILA SUND, M.D.

Date: **Tuesday, June 23rd**

Time: **3 – 5 pm**

Place: **Stoneybrook Village Clubhouse**

Dr. Sund is a renowned disaster health specialist from Salem, Oregon. She will share her experiences in earthquakes and health care after disasters to help you become better prepared. The Preparedness Committee is both honored and excited to bring this immensely qualified speaker to our community.

Expect to leave with 5-10 easy things you plan on doing right away to be better prepared.

Light Refreshments will be served.

Door Prizes!

Sponsored By:

Stoneybrook Village Preparedness Committee

Building a More Resilient Community

Disaster Preparedness Action Items
Sheila Sund, MD

DO TODAY

- 1) Buy 5 gallons of water
- 2) Flashlight, shoes, and clothes in bag tied to bed

DO THIS WEEK

- 1) Work through your immediate response plan for every location in your house
- 2) Wrench attached to gas
- 3) Fire extinguisher attached to wall
- 4) Emergency contact list with written copies for everyone
- 5) Paper copies of essential documents - at home, at work, and in car

ONGOING PREPAREDNESS

- 1) Earthquake proof your home
 - Brace water heater, bolt heavy furniture to wall, latches cupboards
- 2) Flashlights in every room – secured to wall. Consider automatic turn-on in power outage
- 3) Get to know your neighbors and plan to assist each other
 - Map Your Neighborhood or similar planning program
- 4) Go bag – for emergency evacuation
 - Clothing (layers), including rain cover
 - Cash
 - Essential toiletries
 - Easy carry wrapped food (granola bars)
 - Water (consider method for purification method)
 - Flashlights
 - Basic first aid supplies, including over the counter medications

MEDICAL PREPAREDNESS

- 1) 1 month of essential medications and supplies - carry with you when leave home!
- 2) Written medication list, doctor names, essential history
- 3) Plan for disabilities and impairments
 - Safe mobility in disaster environment
 - Medical equipment, including power needs
 - Caregiving assistance if needed – who will provide this , both at home or in a shelter?
- 4) If evacuated, bring all medical supplies, equipment, attachments, and medications with you!
- 5) Plan for limited post disaster medical care
 - Medical system overwhelmed and possibly limited to life-threatening injury or illness
 - Plan to care for yourself for weeks – both injury and illness

PET PREPAREDNESS

- 1) Microchip and tag your pets - pets escape in disasters!
- 2) Pet label on window for rescuers
- 3) Store enough pet food for 1 month, water for 1-2 weeks
- 4) Bring pets and supplies if evacuated
 - Portable crate, leash, collar, food and water bowls
 - Non-perishable food for 1-2 weeks
 - Copies of vaccination records, picture of pet with owner – tape to crate
- 5) If pets must be left behind
 - Confine in one room of house, with ample food and water for days
 - Leave a sign on door – location and number of pets, date left

Earthquake Preparedness Recommendations for Seniors:

- 1) Shoes, flashlight, batteries, and clothes attached to bed – **DO TODAY**
- 2) Buy 5 gallons of water – **DO TODAY, REPEAT WEEKLY** until at least 10 gallons per person
- 3) Wrench attached to gas valve, ready to turn off – **DO THIS WEEK**
- 4) Fire extinguisher attached to wall in easily accessible location - **DO THIS WEEK**
- 5) Printed copies of important information in multiple locations - **DO THIS WEEK**
 - a. Emergency contact information, including one main contact outside the Northwest
 - b. Medical history, doctor names, list of medications and doses, list of necessary equipment
 - c. Insurance and financial information
 - d. Local maps
- 6) Plan for mobility, equipment, caregiving, and 1 month supply medications – **DO THIS MONTH**
- 7) Earthquake proof your home
- 8) Talk to your neighbors - plan to check on and assist each other
- 9) Go bag – if need to leave home urgently
 - a. Clothing in layers
 - b. Cash
 - c. Essential toiletries
 - d. Easy carry wrapped food (granola bars)
 - e. Basic first aid supplies, including over-the-counter medications
- 10) Plan for pets
 - a. Microchip and tag
 - b. Non-perishable food for 1-2 weeks, additional water storage
 - c. Portable crate, leash, collar, food, bowls for evacuation
 - d. Copies of vaccination records, vet name, picture of pet with you

Five things I will do in the next month:

- 1.
- 2.
- 3.
- 4.
- 5.

Want more information? Questions?

Contact Sheila Sund, MD at disasterdocor@gmail.com