

Your Name _____

DOB ___/___/___ Height _____ Weight _____

Contact #1: _____

Phone #: (____) _____

Contact #2: _____

Phone #: (____) _____

Contact #3: _____

Phone #: (____) _____

Your Name _____

DOB ___/___/___ Height _____ Weight _____

Contact #1: _____

Phone #: (____) _____

Contact #2: _____

Phone #: (____) _____

Contact #3: _____

Phone #: (____) _____

Place this card in a window or
by the front door
where it can be seen from
the outside by an
Emergency first responder.



EMERGENCY PREPAREDNESS SURVIVAL GUIDEBOOK

This project is endorsed by:

**The AZ State Citizen Corps Council
Northeastern Regional VOAD
Pima County Division of Homeland Security**

Major funding provided by:

The Corporation for Nat'l & Community Service

*Being prepared could save your life!
It's easy & simple...
Just take it one step at a time....*

Arizona ElderBuilders Local Offices:

Gila, Pinal, Pima Counties:
(MAIN OFFICE)

Miami: (928)473-2100 or
1-800-322-2545
moffice@elderbuilders.com

Payson: (928) 468-0546
payoffice@elderbuilders.com

La Paz County:

Salome (928) 328-1808
1-866-550-5814
lapazoffice@elderbuilders.com

Navajo County:

Show Low (928) 532-7181
showoffice@elderbuilders.com

Yavapai County:

Prescott Valley
(928) 772-1770 or
1-866-772-1770
poffice@elderbuilders.com

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- **Medical Reserve Corps of Yavapai County**
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- **Senior Expo of the White Mountains**
- **Video Dome, Show Low**
- **La Paz County Emergency Management**
- **White Mountain Christian Church**
- **NACOG AAA Case Manager, Pat Newsom**
- **Foster's Lodge Mammoth**

Many thanks to the ElderBuilders Staff for putting this guide-book together: Linda Haynes, Richard Perry, LaVeta Stemm, Stephanie Jones, Karen Bump, John Ricketts, & Sherlyn Harris. Also, many thanks to the A*VISTA and community volunteers for distributing preparedness materials.

Directions for Your ICE Card

Fill out ICE card in ink!

Include Contact person's full name along with area code and phone number
Print or type your full legal name and date of birth on the front of the card
Place ICE stickers on your cell phone or places where emergency information is located
Program your phone to list ICE contacts ex: ICE 1 or ICE DAD or ICE HOME, etc.
Make sure you notify your ICE contacts so that they may be called in an emergency. Be sure to give them your emergency/medical information.

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**CUT
OUT
CARDS**

IN CASE OF EMERGENCY

Please
Save my pets

	DOG	CAT	BIRD	OTHER
# of	_____	_____	_____	_____
Names	_____			

Emergency Phone Numbers

Dial 911 **only** in life threatening situations.
Teach your children what life threatening means.

Police _____
Fire _____
Sheriff _____
Constable _____
Hospital _____

Poison Control National 1-800-222-1222

Emergency Meeting Places

Pick two places for your family to meet after a disaster happens.

1. Right outside your home _____

2. Away from your neighborhood _____

Pets

How Many Pets Do You Have? _____

Pet's Name _____

Pet's Type _____

Pet's Color _____

Pet's Bad Habits _____

Pet's Age _____

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About AZ ElderBuilders

AZ ElderBuilders has been bridging the gap in health and human services in rural communities since 1998. Since that time, EB has established 3 interfaith coalitions, 5 adult day centers, home health services, and an RSVP Program across five AZ counties. In 2003, ElderBuilders was featured in the *International Journal of Humanities & Peace* as an innovative program that is about people helping people.

Our Mission:

AZ ElderBuilders staff and volunteers work to create collaborative community partnerships dedicated to providing supportive services to, by, and for rural elders, disabled adults, and their families, in order to maintain independence, enhance dignity and improve quality of life.

AZ ElderBuilders Programs & Services—2006

Disaster Preparedness Special Volunteer Project

AZ ElderBuilders staff and volunteers work in cooperation with local emergency professionals, FEMA, Medical Reserve Corps, non-profit agencies, law enforcement officials, Citizen Corps Councils, CERT Teams and other community-based organizations to:

- Develop a comprehensive community education plan that will familiarize 100% of the citizens with their local and state emergency plans.
- Promote disaster response strategies targeting rural “persons living with disabilities.”
- Recruit volunteers willing to help raise community awareness about emergency preparedness through education, public forums and distribution of information.

Faith In Action—AmeriCorps VISTA Project

Since 2001, working with churches and faith-motivated volunteers, several innovative programs have been developed, including a **Transportation Network** to get elders to the doctor and the grocery store, a **Home Safety Program** placing emergency response units in the home and a **Prescription Assistance Program** that helps low-income seniors get their medications at no cost.

Ageless Enterprise—AmeriCorps VISTA Economic Development Project

Since 2003, ElderBuilders work with local elder service providers, churches, public agencies, businesses and local community members to assess and engage the skills and interests of older residents resulting in increased senior workforce opportunities, marketing of products made by seniors, persons with disabilities and expanded training venues. **Visit the new Ageless Enterprise Online Catalog of unique gifts and fine arts.**

<http://www.agelessenterprise.net>

FAMILY INFORMATION

Fill in the spaces with your personal information:

Name _____

Address _____

Phone numbers _____

Description of your home (color, apartment, single family, etc)

Family Work/Cell Numbers

Father _____

Mother _____

Other _____

Nearest Relative

Name _____

City/State _____ phone _____

Family Physician (s)

Name _____

Phone _____

Name _____

Phone _____

Contact Persons (one in state, one out of state)

Name _____

Phone _____

Name _____

Phone _____

Pets and Disaster

- If you have pets, your disaster plan must include them. No matter what type of animal you have, they are your responsibility and **your** being prepared can save their lives. In the event of a disaster, **if you must evacuate**, protect your pets and if at all possible, **take them with you**.
- Before this happens, have a safe place to take your pets. It may be difficult to find shelter for your animals in the midst of a disaster, so plan ahead. The bigger the animal, the more important the plan.
- Contact hotels and motels outside the immediate area to check on pet policies. Ask if they will waive 'no pet' policies in the event of emergency.
- Find a trusted neighbor, willing to take your pets to a pre-arranged location if you are not home. This person should be comfortable with your pets, know where their kit is kept and have a key to your home.
- Make sure your dogs and cats are wearing collars and securely fastened identification and tags. The law requires cats and dogs have up-to-date rabies shots.
- **Place the CUTOUT Card on the back cover of this booklet in your front window to notify emergency responders that there are pets in the home.**

Assemble a Portable Pet Disaster Supplies Kit

- ___ A crate or carrier for each animal with bedding, toys and other comfort items
- ___ Essential supplies stored in sturdy, accessible, water proof containers that can be easily carried
- ___ Medication, medical records, name and emergency phone number of the vet
- ___ Information on feeding schedules, medical conditions and any behavior problems
- ___ A first aid kit
- ___ Current photos of your pets in case they get lost
- ___ Food, water and bowls, leashes, cat litter and pans
- ___ Keep the kit in an accessible location known to the entire family or your support system

Dear Friends and Neighbors,

This guidebook provides information on a variety of decisions citizens all over the country would need to make in case of a man-made or natural disaster.

FACT

Few disasters and emergencies can be predicted.

Don't wait until something happens!

The decisions you make today, can save your life tomorrow. Start now to plan and prepare for emergencies.

First, take the time to look over the material in this booklet.

Second, make preparations that will ensure survival for at least 72 hours in the event of an incident. Just take it one step at a time...

The ElderBuilders team is here to help as you prepare.

Material in this guidebook and much more, is available on the internet or by calling your local AZ ElderBuilders office. We would consider it an honor if you duplicate this guidebook for a friend or neighbor.

Visit these websites

www.fema.gov

www.prepare.org

www.redcross.org

www.az211.gov

www.ready.gov

www.floodsmart.gov

National Organization on Disability www.nod.org

www.azvolunteer.com maintains a data base of registered volunteers in Apache, Cochise, Gila, Mohave, Navajo, Pima and Santa Cruz Counties. Input your information and skills online, now! If you would like to volunteer, please give us a call. Many of our partners need your help now!

PUT YOUR EMERGENCY ON ICE!!

ICE stands for "In Case of Emergency."

Paramedics responding to an accident in which the seriously injured or unconscious person carries no information about emergency contacts, can waste precious lifesaving moments. They don't know the patient's medical history or allergies. Along with a medical band or ICE card in the bill-fold, this is a simple way to be prepared for the unexpected.

Have a Cell Phone? Turn your cell phone into a source of information for EMTs or other emergency personnel responding to accidents, crimes and disasters. Accompanying the ICE entry in your cell phone contact list would be the name and phone numbers of who should be called if something has happened to you. First responders to an emergency will see that you are participating by a visible "ICE" sticker on your phone.

No Cell Phone? There are wallet cards available which will have emergency contact information and should be carried with you at all times.

Here's how it works:

ICE#1 - Your doctor or a relative with information about your health history.

ICE#2 - A local contact who knows your medical condition or history.

ICE#3 - An out of state contact who knows your medical condition/history. Long distance may still work when local phone lines are down.

The AZ State Citizen Corps Council has designated AZ ElderBuilders as the leading organization to implement this program in the 5 counties served. Please contact your local ElderBuilders office for ICE Stickers and wallet cards. There are cutout card on the back cover of this guide.

Power Outage

Several things can cause a power outage. Most often one of these factors is involved:

- ◆ Trees or branches knocked into power lines by strong winds.
- ◆ Lightning strikes a transformer or an electrical facility.
- ◆ Digging too close to a line or cutting a line.
- ◆ A vehicle runs into a utility pole causing a disruption.
- ◆ Equipment is overloaded by electrical usage, usually when air conditioning is turned up, or too many electric heaters are on the system.
- ◆ Circuits being overloaded in the home.

If you have someone on life support, have a backup system and plan for an outage.

In the House:

- ◆ Unplug and turn off all electrical equipment to prevent overloading of circuits. When power comes back on, plug in only the most essential appliances before reconnecting everything else.
- ◆ Prepare ahead of time by gathering the following items: Flashlight, battery-operated radio and clock (keep extra batteries on hand) in a designated place.
- ◆ If the power is off for a prolonged period of time, use the perishable food from the refrigerator first. Then use foods from the freezer. Use non-perishable foods and staples last.
- ◆ For cooking you can use a barbecue grill or camp stove. Confine use to outdoors.

Outdoors:

If you see downed power lines report the situation immediately. Do not touch them and keep others out of the area.

Do not touch a person if a power line is touching them. Call 9-1-1 immediately.

- Store back-up equipment (mobility, medical, etc.) at your neighbor's home, school, or your workplace.
- If you are vision or hearing impaired, or have other communication issues, plan ahead for someone to convey essential emergency information to you if you are unable to use the TV or radio. Consider making cards to hand out, stating your disability and telling others how they may assist you.
- If you are assisted by a service animal, it is essential that you are evacuated and sheltered with your animal. Include plans for your service animal in the ones you make for yourself.

If you would like more information on this topic call toll free 1-800-480-2520 and ask for FEMA pamphlet # 476, 'Preparing for Disaster for People with Disabilities and Other Special Needs.'

Children and Disaster

1. Prepare your family to accept the fact that disasters do happen. Limit their exposure to media reports.
2. Make plans and practice them regularly.
3. Children need family members or other adults to help them understand. Calmly provide factual information about the disaster and plans for insuring their safety.
4. Younger children will often express fears through behavior and not verbally. Let them talk and listen to their concerns. Keep control of the situation.
5. Do not allow children to wade or play in contaminated water, sand or dirt. **Never let them handle dead birds** or other animal carcasses.

If you would like more information on this important topic, call toll free 1-800-480-2520 and ask for FEMA pamphlet # 478, 'Helping Children Cope with Disaster.'

What is Your Disaster Plan?

If you're involved in a disaster, remain calm. Put your disaster plan into action. The following information is basic in an all-hazard disaster plan.

You cannot predict where you or family members will be when a disaster strikes. Ask yourself these questions:

- How will my family members find each other?
- How will we know if family members are safe?
- What would our family do if our water, electricity, gas, or telephones were cut off?

Plan a family meeting and talk about disasters likely to happen in your area. Your local EB office has FEMA "Are U Ready" books available to help. Hazard-proof your property. Anticipate what could go wrong in your home and take some precautions.

Making Your Disaster Preparedness Plan

- ♦ Find out what types of disasters are most likely to occur in your area from the county emergency management division.
- ♦ Decide on a place to meet if you are separated by disaster and cannot return home. Select a second meeting place right outside your home in a case of sudden emergency.
- ♦ Ask an out-of town person to be your "Family Contact". Make sure the family carries their number on a card.
- ♦ Be familiar with escape routes in your home, school, or workplace; and evacuation routes in town.
- ♦ Post emergency numbers by each telephone in your house. ICE every cell phone carried by your family and put an ICE sticker on each one.
- ♦ Learn First Aid and CPR.

- ◆ Discuss what to do if authorities have asked you to evacuate. Plan home evacuations and then practice them.
- ◆ Show family members how to turn off water, gas and electricity. Learn when it's appropriate to shut them off.
- ◆ Look for hazards in your home. Secure objects that could tip and cause injury.
- ◆ Install a smoke detector on each level of your home, where necessary. Check the batteries once a month, change them once a year.
- ◆ Get training from the fire department on how to use your fire extinguisher (A-B-C type). Show the family how to use and where extinguishers are kept.
- ◆ Join your Neighborhood Watch and become aware of any special needs individuals in your neighborhood. Offer to help them evacuate.
- ◆ Make a plan for your pets. Plan where you would take your pets if you had to go to a public shelter where they will not be permitted.
- ◆ Check if you have adequate insurance coverage. Even if you are renting you can obtain insurance. Find out if you live in a flood prone area.
- ◆ Assemble a 72- hour Disaster Kit. Keep extra supplies on hand and be ready to take them when you must leave. Your family will appreciate your thoughtfulness when enduring evacuation or home confinement.
- ◆ Fill the fuel tank on your vehicle when it gets to half empty.

Basic Disaster Preparedness for The Elderly and People Living with Disabilities

Many elderly citizens of Arizona are enjoying retirement with good health. They can and will participate in making plans and want to be in control of their lives during evacuation and recovery.

Others are frail, with chronic or acute illness, or living with disabilities. They will need to make extra detailed disaster preparedness plans to take into account their special circumstances. **Call your local EB office now to sign up for the "Locator file" so that first responders will know you need extra help during an emergency.**

- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a back-up plan, such as a cell phone or pager, if regular landlines are disrupted.
- Complete an assessment of your personal needs and your resources for meeting them in a disaster environment.
- Anyone needing extra assistance must create a personal support network, including people from home, school, workplace, or any other place you spend time.
- More than one person from your personal support network needs to check on you in an emergency, so there is at least one back-up if the primary person you rely on cannot get through.
- If you use an electric wheelchair or scooter, keep an extra battery handy. Bring a manual wheelchair, if available, for backup when evacuating.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Also, label equipment and attach laminated instructions for equipment use.

Non-Perishable Food Suggestions

This is a basic list of foods that store well and are common emergency supplies. To learn more about the ways you can make water safe to drink. Call toll free 1-800-480-2520 and ask for FEMA pamphlet # 477, 'Food and Water in an Emergency.'

- | | |
|---|---------------------------|
| ◇ Low-Salt Crackers | ◇ Vienna Sausages |
| ◇ Oyster Crackers | ◇ Beef Sticks |
| ◇ Cheese n Cracker Packs | ◇ Beef Jerky |
| ◇ Bread Sticks | ◇ Dried Beef |
| ◇ Canned Milk | ◇ Soup-for-One |
| ◇ Powdered Milk | ◇ Fruit Rolls |
| ◇ Box Juices | ◇ Fun Fruits |
| ◇ Single serve bottles or cans of Juice | ◇ Fruit Cups |
| ◇ Cocoa Mix | ◇ Applesauce Cups |
| ◇ Packs of Raisins | ◇ Pudding and Jell-O Cups |
| ◇ Packs of Other Dried Fruits | ◇ Cookies |
| ◇ Packs of Peanuts | ◇ Suckers |
| ◇ Packs of Other Nuts | ◇ Hard Candy |
| ◇ Corned Beef Hash | ◇ Granola Bars |
| ◇ Roast Beef Hash | ◇ Snack Pack Cereal |
| ◇ Chili | ◇ Trail Mix |
| ◇ Beef Stew | ◇ Power Bars |
| ◇ Ravioli | ◇ Peanut Butter |
| | ◇ Candy |

Salt is a preservative for many of today's products, but when possible buy low salt! If the water supply is low, you do not want to eat salty foods which will make you thirsty!

You could get help in hours after a disaster, but it might take days. Basic services may be cut off, or you might have to evacuate at a moment's notice. You may not have time to shop, fill the tank with fuel or search for the supplies you'll need.

If you would like more information on this topic call toll free 1-800-480-2520 and ask for FEMA pamphlet # 475, 'Preparing for Disaster.'

Tips for your 72-Hour Kit

Keep a smaller Disaster Supply kit in the trunk of **each** car. If you become stranded or are not able to return home, this kit will help your survival to be more comfortable until help arrives.

- ◆ Keep items airtight and dry in plastic bags or bins to protect them from damage or spoiling.
- ◆ Rotate your food and water supplies every six months to ensure their freshness.
- ◆ Review your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- ◆ **Ask** your doctor or pharmacist about your prescription medications, **now**. Obtaining refills may be difficult or darn near impossible during an evacuation or disaster.
- ◆ Use easy-to carry containers for the supplies you would take in an evacuation. The supplies can be split up in containers that each family member can carry. Label clearly. Possible containers include, a large, covered trash container, a camping backpack, a duffel bag or other suitcase, or a cargo container that will fit on the roof of your vehicle.
- ◆ Get your children involved. Ask them to help you remember to keep your kits in working order by rotating the food and water every six months and replacing batteries as necessary. Let them mark the date on food supplies.
- ◆ Assess your situation and choose items to meet your needs as you assemble your kit.

The Essentials of your 72 hour Kit:

Put the following items in a secure place where you can access them within 10 minutes. Make sure that bags are not too heavy for you to carry. Use this checklist to gather items over time....

- | | |
|---|---|
| <input type="checkbox"/> Portable radio | <input type="checkbox"/> Mess Kits, paper plates, utensils, cups, etc. |
| <input type="checkbox"/> Flashlights- Extra Batteries | <input type="checkbox"/> Liquid bleach to treat drinking water as needed |
| <input type="checkbox"/> First Aid Kit & manual | <input type="checkbox"/> Aluminum foil, plastic resealable bags, trash bags |
| <input type="checkbox"/> Credit Card & cash on hand | <input type="checkbox"/> Paper, pencils and pens |
| <input type="checkbox"/> Personal ID | <input type="checkbox"/> Sewing repair kit w/ needles, thread, scissors |
| <input type="checkbox"/> Important papers | <input type="checkbox"/> Tools: pliers, shut-off wrench for water and electric, duct tape, plastic sheeting |
| <input type="checkbox"/> Extra set of car keys | <input type="checkbox"/> A-B-C fire extinguisher |
| <input type="checkbox"/> Signal flare, whistle | <input type="checkbox"/> Personal hygiene items: comb, brush, lip balm, hair care, lotion, dental care, feminine items, antacids, deodorant, hand sanitizer |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Comfort Items: games, books, chocolate. etc. |
| <input type="checkbox"/> Waterproof matches | <input type="checkbox"/> Medium sized plastic bucket with tight lid, disinfectant |
| <input type="checkbox"/> Evacuation Route Map | <input type="checkbox"/> Plastic Shovel for digging expedient latrine |
| <input type="checkbox"/> Shelter Phone numbers | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Medications (oxygen) | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Copy of Prescription | <input type="checkbox"/> Liquid Detergent |
| <input type="checkbox"/> Hearing Aid batteries | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Wheelchair battery | <input type="checkbox"/> Pet Supplies: Food, Water, Vaccination Records, blanket, toys, medication, etc. |
| <input type="checkbox"/> Spare eyeglasses | <input type="checkbox"/> Lots of plastic bags |
| <input type="checkbox"/> Water 3 gallons per person | |
| <input type="checkbox"/> Water for animals | |
| <input type="checkbox"/> Food—3 day supply per person, nonperishable | |
| <input type="checkbox"/> Can opener—manual | |
| <input type="checkbox"/> Salt & Pepper | |
| <input type="checkbox"/> Clothes—one set per person, study shoes or work boots, raingear, hat and gloves, thermal underwear | |
| <input type="checkbox"/> Sunglasses | |
| <input type="checkbox"/> Blankets/Sleeping bags | |
| <input type="checkbox"/> Tube tents | |
| <input type="checkbox"/> Children Supplies—diapers, formula, medicine | |

COMPUTER OWNERS: If you have a computer, you should already have all your important files, pictures, operating system and software discs backed up and stored in another location. This is a great way to document your personal property ahead of time as well. Make plans to grab the tower (CPU) if you have to go in a hurry.

Water: The Absolute Necessity

Preparing an emergency water supply is key in turning a life-threatening situation into a manageable problem. You should store at a minimum, a three-day supply of drinking water for each person and any animals in your home. Store at least one gallon of water, per person, per day. In the heat that amount could be doubled. If supplies run low, **never ration drinking water. Drink the amount you need today and try to find more for tomorrow.** You can minimize the amount of water your body needs by reducing activity and staying cool.

You can use Rainwater—Streams, rivers, ponds, lakes and/or Natural Springs, but purify the water by one of the methods below before drinking it.

- Boil the water for a full minute to purify and let cool before you drink.
- Chlorinate by using **only** non-scented, no additives regular household bleach in the amount of 16 drops (1/8 teaspoon per gallon) and let sit for 30 minutes. If there is no faint chlorine smell, repeat the dosage.
- Strain, as needed, using coffee filters.

Emergency Food Supply

Acquire your three-day food supply with each visit to the grocery store. Buy an additional item or two of the foods you normally enjoy and stock up when they are on sale. You may not need to buy many foods to prepare an emergency food supply. Use canned goods and other staples on your shelves.

It won't take long before you have enough extras to last you for three days. **Remember....take it one step at a time....**