

MAKE A PLAN

STEP #2



Are You Ready?

Is a series of handouts designed to assist you and your family to plan ahead for emergencies.



For more information on Get Informed Step #2: Check out these Helpful websites:



Washington County Emergency Services/ Emergency Management 33 W. Washington St. Hagerstown, MD 21740 240-313-2930



www.fema.gov



www.redcross.org



www.hhs.gov



www.whitehouse.gov

Are You Ready?

WASHINGTON COUNTY HEALTH DEPARTMENT

FEBRUARY 2006

Four Steps to Preparedness

Step 1: Get Informed (in January 2006 issue)

Step 2: Make A Plan

Meet with Your Family Members.

Review the information you gathered about community hazards and plans. Explain the dangers to children and work with them as a team to prepare your family. Be sure to include caregivers in your meeting and planning efforts.



Choose an "Out-of-Town" Contact. Ask an out-of-town friend or relative to be your contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know the contact's phone numbers.

Decide Where to Meet. In the event of an emergency, you may become separated from family members. Choose a place right outside your home in case of a sudden emergency, like a fire. Choose a location outside your neighborhood in case you can't return home.

Complete a Family Communication Plan. Your plan should include contact information for family members, work and school. Your plan should also include information for your out-of-town contact, meeting locations, emergency services and the National Poison Control Center (1-800-222-1222). A sample form for recording this information can be found at www.ready.gov—or at www.redcross.org/contactcard. These websites also provide blank wallet cards on which contact information can be recorded and carried in a wallet, purse, backpack, etc., for quick reference. Teach your children how to call the emergency phone numbers and when it is appropriate to do so. Be sure each family member has a copy of your communication plan and post it near your telephone for use in an emergency.

Plan for those with disabilities and other special needs. Keep support items in a designated place, so they can be found quickly.

Plan for your pets. Take your pets with you if you evacuate. However, be aware that pets (other than service animals) usually are not permitted in emergency public shelters for health reasons.

Prepare for different hazards. Include in your plan how to prepare for each hazard that could impact your local community and how to protect yourself.

Escape Routes and Safe Places. In a fire or other emergency, you may need to evacuate on a moment's notice. Be ready to get out fast. Be sure everyone in your family knows the best escape routes out of your home as well as where the safe places are in your home.



.....coming next flyer:

Step 3: Assemble a kit (March)

Step 4: Maintain your plan and kit (April)

An Ounce of Prevention

Wash YOUR HANDS Often

What happens if you do not wash your hands frequently?

You pick up germs from other sources and then you infect yourself when you

- Touch your eyes
- Or your nose
- Or your mouth



When should you wash your hands?

You should wash your hands often. Probably more often than you do now, because you can't see germs with the naked eye or smell them, so you do not really know where they are hiding. It is especially important to wash your hands

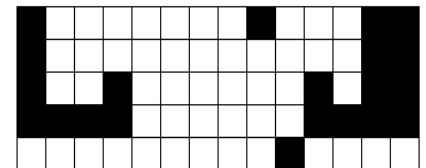
- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty, and
- More frequently when someone in your home is sick.

What is the correct way to wash your hands?

First, wet your hands and apply liquid or clean bar soap. Place the bar soap on a rack and allow it to drain. Next, rub your hands vigorously together and scrub all surfaces. Continue for 10-15 seconds, or about the length of a little tune. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

Rinse well and dry your hands.

Make a Plan



R E R N
M E G A M I Y G S
B R R F A E E L I P R
E M E M G N C C Y E A
E P Y E P A K I N F O L A N

Each letter appears in the same column, but below where it should be. The solver must put the letters back in the grid and rebuild the phrase.