

## EVACUATION PREPAREDNESS



### Are You Ready?

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



For more information on Evacuation Preparedness

Check out these Helpful websites:



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



[www.nal.usda.gov/foodborne](http://www.nal.usda.gov/foodborne)



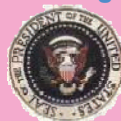
[www.fema.gov](http://www.fema.gov)



[www.redcross.org](http://www.redcross.org)



[www.hhs.gov](http://www.hhs.gov)



[www.whitehouse.gov](http://www.whitehouse.gov)



# Are You Ready?

JUNE 2006

WASHINGTON COUNTY HEALTH DEPARTMENT

## Evacuation Preparedness

### Deciding to Stay or Go

Depending on your circumstances and the nature of the disaster, the first important decision after an incident occurs is whether to shelter-in-place or evacuate. Understand and plan for both possibilities in advance by developing clear, well thought out plans.

- ★ Have an Evacuation Plan and a Shelter-in-Place Plan.
- ★ In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor TV or radio news reports for information or official instructions as they become available.
- ★ If you are specifically told to evacuate, shelter-in-place or seek medical treatment, do so immediately.



### If you are instructed to evacuate

- ★ Listen to the radio or television for the location of emergency shelters and for other instructions from local emergency officials.
- ★ Wear protective clothing and sturdy shoes.
- ★ Take your disaster supplies kit.
- ★ Use travel routes specified by local authorities.
- ★ Always try to keep your gas tank at least half full.
- ★ First aid kit, prescription drugs
- ★ Money (including small change for pay telephone)
- ★ Copies of important documents
- ★ Sleeping bags
- ★ Can Opener (if kit contains canned food)
- ★ Garbage bags

Place all these items in a portable container and keep it accessible. All family members could have their own personalized survival kit in a backpack, ready to go in case you need to evacuate. Another bag could be devoted to equipment, and larger quantities of food and water for the whole family.

### Recommended Supplies to Include in a Portable Disaster Kit

- ★ Food and Water (for at least 3 days)
- ★ Flashlight and spare batteries, crank or battery operated radio
- ★ Candles and matches or lighter
- ★ Whistle (in case you need to attract attention)
- ★ Toiletries, spare eyeglasses and other personal items
- ★ Extra set of keys

*You never know when some basic first aid techniques could help. Call your local Red Cross to inquire about first aid and CPR courses that they offer.*



## An Ounce of Prevention

### Handle and Prepare Food Safely

Almost everyone has experienced a foodborne illness at some point in time. But do we only get sick from restaurant food? No! In fact, many cases of foodborne illnesses occur when food is prepared at home. If food is handled and prepared safely, most foodborne illnesses can be avoided. All food may contain some natural bacteria, and improper handling gives the bacteria a chance to grow. Also, food can be contaminated with bacteria that can make you ill from other sources. Contaminated or unclean food can be very dangerous, especially to young children, older adults, pregnant women and people with weakened immune systems. Each year in the United States, approximately 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die from foodborne illness.

There are four major tips you can use to prevent contaminating food.

1. Use caution when you buy your food.
2. Store your food properly.
3. Use special precautions when preparing and cooking food.
4. Cool and promptly store leftovers after food has been served.



Basically, use common sense and, when in doubt, throw it out. It is much cheaper to throw out bad food than it is to pay expensive medical bills or miss work.