

IT'S A DISASTER!

And WHAT are YOU
going to do about it?





Get your family ready for any emergency in 3 easy steps:

- ✓ Get a kit
- ✓ Make a plan
- ✓ Stay informed

Ready
✓
irginia
www.ReadyVirginia.gov

Get a Kit

Having an emergency supply kit is essential to making it through a disaster safely. Make sure to have supplies on hand to last each person three - seven days.

Make a Plan

Emergencies and disasters can strike anyone, anytime and anywhere. They can happen quickly and without warning, and they can force you to evacuate your neighborhood or require you to stay in your home.

Stay Informed

Learn how to reach friend, family and emergency services during an emergency. Before, during and after a disaster, it is critical that you listen for the most local, up-to-date information from emergency officials. Local media will convey instructions from local, state and federal government partners.

Get a Kit

Having an emergency supply kit is essential to making it through a disaster safely.

Make sure to have supplies on hand to last each person 3 – 7 days.

Put these essential items in your kit:

- ✓ Food, at least a three-day supply of food that does not need electricity for storage or for preparation
- ✓ Manual can opener for food (if kit contains canned food)
- ✓ Water, at least one gallon/person/day for drinking and sanitation
- ✓ Battery-powered/hand-crank radio with weather band and extra batteries
- ✓ Written family emergency plan

Once you have the essentials you should add these items to your kit:

- ✓ A corded phone
- ✓ Wrench or pliers to turn off utilities
- ✓ Flashlight and extra batteries
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Prescription medications and eyewear
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter where you are
- ✓ Sanitation supplies: moist towelettes, soap, toilet paper and plastic garbage bags



Get a Kit

Additional items to consider adding to an emergency supply kit:

- ✓ Items for infants and toddlers
- ✓ Items for pets
- ✓ Local maps



- ✓ Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- ✓ Cash in small denominations or traveler's checks and change
- ✓ Feminine supplies and personal hygiene items
- ✓ Emergency reference material such as a first aid book

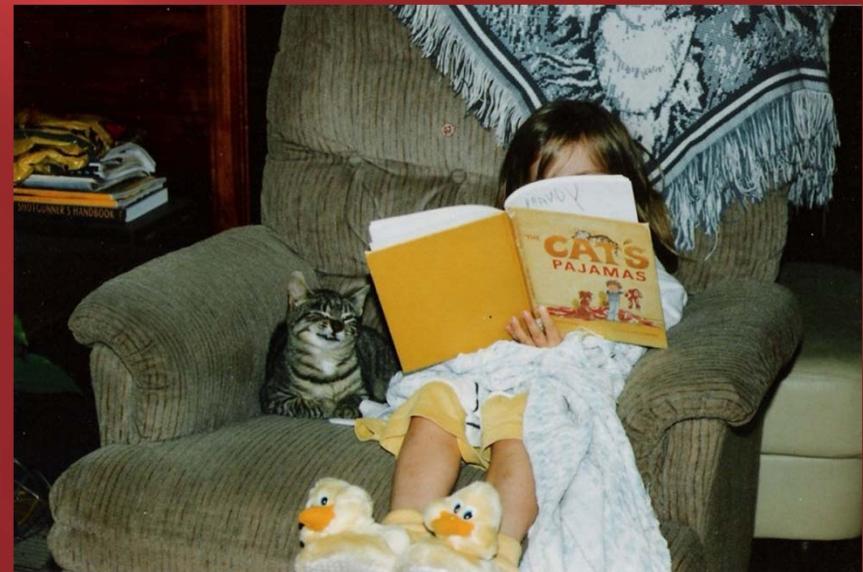




Get a Kit

- ✓ Sleeping bag or warm blanket for each person (consider additional bedding if you live in a cold-weather climate)
- ✓ Complete change of clothing including a long-sleeved shirt, long pants, socks and sturdy shoes (consider additional layers if you live in a cold-weather climate)
- ✓ Household chlorine bleach and medicine dropper (when diluted in water, bleach can be used to kill germs)

- ✓ Fire Extinguisher
- ✓ Matches in a waterproof container
- ✓ Paper cups, plates and plastic knives, forks and spoons, paper towels
- ✓ Paper and pencil
- ✓ Books, games, puzzles or other activities for children



Make A Plan

Family Emergency Plans:

- ✓ Discuss with your family, friends and neighbors the types of disasters and emergencies that are most likely to happen and what to do in each case.
- ✓ After a disaster, it's often easier to call long distance than to get a local call to connect. Ask an out-of-town friend or relative to be your family emergency contact. All family members should call this person in an emergency to check in. Be sure every member of your family knows the phone number.
- ✓ Take a first aid, CPR or other class so that you have the knowledge to help yourself and others if needed.



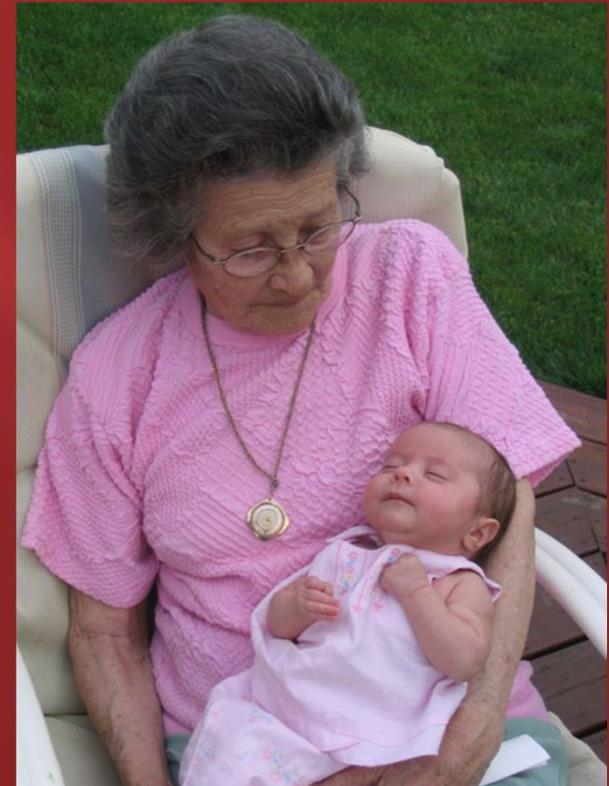
Make A Plan

- ✓ Decide now where you and your family will meet in case you can't return home because of an emergency. Keep a record of the location's address and phone number, as well as the phone numbers of your family, with you at all times.
- ✓ Make a visual or written record of your possessions to help you claim losses in the event of damage. Include photographs of cars, boats and recreational vehicles. Get professional appraisals of jewelry, collectibles, artwork or other items that might be difficult to evaluate. Also, photograph the exterior of your home. Include the landscaping that might not be insurable but does increase the value of your property for tax purposes. Make copies of receipts and canceled checks for valuable items.



Make A Plan

- ✓ Make a plan for your pets
- ✓ Make plans for family members with special needs
- ✓ Talk to your neighbors about how you can work together during an emergency. Find out if anyone has specialized equipment like a power generator or expertise such as medical knowledge that might help in a crisis.
- ✓ Decide who will check on elderly or disabled neighbors.
- ✓ Make back-up plans for children in case you can't get home in an emergency.



Make A Plan - Some Planning is Better

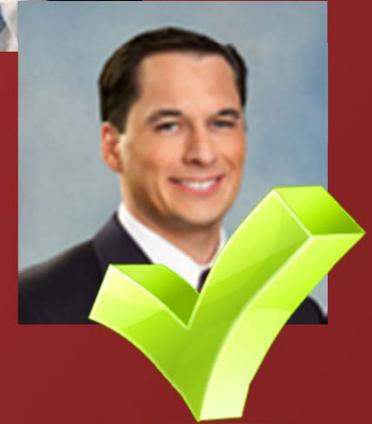


Than None at ALL!

Stay Informed

Before, during and after large scale disasters, it is critical that you listen for the most **local**, up-to-date information from emergency officials. **Local** media will convey instructions from local, state and federal government partners, such as:

- Orders to evacuate
- Details about evacuation routes
- Locations of evacuation shelters
- How to safely stay where you are
- Where to find assistance
- Weather warnings and watches
- What about Wallops?



National Hurricane Center



<http://www.nhc.noaa.gov/>

Stay Informed

ENS is an Agency wide Emergency Notification and Accountability System that provides NASA the ability to send messages, both Agency-related and/or Center-related, to you, in the event of an emergency or emerging situation at a NASA facility. Notification is via multiple communication devices, (e-mail, text, cellular, home/office numbers, e.g.). The system gives you the ability to respond to notifications and provide your safety status.

It also provides NASA the ability to track and report on your safety, during an event. It also provides cross-center support; thus enabling another Center to send ENS messages for one Center if the Center is not operational.

To update personal contact information, login to NASA's personnel systems and update your contact information:

If you are Civil Service, please update your information in Employee Express

<https://www.employeeexpress.gov>

If you are Non-Civil Service (e.g., a contractor), enter your information into the User Self-Service (USS) tools, part of the Identity Management and Account Exchange (IdMAX):

<https://idmax.nasa.gov>

What about smaller scale disasters – those affecting just your home, school or subdivision?
Fire? Severe Storm? Power Outage?

Get a Kit small home repair kit, tool box, fire proof box with important papers, etc.

Make A Plan Fire Escape Plan, Emergency Meeting Place,
How to Operate the Generator Cheat Sheet, Who's taking
care of the pets, etc.

Stay Informed Home Insurance Policy, Flood Insurance Policy,
Local damage assessments, VA Disaster Assistance Program, etc.



Flooding is the nation's most common natural disaster, but not all floods are alike. Some can develop slowly during an extended period of rain, in a warming trend following a heavy snow, or before/during/after a hurricane or nor'easter.

Others, such as flash floods, can occur quickly. even without any visible signs of rain. Be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near water or downstream from a dam. Even a very small stream or dry creek bed can overflow and flood - especially from tidal flooding.

Familiarize yourself with the terms that are used to identify a flood hazard:

Flood Watch or Flash Flood Watch: there is an increased possibility of flooding or a flash flood in your area.

Flood Warning: flooding is occurring or will likely occur very soon. If you are advised to evacuate, do so immediately.

Flash Flood Warning: flash flooding is occurring. Seek higher ground immediately; do not wait for instructions.



Do not walk through moving water, if possible. Look for areas where the water is not moving. What might seem like a small amount of moving water can easily knock you down.

Do not drive into flooded areas. If your vehicle becomes surrounded by rising water, get out quickly and move to higher ground, if possible.

Flood water might cut off access to roads. Be prepared to stay where you are until floodwaters recede.

Know the road conditions before you hit the highways. Visit <http://www.511virginia.org> or dial 511 from any phone for real-time traffic information and road condition reports.

You don't have to live in a high risk area to be at risk for floods. About 25 percent of flood claims occur outside of a special flood hazard area, yet only 4.3 percent of Virginia households in low- to moderate-risk areas are covered with flood insurance protection.

Find out more at FloodSmart.gov



Lightning & Thunderstorms

In the United States, lightning kills 300 people and injures 80 on average, each year. All thunderstorms produce lightning and all have the potential for danger, including tornadoes, strong winds, hail, wildfires and flash flooding.

Lightning's risk to individuals and property is increased because of its unpredictability. It often strikes outside of heavy rain and can travel up to 15 miles in any direction. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

Preparing for a Thunderstorm and Lightning:

- Familiarize yourself with the terms that are used to identify a thunderstorm hazard, including understanding the difference between a severe thunderstorm watch and a severe thunderstorm warning.
 - **Thunderstorm Watch:** there is a possibility of a thunderstorm in your area.
 - **Thunderstorm Warning:** a thunderstorm is occurring or will likely occur soon. Take shelter immediately.



Have a Thunderstorm Plan

- If a thunderstorm is likely in your area, postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Avoid showering or bathing during a thunderstorm. Plumbing and bathroom fixtures can conduct electricity.
- Watch for darkening skies, lightning, increasing winds.
- Go quickly inside a sturdy, enclosed building. If no building is close, get in the car and avoid touching metal surfaces.
- If no shelter or car is available, go to the lowest area nearby and make yourself the smallest target possible. Do not lie flat on the ground.
- If on open water, get to land and shelter immediately.
- Avoid:
 - Any tall, isolated trees in an open area.
 - Hilltops, open fields, the beach, a boat on the water, isolated sheds or other small structures in open areas.
 - Anything metal – tractors, farm equipment, motorcycles, golf carts, golf clubs, bleachers, fences and bicycles.
- Do not use electrical items such as computers or television sets as power surges from lightning can cause serious damage.
- A corded telephone should only be used in an emergency, but cordless phones and cell phones are safe to use.

Stay Informed

- Listen to weather-alert radios to stay informed of thunderstorm watches and warnings.
- Also monitor commercial radio, television and the Internet.
- Keep in mind that after a thunderstorm, it could be hours, or even days, before emergency personnel are able to reach you.

Learn the terms that are used to identify a tornado.

•**Tornado Watch**: a tornado is possible in your area. You should monitor weather-alert radios and local radio and TV stations for information.

•**Tornado Warning**: a tornado has been sighted in the area or has been indicated by National Weather Service Doppler radar. When a warning is issued, take cover immediately.



When it comes to tornadoes, there's no such thing as a "tornado season." Tornadoes can strike anywhere, anytime, and you need to know the drill.

Tornadoes are nature's most violent storms. They can appear suddenly without warning and can be invisible until dust and debris are picked up or a funnel cloud appears. Be prepared to act quickly.

Know the Signs

- Strong, persistent rotation in the base of a cloud
- Whirling dust or debris on the ground under a cloud base – tornadoes sometimes have no visible funnel
- Hail or heavy rain followed by dead calm or a fast, intense wind shift. Many tornadoes, especially in Virginia, are wrapped in heavy precipitation and can't be seen.
- Loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder does
- If it's night, look for small, bright, blue-green to white flashes at ground level (as opposed to silvery lightning up in the clouds). These lights are power lines being snapped by very strong wind, perhaps a tornado.
- Persistent lowering of the cloud base



QUESTIONS?

