



Family Disaster Preparedness Plan



Together, We Prepare, Survive and Thrive

www.bereadymanoa.org



Presents

Disaster Preparedness Fair



Become a "Disaster Blaster"

- FREE Admission
- Parking Available
- Entertainment
- Food

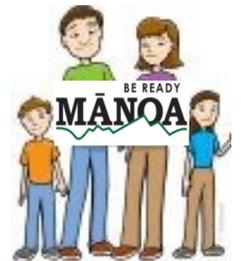
Saturday, Sept. 13, 2014
9:00 a.m. to 2:00 p.m.
Mānoa Valley District Park
 & Upper Campus Gyms, Multi-Purpose Room
 Enter from Mānoa Road for closest parking areas



City, State, Federal agencies, NGOs on hand

- Hands-On Disaster Preparedness Activities
- Demos ▪ Exhibits ▪ Free Samples
- Giveaways and so much more...

For information, visit: www.BeReadymanoa.org or
 Contact: Helen Nakano at 927-0993 or email: fair@bereadymanoa.org





1

Create a Disaster Plan

Meet with your family and discuss the need to prepare for disasters.
Explain the dangers of fire, severe weather and earthquakes to children.
Plan to share responsibilities and work together as a TEAM.

- ___ Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- ___ Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home.
(Everyone must know the address and phone number.)
- ___ Ask an out-of-state family member or friend to be your family contact. The phone system will most likely become unavailable after a disaster. This is almost always caused by overuse of the system. Please stay off all phones (land line and cell) unless you need to **CALL 911** for a life-threatening situation. Sending a text message may be more reliable. After a disaster, your family contact becomes a relay point to share information with all household members. Your plan depends on everyone knowing your out-of area contact phone number.
- ___ Discuss what to do in an evacuation. Plan how to take care of your pets.

Complete This Checklist

- ___ Post emergency telephone numbers by phones (fire, police, ambulance, etc.)
- ___ Teach children how and when to **CALL 911** or your local Emergency Medical Services number for emergency help.
- ___ Show each family member how and when to turn off the water, gas and electricity at the main switches.
- ___ Check if you have adequate insurance coverage.
- ___ Teach each family member how to use the fire extinguisher, and show them where it's kept.
- ___ Install smoke detectors on each level of your home, especially near bedrooms.
- ___ Conduct a home hazard hunt.
- ___ Stock emergency supplies and assemble a Disaster Supplies kit.
- ___ Take a Red Cross first aid CPR class.

- ___ Determine the best escape routes from your home.
Find two ways out from each room.
- ___ Find the safe spots in your home for each type of disaster.

Family Disaster Plan

Emergency Meeting Place: _____
(Outside your home)

Meeting Place: _____
(Outside your neighborhood)

Address: _____

Family Contact: _____

Phone: () _____ (Phone) () _____
Day Evening

Email: _____

Resources

State Civil Defense	www.scd.hawaii.gov	733-4300
Dept. of Emergency Management	www.honolulu.gov/dem	723-8960
American Red Cross (State Chapter)	www.hawaiiiredcross.org	734-2101
Ready.Gov	www.ready.gov	
Federal Emergency Management Agency	www.fema.gov	

Be Ready Mānoa
www.bereadymanoa.org

2 Disaster Preparedness Kit

A number of lists are available on-line of **suggested items** to include in your disaster preparedness kit. Some are listed below.

www.ready.gov www.scd.hawaii.gov www.honolulu.gov/dem

It is **suggested** that a good way to assemble your kit is to do it over the space of several weeks selecting those items which are used on a day-to-day basis and would be critical to have if it is necessary to evacuate.



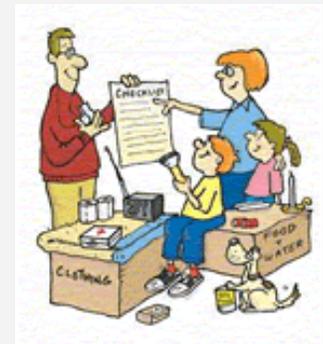
The following items are considered essential to a basic disaster preparedness kit:

- ___ Water, one-gallon of water per person per day, for drinking and sanitation for seven days.
- ___ Food, at least a seven-day supply of non-perishable food.
- ___ Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both.
- ___ Flashlight and extra batteries.
- ___ First-Aid kit.
- ___ Whistle to signal for help.
- ___ Infant formula and diapers.
- ___ Moist towelettes, garbage bags and plastic ties for personal sanitation.
- ___ Dust masks.
- ___ Plastic sheeting and duct tape to shelter-in-place.
- ___ Wrench or pliers to turn off utilities.
- ___ Can opener for food (if kit contains canned food.)
- ___ Prescription medications for each family member.



Other items to consider adding to your kit are:

- ___ An extra change of clothes for each family member.
- ___ Blanket or sleeping bag for each family member.
- ___ Rain gear.
- ___ Mess kits, paper cups, plates and plastic utensils.
- ___ Cash or traveler's checks, change.
- ___ Toilet paper, paper towels.
- ___ Fire extinguisher.
- ___ Tent.
- ___ Matches in a waterproof container.
- ___ Paper, pencil.
- ___ Personal hygiene items including feminine supplies.
- ___ Soap.
- ___ Household chlorine bleach – You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water.
- ___ Medicine dropper.
- ___ Important family documents.



Additional items for elderly and disabled individuals:

- ___ **Life-sustaining medications** -- seizure, blood pressure, and heart medications, insulin, etc. to last through the disaster and recovery period. There may be no phone service and pharmacies may close. Plan with your physician for emergency prescription refills.
- ___ **Special equipment** -- canes, walkers, wheelchairs, braces, eyeglasses, hearing aids etc.

Family Disaster Preparedness Plan



Dear Neighbor:

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services: water, gas, electricity or phones were cut off? Local officials and relief workers cannot reach everyone right away. It is up to us to protect our family and home. As a community, let's prepare together and Be Ready Mānoa to help each other.

I hope this guide will help your family's planning efforts in the event of a disaster. Please share this with your family.

Mahalo,

Isaac W. Choy, CPA

State Representative, District 23
Mānoa, Punahou, University, Moiliili

Prepared by:

The Office of Representative Isaac W. Choy
415 S. Beretania Street, Room 404
Honolulu, Hawaii 96813



Step 1 - Have a Household DISASTER PLAN

Develop a disaster plan with your family members to prepare for what to do, how to find each other, and how to communicate in an emergency.



Step 2 - Have a DISASTER PREPAREDNESS KIT

Keep enough supplies in your home to survive on your own for **up to 7 days**. If possible, keep these materials in an easily accessible, separate container or special cupboard.



You should indicate to your family members that these supplies are for emergencies only. Check expiration dates of food and update your kits **every three months**.

Step 3 - Have a GO BAG

Every family member should pack a **Go Bag**—a collection of items you may need in the event of an evacuation.

A **Go Bag** should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A **Go Bag** should be easily accessible if you have to leave your home in a hurry.



FOR MORE INFORMATION:
Web: www.bereadymanoa.org
Email: info@bereadymanoa.org

The **Be Ready Mānoa** team consists of a group of dedicated Mānoa residents, with representatives from the Mānoa Neighborhood Board, Mālama Mānoa, the Mānoa Neighborhood Security Watch network, local businesses, faith-based and community organizations.

Since November 2013, the **Be Ready Mānoa** team met often weekly, collaborating with the City & County Department of Emergency Management, State Civil Defense, Red Cross and other communities, to complete the first draft of the **Mānoa Disaster Preparedness Plan**.

GOAL: To raise awareness of the hazards which face Mānoa residents to be able to sustain ourselves for up to seven days before outside assistance arrives and to recover to pre-disaster normality as quickly as possible.

3 Your Go Bag



Every family member should pack a **Go Bag**—a collection of items you may need in the event of an evacuation. A **Go Bag** should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A **Go Bag** should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year.

- ___ Copies of your important documents in a waterproof and portable container (insurance cards, photo IDs, family photo, proof of address, copies of prescriptions, etc.)
- ___ Extra set of car and house keys.
- ___ Credit and ATM cards and cash, especially in small denominations.
- ___ Bottled water and non-perishable food such as energy or granola bars.
- ___ Flashlight and extra batteries.
- ___ Charger and external power pack for your cell phone.
- ___ Battery-operated AM/FM radio and extra batteries.
- ___ Medications and other essential personal items. Be sure to refill medications before they expire. Keep a list of the medications each member of your family takes, why they take them, and their dosage.
- ___ First-aid kit including bandages and antibiotic ointments.
- ___ Change of clothes, sturdy, comfortable shoes, lightweight rain gear, coat and blanket.
- ___ Contact and meeting place information for your family, and a small regional map.
- ___ Child care supplies (diapers, wipes, food, formula) or other special care items.



Maintaining Your Disaster Kit

Your emergency kit is not something that you can put together and forget about. It needs regular maintenance so that it will be in top shape for any disaster.

- ___ Replace the water every six months.
- ___ Replace the canned food every year.
- ___ Replace batteries. Since aging batteries can swell and leak, they should be removed from the device they are intended to power and stored in plastic bags.
- ___ Replace any medicines or other items with limited life.
- ___ Inspect all items for deterioration, leaking containers and other problems.
- ___ Wash clothes and bedding. Check children's clothes to make sure that they still fit.
- ___ Update any of your important documents.



Emergency Shelters and Taking Care of Our Pets



Our Pet Supplies
7 Days
of Essentials

Area Schools

Hokulani Elementary	
Manoa Elementary	
Noelani Elementary	
Roosevelt High	
Stevenson Middle	
Washington Middle	
Kaimuki High	

Know Your Shelter

Special Health Needs Shelters provide limited support to persons with special health needs. These evacuees must either be capable of taking care of their own needs or be accompanied by a caregiver.



Pet Friendly Shelters are co-located with some general population shelters. Household pets entering a pet friendly shelter must be caged for safety and owners should provide water and food for their pets.

Food and water (include can opener, food and water bowls.)

Collar with ID tag

Pet Carrier (one for each pet if evacuating to a Pet Friendly Shelter.)

Sanitation (Pet litter/litter box), newspapers, plastic trash bags, cleaning solution.

Pictures—You and your pet in case of separation.

Statewide List of Emergency Shelters

www.honolulu.gov/demevacuate/hurricaneinfo.html



Pet Preparedness

www.honolulu.gov/rep/site/dem/dem_docs/pamphlets/Pets_Revised_DEC13.pdf

Neighbor Helping Neighbor

- ▶ Establish a personal support system. A personal support network is made up of individuals who will check on you in an emergency to ensure you are okay and to give assistance if needed.
- ▶ Working with neighbors can save lives and property.
- ▶ Meet with your neighbors to plan how the neighborhood could work together in the event of a disaster and until help arrives.
- ▶ If you are a member of a **Neighborhood Security Watch**, introduce disaster preparedness as a new activity.
- ▶ Know your neighbors special skills (e.g., medical, technical) and consider how you can help neighbors who have special needs, such as disabled and elderly persons.
- ▶ Make plans for child care in case parents can't get home.



The **Mānoa Neighborhood Security Watch Network** consists of about 28 individual neighborhood security watches organized in various areas of Mānoa Valley to help improve residential security.

Contact the
Mānoa Neighborhood Security Watch Recruitment Team
for more information on how you can
JOIN or FORM a NSW on your Street



Mānoa NSW Blog
Raleigh Ferdun
Email: rferdun@yahoo.com
NSW Blog: <http://manoa.homeserver.com/nswblog>

Mānoa NSW Email Alerts
Norman Wong
Email: norm516@hawaiiintel.net



STAY INFORMED. STAY SAFE.

Receive alerts from the Honolulu Department of Emergency Management and other local agencies



Hear about
Water Main Breaks from the
Board of Water Supply

Receive
Emergency Information from the
Dept. of Emergency Management

Stay informed of
Urgent Traffic Bulletins from the
Honolulu Police Department
and much more...

SIGN UP FREE AT
www.nixle.com/dem
OR TEXT YOUR ZIP CODE TO 888777

For help, reply HELP to 888777. To cancel, reply STOP to 888777. Message & Data rates may apply. Message frequency dependent on account settings, typically up to 1 message per day. More info at nixle.com. AT&T, T-Mobile, Sprint, Verizon, Wireless and most other carriers are supported. Contact customer support at support@nixle.com.

Using your smart phone and a QR reading app, scan the barcode to register now.



Mānoa NSW Blog: <http://manoa.homeserver.com/nswblog>