

Plan ahead to help protect you and your family and limit the effects of an emergency.

Step 1. Make a Plan

Make an emergency plan for you and your family. Talk to your family about this plan. Your family may need to stay home or they may need to leave to go to a safer place. Decide how your family members will contact each other. Plan a meeting place for your family and how each person will get there.

Your plan should also include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.
- A local and an out of town emergency contact.
- Health information for each member of the family including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Doctors' names and phone numbers.
- Locations of hospitals near work, school and home and their phone numbers.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Someone to care for your pets in case you cannot be there. Keep your pets up to date on vaccine and have a copy of your pets' vaccine records in case they need to go to a animal shelter.
- Pets' veterinarian name and phone number.



Plan Ahead for Special Situations

Children in child care centers or schools –

Most schools and child care centers have emergency plans and practice fire, earthquake and tornado drills. Make sure the child care center or school has your current work, home and cell phone numbers and e-mail address.

Be sure to ask:

- ◆ How parents will be contacted in an emergency.
- ◆ What steps will be taken to protect your children.
- ◆ If extra water, food and first aid supplies are stored on site.
- ◆ How the school plans to keep exposed children away from other children.
- ◆ Where the children will be taken if they must evacuate.

Work – Check with your employer about work policies and emergency plans. Make plans for your family if you have to go to work.

People with special needs – Wear a medical alert tag or bracelet that lists your health care needs. Make a plan for someone to help during an emergency. This person will need to get into your home and know how to provide care.

- ◆ **For those who are living at home**, keep extra medicines and supplies.

- ◆ **For those who need dialysis or other life-sustaining treatment**, know the location of more than one facility where you can get care.
- ◆ **For those who are living in a special care center**, the facility should have an emergency plan.
- ◆ **Safe shelter** – If there is an emergency where poisons are in the air, you may be told to stay inside. Turn off all furnaces, air conditioners and fans. Close vents. Close and lock all doors and windows. Listen to the television or a battery powered radios.
- ◆ **www.helpmekansas.org**– a secure website that assists emergency management in planning to meet the needs of residents before, during, and after emergencies. Please visit website to register yourself or loved one.

Specific Information for Kearny County

Shelters

Lakin

- ◆ Tornado—Courthouse Basement
- ◆ Storm- Senior Center

Deerfield

- ◆ Tornado—Deerfield High school locker room
- ◆ Storm-Community Building

Sirens

- ◆ Tornado—long tone
- ◆ Fire—fluctuating tone

Emergency Phone Numbers

- ◆ Sheriff's Office 620-355-6211
- ◆ Kearny County Hospital 620-355-7111



Step 2. Prepare an Emergency Kit

Have a **3 day supply** for each person and pet.

Food and Other Items

- Water in clean, sealed plastic containers: store one gallon for each person and pet for each day
- Ready to eat canned meats, fruits and vegetables
- Manual can opener
- Protein and fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods, fruits and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Jars of baby food and baby formula
- Pet food

Basic Supplies

- Flashlight and batteries
- Battery powered radio and batteries
- Sleeping bags or blankets
- Baby supplies—diapers and bottles
- Paper towels and a disinfectant cleaner
- Tissues and toilet paper
- Feminine hygiene supplies
- Paper Goods
- Matches in a waterproof container
- Plastic sheets and heavy tape such as duct tape or electrical tape
- Trash bags
- Plastic bucket with tight lid
- Prescription medicines
- Copies of important family documents in a waterproof container: identification, health information for each family member, insurance information and birth certificates
- Extra batteries for equipment such as a wheelchair or hearing aids

First-aid Kit

- Digital thermometer
- Adhesive bandages in different sizes, gauze pads, and sterile rolled bandages
- Bandage tape
- Soap and alcohol-based hand sanitizer
- Washcloths and moistened towelettes
- Antibiotic ointment
- Latex gloves
- Scissors, tweezers, a needle and thread and safety pins
- Cotton swabs
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea



If you need to leave your home, also include these supplies:

- Clothes and sturdy shoes
- Coats, hats, rain gear and gloves
- Toothpaste, toothbrush and other toiletries
- Prepaid, long-distance calling card
- Keys for your car and house
- Money and a credit card
- Books, playing cards and board games

Car Supplies

Keep a small emergency supply kit in your car at all times with:

- A flashlight with extra batteries
- A sleeping bag or blanket
- Road maps
- First-aid supplies
- Tire repair kit, jumper cables and flares

Step 3. Listen for Information

Local and state officials have plans to protect the public. Stay calm and listen for reports on the television, radio or internet. Have a radio in case there is no electricity. If there is limited communication, you may need to decide what is best for you and your family.

Kearny County Residents: Are you prepared?



Plan ahead
to help protect you and your family
and limit the effects of an emergency.
An emergency may be a tornado,
blizzard, ice storm, flood,
house fire or bombing.