Family Disaster Preparedness Planning Guide

First (Scots) Presbyterian Church
Congregational Safety and Security Committee
“It is better to take refuge in the Lord than to trust in man.”
Psalm 118:18 NIV

In times of natural or man made emergencies or disasters there are several very important “rules of thumb” to understand:

- Disaster Response overwhelms everyone!
- Those who plan and prepare, survive; while those who procrastinate suffer!
- Help only comes when requested!
- Support comes to the Organized Communities!

The Session has established the Church Safety and Security Committee (CSSC) to assist you and your family to be among those who survive, get help, and support. The committee has developed a FSPC Disaster Planning and Response Plan, which includes the enclosed “Family Disaster Preparedness” section. In addition the committee has also placed a “Disaster Planning” page on the FSPC website (www.first-scots.org) to assist you in your planning efforts.

We encourage you to utilize these planning tools to assist you in being among those who are prepared for any emergency. When preparing, it is best to think first about the basics of survival: fresh water, food, clean air, warmth, and shelter.

Remember that only you may Plan, Prepare, Protect, and Provide for you and your family’s survival and security!

Should you require assistance in your planning or preparation please feel free to contact our Congregational Disaster Response Coordinator (CDRC) Mark Johnson through the church office.

Reverend Maggie Beamguard
Associate Pastor, First (Scots) Presbyterian Church
First (Scots) Presbyterian Church

Family Disaster Preparedness Planning

Index
(January 2017)

Part 1: Potential and Introduction
(Taken from the FSPC Disaster Planning and Response Plan, first page only)

Part 2: Family Disaster Preparedness
(Taken from the FSPC Disaster Planning and Response Plan)

Hurricane Hugo
September 21, 1989
First (Scots) Presbyterian Church

Part 1

Disaster Potentials
For the Downtown Area

(January 2017)

High:
- Hurricane
- Tornado
- Earthquake
- Flood

Moderate:
- Fire
- Ice/Snow Storm
- Terrorist Attack
- Hazardous Material

Low:
- Civil Unrest/Riot
- Aircraft Accident
- Medical-Biological
- Nuclear Accident
First (Scots) Presbyterian Church

Part 2

Family Disaster Preparedness

(January 2017)

Should a natural or man made disaster occur each family unit should be prepared to take care of its needs for a minimum of three days if, but probably for three weeks without assistance. The following guidelines, checklists, and emergency kits have been developed to assist you in this preparation.

Contents

Section 1: Planning for Emergencies – Disasters
   A. Make a Plan (American Red Cross)
   B. Grab & Go” Emergency Kit Contents (FEMA)
   C. Disaster Planning Guides (SC Emerg Mgt Dept)

Section 2: Checklists and Forms
   A. Family Emergency - Evac Plan (FAM-1)
   B. Family Emergency Comm Plan (FAM-2)
   C. Universal Medications Form (FAM-3)
   D. Grab & Go First Aid Supplies Checklist (FAM-4)
   E. Grab & Go Emerg Supplies Checklist (FAM-5)
   F. Hurricane - Disaster Checklist (FAM-6)

Section 3: Appendices:
   A. Emergency Food
   B. Emergency Water
   C. Vial of Life Program
   D. Survival Tips
Make a Plan

Planning ahead will help you have the best possible response to disaster.

**Talk:** Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent. If a family member is in the military, also plan for how you would respond if they are deployed. Include the local military bases resources that may be available.

**Plan:** Choose two places to meet after a disaster.
- Right outside your home, in case of a sudden emergency, such as fire.
- Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.

Choose an out-of-area contact for members of the family to call in case of emergency. The selected contact person should live far enough away that they would be unaffected by the same event, and they should know they are the chosen contact. Remember that during a disaster, it may be easier to make a long distance phone call than a call across town.

Having predetermined meeting places will save time and minimize confusion should your home be affected or if the area is evacuated.

**Learn:** Each adult in your household should learn how and when to turn off utilities such as electricity, water and gas. Ask your local fire department to show you how to use a fire extinguisher.

**Tell:** Everyone in your household where emergency information and supplies are kept. Make copies of the information for everyone to carry with them. Keep the information updated.

**Practice** evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassible or gridlocked.

**Include Your Pets:** If you must evacuate, take your animals with you. If it is not safe for you to remain, it is not safe for them.
Part 2: Section 1 – B

“Grab & Go” Emergency Kit Contents

(January 2017)

In some emergencies, you maybe asked to evacuate with adequate emergency supplies (recommended minimum of 3 -5 days per person). In that case, you’ll need have easy-to-carry “Grab & Go” container(s) (i.e. backpack, duffel bag, or small 21-24” aircraft carry-on type bag w/wheels); that are pre-packed and stored in a convenient location.

The FEMA & the American Red Cross recommend that the following be considered for your “Grab & Go” Emergency Kit.

**Clothing - Personal Care – Special Needs:**
- Each family member should have at least one change of clothes; an extra pair of shoes; foul weather clothing; personal hygiene and sanitary items; bath towel; and sleeping bag or 2 blankets.
- Babies: Formula, bottles, powdered milk, baby food, diapers, medications, & moist wipes.
- Adults: Extra glasses/contacts, denture supplies, & medications
- Seniors: Extra glasses, extra hearing aid batteries, list of physicians, special equipment (tagged), denture supplies, insurance & MEDICARE cards, and medications.

**Travel – Contact Information:** For recommendations see enclosed forms
- FAM-1: Family Emergency - Evacuation Plan, pg: 3-5
- FAM-2: Family Emergency Plan (Individual Communication Cards), pg: 3-6

**First Aid & Medications:** For recommendations see enclosed forms
- FAM-3: Universal Medications Form, pg 3-7, 8
- FAM-4: Grab & Go First Aid Supplies Checklist, pg: 3-9

**Grab & Go Emergency Kit Supplies:** For recommendations see enclosed forms
- FAM-5: Grab & Go Important Documents, pg: 3-10
- FAM-5: Grab & Go Emergency Kit Supplies, pg: 3-10, 11

**Water & Food:** For recommendations see enclosed forms
- FAM-5: Grab & Go Emergency Kit Supplies, pg: 3-11

**Tools & Equipment:** For recommendations see enclosed forms
- FAM-5: Optional Emergency Kit Supplies, pg: 3-11

**Clean Air:** Red Cross recommends each individual has protection from contaminates & dust.
- N-95 Mask or dense-weave cotton material for nose & mouth protection (each family member)
- Heavyweight plastic garbage bags or plastic sheeting
- Duct tape & scissors

**Pets:** No Pets Allowed in Red Cross Shelters.
Disaster Planning Guides
(January 2017)

The South Carolina Guides listed below have been developed to assist you in disaster planning.

- Emergency Financial First Aid (FEMA)
- Food and Water in an Emergency (FEMA)
- Preparing Pets For Emergencies (FEMA)
- Hurricane Guide (SC EMD)
- Earthquake Guide (SC EMD)

These and other Guides are available at the Church Office and Reception Area.
Part 2: Section 2

Checklists and Forms

(February 2017)

Contents

Section 2: Checklists and Forms

A. Family Emergency - Evac Plan (FAM-1)

B. Family Emergency Comm Plan (FAM-2)

C. Universal Medications Form (FAM-3)

D. Grab & Go First Aid Supplies Checklist (FAM-4)

E. Grab & Go Emerg Kit Supplies Checklist (FAM-5)

F. Hurricane - Disaster Checklist (FAM-6)
First (Scots) Presbyterian Church

Family Emergency Evacuation Plan

(FAM-1, January 2017)

1) AT HOME:
   Out the Front Door, gather at: ________________________________
   Out the Back Door, gather at: ________________________________
   (EXAMPLE: Across the street at the Johnson’s, 1234 Maple Street)

2) AT WORK: (Dad)
   Out the Front Door, gather at: ________________________________
   Out the Back/Side Door, gather at: ________________________________
   Down the Stairs and Outside, gather at: ________________________________

3) AT WORK: (Mom)
   Out the Front Door, gather at: ________________________________
   Out the Back/Side Door, gather at: ________________________________
   Down the Stairs and Outside, gather at: ________________________________

4) AT SCHOOL: Follow School Plan and the Adult directions.

5) TO EVACUATE THE NEIGHBORHOOD:
   Family to gather at: ________________________________
   Designated Evacuation Site: ________________________________

6) TO EVACUATE TOWN/CITY/AREA:
   From Home, take this route: ________________________________
   ________________________________
   Destination: ________________________________
   Out of State Contact Person: ________________________________ Phone#: __________
   Hotel Info: ________________________________
   Alternate place to stay info: ________________________________
First (Scots) Presbyterian Church

Family Communications Plan
(FAM-2, January 2017)

Main Numbers:

Home Phone: ________________________________

Dad: (Work) _________________________________
    (Cell) ___________________________________

Mom: (Work) _________________________________
    (Cell) ___________________________________

Child 1: (Cell) ________________________________
    (School) _________________________________

Child 2: (Cell) ________________________________
    (School) _________________________________

Child 3: (Cell) ________________________________
    (School) _________________________________

Child 4: (Cell) ________________________________
    (School) _________________________________

Friends:

Local Emergency Contacts: ________________________________
                           ___________________________________
                           ___________________________________

Out of Town Emergency Contacts: ________________________________
                                 ___________________________________
                                 ___________________________________

Main Out of State Contact: ____________________________________________

Call Plan: ___________________ > ______________ > ________________
          > ______________ > ________________
          > ______________ > ________________
          > ______________ > ________________
          > ______________ > ________________
Electronic Communications:

Family email address: ________________________________________________

Dad email: __________________________________________

Mom email: __________________________________________

Child 1 email: __________________________________________

Child 2 email: __________________________________________

Child 3 email: __________________________________________

Child 4 email: __________________________________________

Friend’s email: __________________________________________

_____________________________________

_____________________________________

_____________________________________

Out of State Contact’s email: __________________________________________

(Avoid using Facebook or other social media to tell people you are OK, but out of your house. This tells the world that you are not at home.)

Sign up for Charleston County EMD’s Everbridge Alert System to receive notifications of emergency events in your area (home, work or school).

Get a weather alert radio for notifications of severe weather events.
Fold this form and keep it in your wallet

<table>
<thead>
<tr>
<th>Name:</th>
<th>Doctor:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone Number:</td>
<td>Doctor Phone #:</td>
</tr>
<tr>
<td>Birth Date:</td>
<td>Doctor:</td>
</tr>
<tr>
<td>Address:</td>
<td>Doctor Phone #:</td>
</tr>
<tr>
<td>Emerg Contact/Phone #:</td>
<td>Pharmacy &amp; Phone #:</td>
</tr>
</tbody>
</table>

**IMMUNIZATION RECORD** (Record the date/year of last dose taken, if known)

<table>
<thead>
<tr>
<th>TETANUS</th>
<th>FLU VACCINE(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PNEUMONIA VACCINE</td>
<td>HEPATITIS VACCINE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Allergic To /Describe Reaction:</th>
<th>Allergic To /Describe Reaction:</th>
</tr>
</thead>
</table>

**LIST ALL MEDICINES YOU ARE CURRENTLY TAKING:** Prescription and over-the-counter medications (examples: aspirin, antacids) and herbals (examples: ginseng, gingko). Include medications taken as needed (example: nitroglycerin).

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME OF MEDICATION / DOSE</th>
<th>DIRECTIONS: Use patient friendly directions. (Do not use medical abbreviations.)</th>
<th>DATE STOPPED</th>
<th>Notes: Reason for taking / Doctor Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2-2-4
First (Scots) Presbyterian Church

Grab & GO Family First Aid Kit
(FAM-4, January 2017)

You can use a prepared family first aid kit, available from Walmart, Lowe’s or online. It is recommended to have one rated as an OSHA 10 person First Aid Kit or better.

If you wish to make your own kit, here are a few things to consider having in it:

- Sterile gauze pads, various sizes
- 2 rolled bandages
- 2 triangular bandages
- Aspirin, ibuprofen, extra strength acetaminophen
- Scissors, tweezers
- Band Aids, stretch/ athletic kind
- Latex gloves (at least 4 pairs)
- Q-tips
- Antiseptic wipes
- Thermometer
- Instant cold pack
- Breathing barrier
- Antibiotic ointment
- Hydrocortisone cream

You can add anything you wish, this list is just basic items found in any prepared kit.
First (Scots) Presbyterian Church

Grab and GO Bag Checklist
(FAM-5, January 2017)

January 2017

Water:

4-6 bottles of water: you will need this first and more often than anything else.

Food:

Food for 3 days, 2-3,000 calories per day. Use only food that can be eaten with little to no preparation, high calorie content and light weight. Check websites for survival foods.

First Aid:

Simple, personal first aid kit. Band-Aids, triple antibiotic cream, hydrocortisone cream, alcohol wipes, Benadryl stick, Ibuprofen, Extra strength Tylenol, rolled gauss and 4x4 bandages, ACE bandage.

Clothing:

Seasonal Clothing:

Extra tee-shirt, shorts, work pants (old jeans), 2 pairs socks, 2 pairs underwear.

Sweatshirt, old jeans/ work pants, 2 pairs socks, 2 pairs underwear, hat

Shelter:

Small tarp or piece of plastic sheeting (6x8 minimum), 50’ clothes line, 6 metal tent stakes, emergency blanket, rain poncho.

Other:

Combination radio, flashlight, emergency beacon that is hand crank powered, bug spray, sun screen (SPF 30), 2-4 glow sticks, whistle, note pad and pen, pocket knife and multi-tool. Also have safety glasses, work gloves and several N95 dust masks (available at Lowes).

Have these items in a backpack or other easy to grab and go type bag. It doesn’t have to be expensive or fancy. Something from a yard sale will do fine.

If you have any questions, please contact Mark Johnson or your local CERT Team.
First (Scots) Presbyterian Church

Family Hurricane – Disaster Checklist
(FAM-6, January 2017)

January 2017

Household:

Secure outdoor furniture, trashcans and tools.
Make sure pool has water in it and is properly chlorinated.
Trim any dead branches from trees.
Put hurricane shutters or plywood over windows.
Move cars to a safe place or park away from trees if possible.
Fill water containers with enough water for 1 Gallon per person per day for at least 1 week.
Check to make sure you have enough food for each person for at least 3 weeks.
Make sure you have contacted your out of town emergency contacts to let them know your status and plans.
Make sure your pets are ready to stay or evacuate with you. DO NOT LEAVE ANIMALS ALONE IN A HURRICANE! Make sure you have copies of their vaccinations and health records.
Fill bathtub and spare buckets with water (this is for the toilet and washing).
Check water purification system.
Check alternate cooking system. Make sure you have enough fuel for 3 weeks.
Check gas, power and water turn off connections and make sure you can access them in an emergency.
Make sure you have blue tarps (or plastic sheeting), nails and hammer. Also 5 gallon bucket(s), cleaning fluid, bleach, mop, rags, broom, rake(s), shovel, duct tape, saws and loppers.

Financial:

Make sure all utility bills are current. (Water, Sewer/PSD, Electric and Gas, internet and phones (land line and cell).
Have insurance paid up. Before May 1st, check coverages to make sure you have what you need.
Make sure mortgage or rent is current.
Have important papers ready to go. (property deeds, wills, marriage and birth certificates, Social Security cards, Passports, Health records and bank records)
Have account numbers written down and ready to go with you.
Get cash out of bank, small bills and rolled coins.
Health:

Check family first aid kit and re-stock supplies as needed. Make sure meds are current. Check supply of personal medications. Get at least an extra month’s supply. Write down a list of Medications you take. Keep this on you. Consider getting an extra pair of prescription glasses. Get copies of your prescriptions to have with you in case you need to evacuate.

Personal:

Check GO bag. Make sure you have seasonal clothing packed. Make sure you have at least 1 month supply of personal hygiene items. Put some extra clothes in double plastic bags to keep dry. Have flashlight with extra batteries, portable radio, duct tape and personal first aid kit. Have a pocket knife and/or multi tool. Have boots and rain gear. Have list of emergency contacts, family emergency plan and evacuation maps. Have games, books or other distractions. These should be non-electronic. Have Clorox wipes and Baby Wipes.

Vehicle:

Have tune up. Check all fluids, belts, tires, brakes and wipers. Fill gas tank Check vehicle emergency kit. Make sure all items are present. (Don’t use flares. Get LED emergency strobe lights.) Check vehicle first aid kit. Make sure all items are up to date. Check vehicle spare tire and jack equipment. Get extra oil, washer fluid, transmission and brake fluid. Get extra coolant. Have extra tarp, clothesline and stakes. Have hammer, camp shovel, crowbar, axe or hatchet and hand band saw. Have maps of state and region in car. Check car chargers for cell phones and electronic devices. Stock bottled water and snacks. Consider packing MRE’s for three days if you know evacuation is going to occur. If you are pre-packing the car at the beginning of hurricane season, stock 3 days of freeze dried meals as these will last longer through seasonal temperature changes.

NOTE: You don’t have to go out and spend hundreds of dollars on all these items right away. In fact, you should find extras of many items around your house. For tools and equipment, try Harbor Freight Tools, Home Depot or Lowes. Don’t buy cheap tools as during an emergency you will want tools that don’t break. Consider buying items a few at a time each time you go shopping and also think about multi purposing items. Contact Mark Johnson or the local CERT Team for more ways to save while getting prepared.
First (Scots) Presbyterian Church

Part 2: Section 3: Appendices

Index

(January 2017)

Appendix A: Emergency Food
   A1: Emergency Food Supplies
   A2: Food Borne Illnesses

Appendix B: Emergency Water
   B1: Emergency Water Purification Methods
   B2: Emergency Water Purification System
   B3: LifeStraw

Appendix C: Vial of Life Program

Appendix D: Survival Tips
Appendix A-1
Emergency Food Supplies

In times of natural or man made emergencies or disasters there are several very important “rules of thumb” to understand: (1) Disaster response overwhelms everyone (2) Those who plan and prepare, survive; while those who procrastinate suffer (3) Help only comes when requested (4) Support comes to the organized communities. Newly updated disaster planning recommendations now suggest that each person should be prepared to take care of their entire personal needs (food, water, shelter, etc) for a minimum of three weeks rather than 3 to 5 days.

There are many companies that offer emergency food supplies. Each has their strengths and down sides. Each family should research the options available to find a source that fits their needs and budget. Some things to consider when researching emergency food supplies is manufacturing method; is the food freeze dried and vacuum packed? What is the shelf life? 2-5 years at a specific temperature range or 25 years in any condition? Is there a variety of entrée choices that your family likes? Do they offer bulk supplies of basic commodities like beans and rice? Do they offer payment plans? Are the prices reasonable?

Some places to look for emergency food supplies are Costco, Sam’s Club and Amazon. Some of the better suppliers are Daily Bread Food Supply, Wise Food Storage, My Patriot Supply, Emergency Essentials and Mountain House. We recommend that you not invest in MRE’s (Meals Ready to Eat) from SOPAKCO simply because their shelf life is very limited, 2-5 years at 75 degrees F. Again, send for trial samples and try them. Most are prepared by simply adding boiling water and waiting 10 minutes for the food to reconstitute.

The main thing to remember with emergency food supplies is to buy what you like to eat normally. If you don’t eat rice and beans now, before disaster strikes, you sure won’t want to eat it in the stress of disaster recovery. Choose comfort foods as much as possible.

Calories are an important consideration when choosing emergency food supplies. What seems like plenty of calories to have on a regular basis is not what you will need in disaster recovery. While 1500 to 2500 calories a day may be your normal now, during recovery you will need more, maybe double those amounts due to stress and clean-up activities. Disaster recovery is not the time to start a diet.

If you are diabetic or have other dietary restrictions, check with your doctor before purchasing long term food storage to find out what they recommend as far as sugar and sodium intake and other ingredients.

Another important thing to remember about emergency food supplies is that you still have to heat water at least. Make sure you have a way to boil water that you understand how to operate. A camp stove is great but only if you know how to work it.
Food Borne Illnesses

Many people face power loss from storms, snow, ice and high winds which affects the ability of our refrigerators and freezers to keep food at safe levels. Safe ranges for refrigerator temperatures are 40 degrees or lower and freezers should be at or below 0 degrees.

A couple of tips may help you preserve some fridge/freezer items until the power comes back on:

Keep the refrigerator and freezer doors closed as much as possible to maintain cold temperatures. The fridge will keep food safely for about 4 hours if unopened. A full freezer will hold its temperature for about 48 hours (24 hours if ½ full) if the door remains closed. Dry ice or block ice is also an option. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for two days.

Digital, dial or instant-read thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will indicate the temperature in the fridge and freezer no matter how long the power has been out.

According to the USDA, the following chart should be followed with regard to keeping food safe during an emergency:

<table>
<thead>
<tr>
<th>Refrigerator Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When to Save and When to Throw It Out</strong></td>
</tr>
<tr>
<td><strong>Food</strong></td>
</tr>
<tr>
<td>Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes</td>
</tr>
<tr>
<td>Thawing meat or poultry</td>
</tr>
<tr>
<td>Meat, tuna, shrimp, chicken, or egg salad</td>
</tr>
<tr>
<td>2-3-A2-1</td>
</tr>
<tr>
<td>Item</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Gravy, stuffing, broth</td>
</tr>
<tr>
<td>Lunchmeats, hot dogs, bacon, sausage, dried beef</td>
</tr>
<tr>
<td>Pizza – with any topping</td>
</tr>
<tr>
<td>Canned hams labeled &quot;Keep Refrigerated&quot;</td>
</tr>
<tr>
<td>Canned meats and fish, opened</td>
</tr>
<tr>
<td><strong>CHEESE</strong></td>
</tr>
<tr>
<td>Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco</td>
</tr>
<tr>
<td>Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano</td>
</tr>
<tr>
<td>Processed Cheeses</td>
</tr>
<tr>
<td>Shredded Cheeses</td>
</tr>
<tr>
<td>Low-fat Cheeses</td>
</tr>
<tr>
<td>Grated Parmesan, Romano, or combination (in can or jar)</td>
</tr>
<tr>
<td><strong>DAIRY</strong></td>
</tr>
<tr>
<td>Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk</td>
</tr>
<tr>
<td>Butter, margarine</td>
</tr>
<tr>
<td>Baby formula, opened</td>
</tr>
<tr>
<td><strong>EGGS</strong></td>
</tr>
<tr>
<td>Fresh eggs, hard-cooked in shell, egg dishes, egg products</td>
</tr>
<tr>
<td>Custards and puddings</td>
</tr>
<tr>
<td><strong>CASSEROLES, SOUPS, STEWS</strong></td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
</tr>
<tr>
<td>Fresh fruits, cut</td>
</tr>
<tr>
<td>Fruit juices, opened</td>
</tr>
<tr>
<td>Canned fruits, opened</td>
</tr>
<tr>
<td>Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates</td>
</tr>
<tr>
<td><strong>SAUCES, SPREADS, JAMS</strong></td>
</tr>
<tr>
<td>Opened mayonnaise, tartar sauce, horseradish</td>
</tr>
<tr>
<td>Food Item</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Peanut butter</td>
</tr>
<tr>
<td>Jelly, relish, taco sauce, mustard, catsup, olives, pickles</td>
</tr>
<tr>
<td>Worcestershire, soy, barbecue, Hoisin sauces</td>
</tr>
<tr>
<td>Fish sauces (oyster sauce)</td>
</tr>
<tr>
<td>Opened vinegar-based dressings</td>
</tr>
<tr>
<td>Opened creamy-based dressings</td>
</tr>
<tr>
<td>Spaghetti sauce, opened jar</td>
</tr>
<tr>
<td><strong>BREAD, CAKES, COOKIES, PASTA, GRAINS</strong></td>
</tr>
<tr>
<td>Bread, rolls, cakes, muffins, quick breads, tortillas</td>
</tr>
<tr>
<td>Refrigerator biscuits, rolls, cookie dough</td>
</tr>
<tr>
<td>Cooked pasta, rice, potatoes</td>
</tr>
<tr>
<td>Pasta salads with mayonnaise or vinaigrette</td>
</tr>
<tr>
<td>Fresh pasta</td>
</tr>
<tr>
<td>Cheesecake</td>
</tr>
<tr>
<td>Breakfast foods – waffles, pancakes, bagels</td>
</tr>
<tr>
<td><strong>PIES, PASTRY</strong></td>
</tr>
<tr>
<td>Pastries, cream filled</td>
</tr>
<tr>
<td>Pies – custard, cheese filled, or chiffon; quiche</td>
</tr>
<tr>
<td>Pies, fruit</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
</tr>
<tr>
<td>Fresh mushrooms, herbs, spices</td>
</tr>
<tr>
<td>Greens, pre-cut, pre-washed, packaged</td>
</tr>
<tr>
<td>Vegetables, raw</td>
</tr>
<tr>
<td>Vegetables, cooked; tofu</td>
</tr>
<tr>
<td>Vegetable juice, opened</td>
</tr>
<tr>
<td>Baked potatoes</td>
</tr>
<tr>
<td>Commercial garlic in oil</td>
</tr>
<tr>
<td>Potato Salad</td>
</tr>
</tbody>
</table>
# Frozen Foods

## When to Save and When To Throw It Out

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Still contains ice crystals and feels as cold as if refrigerated</th>
<th>Thawed. Held above 40 °F for over 2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT, POULTRY, SEAFOOD</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef, veal, lamb, pork, and ground meats</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Poultry and ground poultry</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Variety meats (liver, kidney, heart, chitterlings)</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Casseroles, stews, soups</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Fish, shellfish, breaded seafood products</td>
<td>Refreeze. However, there will be some texture and flavor loss.</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>DAIRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Refreeze. May lose some texture.</td>
<td>Discard</td>
</tr>
<tr>
<td>Eggs (out of shell) and egg products</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Ice cream, frozen yogurt</td>
<td>Discard</td>
<td>Discard</td>
</tr>
<tr>
<td>Cheese (soft and semi-soft)</td>
<td>Refreeze. May lose some texture.</td>
<td>Discard</td>
</tr>
<tr>
<td>Hard cheeses</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Shredded cheeses</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Casseroles containing milk, cream, eggs, soft cheeses</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juices</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Home or commercially packaged</td>
<td>Refreeze. Will change texture and flavor.</td>
<td>Refreeze. Discard if mold, yeasty smell, or sliminess develops.</td>
</tr>
</tbody>
</table>

---

2-3-A2-4
<table>
<thead>
<tr>
<th><strong>VEGETABLES</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Juices</td>
<td>Refreeze</td>
<td>Discard after held above 40 °F for 6 hours.</td>
</tr>
<tr>
<td>Home or commercially packaged or blanched</td>
<td>Refreeze. May suffer texture and flavor loss.</td>
<td>Discard after held above 40 °F for 6 hours.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BREADS, PASTRIES</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, rolls, muffins, cakes (without custard fillings)</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Cakes, pies, pastries with custard or cheese filling</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Pie crusts, commercial and homemade bread dough</td>
<td>Refreeze. Some quality loss may occur.</td>
<td>Refreeze. Quality loss is considerable.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>OTHER</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Casseroles – pasta, rice based</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Flour, cornmeal, nuts</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Breakfast items – waffles, pancakes, bagels</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
</tbody>
</table>

Last Modified: September 6, 2006
Emergency Water Purification

In an emergency, to purify drinking water, two methods are most often used. They are boiling the water and adding chlorine (household bleach, such as Clorox) to it. This calculator determines the quantity of bleach and water mixture to meet the desired emergency water purification mixture, based on the condition of the target water. Most emergency experts and health officials suggest a mixture of 8 drops of bleach to a gallon of generally clear water for best results. Based on environment or cloudiness of the water, you may want to change the quantity of drops to 16 per gallon of cloudy or murky water. Enter the maximum possible volume of water container. The entry should be in gallons. Enter the desired drops of the bleach per gallon and select the appropriate water condition from the drop down box. Click on Calculate and read the calculated result in drops that should be added to the volume of water specified. Please remember that this is a guideline.

As suggested by the EPA, vigorous boiling for at least one minute (preferably more) will kill any disease causing microorganisms present in water (at altitudes above 5000 feet above sea level, boil for three to five minutes longer). The flat taste of boiled water can be improved by pouring it back and forth from one container to another (called aeration), by allowing it to stand in a closed container for a few hours, or by adding a small pinch of salt for each quart of water boiled. When boiling is not practical, chemical disinfection should be used. Common household bleach contains a chlorine compound that will disinfect water. The treated water should be mixed thoroughly and allowed to stand, preferably covered, for 30 minutes. The water should have a slight chlorine odor; if not, repeat the dosage and allow the water to stand for an additional 15 minutes. If the treated water has too strong a chlorine taste, it can be made more pleasing by allowing the water to stand exposed to the air for a few hours or by pouring it from one clean container to another several times.

As suggested by Clorox (with their permission), this is an excerpt from company published documents.

Boiling Is Best
Short of using a very high-quality water filter, this is the most reliable method for killing microbes and parasites. Bring water to a rolling boil and keep it simmering for at least several minutes. Add one minute of boiling to the initial 10 minutes for every 1,000 feet above sea level. Cover the pot to shorten boiling time and conserve fuel.

Liquid Clorox Bleach
In an emergency, think of this (one gallon of Regular Clorox Bleach) as 3,800 gallons of drinking water.

When the tap water stops flowing, Regular Clorox Bleach isn't just a laundry-aid, it's a lifesaver. Use it to purify water, and you'll have something to drink.
It's the same in any natural disaster. As the shock wears off and the days wear on, the biggest demand is for drinking water. Time after time, relief crews hand out free Clorox Bleach with simple instructions: use it to kill bacteria in your water and you'll have purified water to drink. Here are the general guidelines.

First let water stand until particles settle. Filter the particles if necessary with layers of cloth, coffee filters, or fine paper towels. Pour the clear water into an uncontaminated container and add Regular Clorox Bleach per the below indicated ratio. Mix well. Wait 30 min. Water should have a slight bleach odor. If not, repeat dose. Wait 15 min. Sniff again. Keep an eyedropper taped to your emergency bottle of Clorox Bleach, since purifying small amounts of water requires only a few drops. Bleach must be fresh for best use and results. See below suggestions for storage bottle replacement.

Don't pour purified water into contaminated containers. Sanitize water jugs first.

Without water and electricity, even everyday tasks are tough. In lieu of steaming hot water, sanitize dishes, pots and utensils with a little Clorox Bleach. Just follow the directions below to keep dishes clean.

Whether you use Clorox Bleach in an emergency or for everyday chores, it's always an environmentally sound choice. After its work is done, Clorox Bleach breaks down to little more than salt and water, which is acceptable anytime.

**Ratio of Clorox Bleach to Water for Purification**

2 drops of Regular Clorox Bleach per quart of water  
8 drops of Regular Clorox Bleach per gallon of water  
1/2 teaspoon Regular Clorox Bleach per five gallons of water  
If water is cloudy, double the recommended dosages of Clorox Bleach.

Only use Regular Clorox Bleach (not Fresh Scent or Lemon Fresh). To insure that Clorox Bleach is at its full strength, rotate or replace your storage bottle minimally every three months. Clorox (regular-unscented) is a great item for your Grab & Go and/or your Auto Grab & Go kits. It comes in a 4.5oz & 2oz sizes; so you do not need to carry a big bulky bottle…don’t for get to pack an eye dropper!

**Clorox Bleach Sanitizing Solution**

To sanitize containers and utensils, mix 1 tablespoon Regular Clorox Bleach with one gallon of water. Always wash and rinse items first, then let each item soak in Clorox Bleach Sanitizing Solution for 2 minutes. Drain and air dry.
Emergency Water Purification System

Having a supply of clean drinking water is essential in everyday life, but even more critical in an emergency/disaster situation. Here is an easy “do-it-yourself” water filter system that is extremely effective; Watch [http://berkeywater.com/BerkeyLight/BB_Purification_Elements.html]; and cost efficient. System will filter roughly 6,000 gallons before the filters need to be replaced. The cost is approximately $.025 per gallon.

**Items needed:** Total cost…$130 - $150.00.

- 2 Food grade [stamped #2] 5gal buckets with lids: Lowes…Bucket $3.97; Lid $1.97 each; or free at local bakeries / super markets.
- 2 “Black Berkey” water filters: On-line standard price $107.00 a pair w/free shipping.
- 1 plastic water faucet with two washers and an inside screw attachment (approximately 3/4 inch in diameter): On-line $3.90 to $6.25 + shipping
- Tube of Silicone

**Equipment needed:**

- Drill w/ : 7/16 bit and 3/4 to 1 inch bit depending on the size of your faucet.
- Box cutter / sharp knife

**Fabrication Steps:** Watch: [http://www.youtube.com/watch?v=vzvjDiq_p1M]

- Place one Bucket upside down
- On the upside down Bucket place a Lid; make sure it is centered
- While holding the Lid secure on the Bucket; drill a 7/16 inch hole on either side of the center of the Lid; between 2 ¼ and 2 ½ inches from the center of the Lid.
  - You will now have two holes in 1 Lid and in the bottom of 1 Bucket.
  - Remove the Lid and turn the Bucket right side up…i.e. holes down
- Berkey recommends that you “Prime” the filters before use [instructions are on the package]. If you do not plan on using your Emergency Water System in the near future; you may wait and prime the filters later…but priming MUST be done before your first use! Watch: [http://www.youtube.com/watch?v=vzvjDiq_p1M]
- In the Bucket with the holes:
  - Install the two Berkey filters inside of the Bucket with their attachment points going through the holes; do not attach the thumb screws!
  - Next place the Lid with the holes [Top Side Up] over the Berkey filter screws that are sticking out of the bottom of the Bucket with the filters and securely attach the wing nuts.
- You now have one Bucket and one Lid w/o holes, and one Bucket and Lid w/holes and this Bucket have two Berkey filters install in it w/a Lid screwed to the bottom of this Bucket.
- Now take the Bucket w/o holes:
  - Drill or cut a hole [3/4 to 1 inch in diameter] for your faucet about 1 ½ inches from the bottom of the Bucket.
  - Install the faucet, put a washer on the outside and a washer on the inside, and now tighten the nut. You may also add “silicone” to both washers to insure a water tight seal.
- Now set the Bucket with the faucet on a table:
  - Then place the Bucket [with filters] with Lid attached on top of the Bucket with the faucet; then snap the Lid shut.
  - Place the remaining Lid on top of the Bucket with the filters in it and snap it closed.

*Before using the filter system for drinking; Berkey recommends that you run a complete 5 gallons of water through the system and discard this water.
LifeStraw

The most advanced, compact and easy to use personal water filter available today. Drink directly from a fresh water source or your container. It removes:

- 99.9999% of Bacteria (i.e. E-coli, Salmonella, etc)
- 99.9% of Protozoa (i.e. Giardia lambila, etc)

Filters: 264 gallons / 1,000 liters to 0.2 microns
Ultra-light: 2oz - No Pumping - No Chemicals

Contact: FSPC DPRC
843-722-8222

2-3-B3-1
#1-Solar Lights:  When the power goes out you don’t need a flashlight or candles; use the Solar Lights that you have in your yard to light your home.  Put them in a 20oz soda bottle with some sand or gravel in the bottom for stability.  Solar light should last all night; in the morning put back out in yard to recharge…Simple, Green, and Cost Effective!

#2 - Water Purification:  Use the following ratio’s of Clorox Bleach to purify water, if water is cloudy, double the recommended dosages:
- 2 drops of Regular Clorox Bleach per quart of water.
- 8 drops of Regular Clorox Bleach per gallon of water.
- 1/2 teaspoon Regular Clorox Bleach per five gallons of water.

Only use Regular Clorox Bleach (not Fresh Scent or Lemon Fresh). To insure that Clorox Bleach is at its full strength, rotate or replace your storage bottle minimally every three months.  Clorox (regular-unscented) is a great item for your Grab & Go and/or your Auto Grab & Go kits.  It comes in a 4.5oz & 2oz sizes; so you do not need to carry a big bulky bottle…don’t forget to pack an eye dropper!

#3 – Let Your Family Know You are Safe:  If your community has experienced a hurricane, or any disaster, register on www.redcross.org/safeandwell to let your family and friends know about your welfare.  If you don’t have Internet access, call 1-866-GET-INFO to register yourself and your family.

#4 – Water Heater Protection:  Unsecured water heaters may fall over, rupturing rigid water and gas connections.  If your water heater does not have two straps around it that are screwed into the studs or masonry of the wall, then it is not properly braced.  This illustration shows one method of bracing a water heater.  Bracing kits are available that make this process simple.  Have a plumber install flexible (corrugated) copper water connectors, if not already done.

#5 – Head and Eye Protection:  Many disasters involve flying debris and/or collapsing structures, which may cause severe injuries or death.  To protect yourself it is recommended that you positioned in or near your “in-place shelter” protective head gear such as a bike helmet or “hard hat”; safety goggles, gloves; and a flashlight for each family member.  These maybe store in a small bag for each family member.  Thrift stores have bike helmets cheap!

#6 – Shelter-in-Place (SIP):  One of the instructions you may be given in an emergency is to shelter-in-place (SIP).  This means you should stay indoors until authorities tell you it is safe or you are told to evacuate.
- Select a small, interior room, with no or few windows.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems.  Close the fireplace damper.
- Bring your family disaster supply kit and make sure the radio is working.
• Bring your pets.
• It is ideal to have a hard-wired telephone in the room you select (cellular telephone equipment may be overwhelmed or damaged during an emergency)
• Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
• Listen to your radio or television for further instructions or updates.
• If you are in your car, close windows and turn off vents and air conditioning.

#7 – Grab & Go Bag: A component of your disaster kit is your Grab & Go Bag. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one Grab & Go Bag for each family member and make sure each has an I.D. tag. You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.
• Flashlight – battery & crank up
• Radio – battery & crank up
• Batteries
• Whistle
• Dust mask
• Pocket knife
• Emergency cash in small denominations and quarters for phone calls
• Sturdy shoes, a change of clothes, and a warm hat
• Local map
• Some water and food
• Permanent marker, paper and tape
• Photos of family members and pets for re-identification purposes
• List of emergency point-of-contact phone numbers
• List of allergies to any drug (especially antibiotics) or food
• Copy of health insurance and identification cards
• Extra prescription eye glasses, hearing aid or other vital personal items
• Prescription medications and first aid supplies
• Toothbrush and toothpaste
• Extra keys to your house and vehicle

#8 – Pets: Have a Pet Plan
• Keep a collar, current license and up-to-date ID tags on your pet at all times.
• Consider having your pet micro-chipped.
• Make sure your pet is comfortable being in a crate, box, cage, or carrier for transport.
• Keep an updated list of trusted neighbors who could assist your animals in case of an emergency.
• Tighten and secure latches on birdcages.
• Fasten down aquariums on low stands or tables.
• Make a Grab & Go Bag for each pet. Include:
  o Sturdy leashes and pet carriers. A pillowcase is a good option for transporting cats and other small animals.
  o Muzzles for dogs.
  o Food, potable water and medicine for at least one week
  o Non-spill bowls, manual can opener and plastic lid
  o Plastic bags, litter box and litter
Recent photo of each pet
Names and phone numbers of your emergency contact, emergency veterinary hospitals and animal shelters

#9 – **Food:** When a disaster occurs, you might not have access to food, water and electricity for days, weeks or even months. Store enough emergency food to provide for your family for a minimum of 6-12 months. Buy smart, purchase 2 for 1 special’s & use coupons. Have a manual can opener!

- Store food items that are familiar, rather than buying special emergency food. Consider any dietary restrictions and preferences you may have.
- Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk).
- Mark a rotation date on any food container that does not already have an expiration date on it.
- Include baby food and formula or other diet items for infants or seniors.
- Store the food in airtight, pest-resistant containers in a cool, dark place.
- Most canned foods can safely be stored for at least 18 months. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereal, crackers, cookies, dried milk or dried fruit within six months.

#10 – **Water:** In a disaster, water supplies may be cut off or contaminated.

- Store enough water for everyone in your family to last for at least 5 days.
- Store one gallon of drinking water per person, per day.
- Three gallons per person per day will give you enough to drink and for limited cooking and personal hygiene. Remember to plan for pets.
- If you store tap water for drinking:
  - Tap water from a municipal water system can be safely stored without additional treatment.
  - Store water in food grade plastic containers, such as clean 2-liter soft drink bottles.
  - Heavy duty, reusable plastic water containers are also available at sporting goods stores.
  - Empty milk bottles are not recommended because their lids do not seal well and bottles may develop leaks.
  - Label and store in a cool, dark place. Replace water at least once every six months, but do not discard; keep for washing and toilets.

- If you buy commercially bottled “spring” or “drinking” water:
  - Keep water in its original container, and don’t re-store a bottle once it’s opened.
  - Store in a cool, dark place.

#11 – **First Aid & Medications:** In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared when someone is hurt.

- Two pairs of disposable gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Scissors and needle and thread.
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors.
#12 – Children and the Family Evacuation Plan:
- Include your children in family discussions and planning for emergency safety.
- Teach your children their basic personal information so they can identify themselves and get help if they become separated from a parent or guardian.
- Prepare an emergency card with information for each child, including his/her full name, address, phone number, parent’s work number and out of state contact.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- Regularly update your child’s school with current emergency contact information and persons authorized to pick up your child from school.
- Make sure each child knows the family’s alternate meeting sites if you are separated in a disaster and cannot return to your home.
- Make sure each child knows how to reach your family’s out-of-state contact person.
- Teach children to dial their home telephone number and Emergency 9-1-1.
- Teach children what gas smells like and advise them to tell an adult if they smell gas after an emergency.
- Warn children never to touch wires on poles or lying on the ground.
- Role-play with children to help them remain calm in emergencies and to practice basic emergency responses such as evacuation routes, and Earthquake: Drop, Cover & Hold and Stop, Drop & Roll.

#13 – Emergency Radio & Flashlight: Have crank-up flashlights & radio, they do not need batteries.


#15 – Emergency Gardening: Seeds, tools, fertilizer, security

#16 – Emergency Tools: Axe, shovels, rake,
When Disaster Strikes You Are Not Alone

“It is better to take refuge in the Lord than to trust in man”
Psalm 118:8 NIV