



Get A Kit.

**Rock Island Arsenal**



# Emergencies happen.



## You must be prepared.

Preparedness is everyone's responsibility. You are encouraged to take active steps to prepare for and respond to emergency situations.



Get a kit to help protect yourself, your Family, and fellow employees in your organization.

# You must be ready.

Flood  
Disease Outbreak



May have time to  
prepare or evacuate

Tornado  
Chemical Spill  
Terrorist Strike



Could have little  
time to respond

Unless you are prepared for an emergency:

- Your family could be without food, water, and even medicine, for a number of days.
- Your organization may not be able to complete its mission.



## You need a kit.

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days.

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.



## Water.

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep *at least* a three-day supply of water per person.
- Consider iodine and a filtration system to treat water if your supply runs out.



# Food.

- Store *at least* a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Avoid salty foods, as they will make you thirsty.
- Choose foods your family will eat.
  - Ready-to-eat canned meats, fruits and vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned juices
  - Non-perishable pasteurized milk
  - High energy foods
  - Vitamins
  - Food for infants
  - Comfort/stress foods

Find out how to keep food safe during and after an emergency by visiting <http://www.foodsafety.gov/keep/emergency/index.html>.

## Clean Air.

- Some potential emergencies could send tiny microscopic "junk" into the air. For example flooding could create airborne mold which could make you sick and an explosion may release very fine debris that can cause lung damage. A biological terrorist attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.
- Face masks or dense-weave cotton material, that snugly covers your nose and mouth and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children.
- There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "shelter-in-place," is a matter of survival. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

# Medical Supplies.

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer** (Read more: [Biological Threat](#))
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

## Tools and additional needs.

- Any tools needed for turning off utilities
- Multipurpose knife
- Local maps
- Cash
- Matches or flint in a waterproof container
- Disinfectant
- Books, games, puzzles, toys and other activities for children



# Here is a list of virtual events you can participate in this month:

- 30 Days 30 Ways- An online preparedness game, prizes available! [Promotional Video](#)
- Free downloadable preparedness book for families [News Story](#)
- Free Webinar 26 Sep 1:00pm to 2:00pm: SBA presents "Surviving a Crisis, Large or Small: Real Life Lessons Learned"
- Be Ready Sunday - Plan / Pledge / Practice

Detailed information on each event is provided in the following slides



# 30 Days 30 Ways

- This year, Rock Island Arsenal is partnering with the Clark Regional Emergency Services Agency (CRESA) who created this 30-day contest in honor of National Preparedness Month.
- This is an online game that will post one simple task every day at [www.30days30ways.com](http://www.30days30ways.com) and encourage people to think about various aspects of emergency preparedness. Participants can answer each task either via email, on the website, on Facebook or on Twitter. Each task should take less than 10 minutes to complete (and many will only take 1-3 minutes). All prizes distributed through this game are donated by community members. Anyone can play in any country. This game, in its 3rd year, is hosted by the Clark Regional Emergency Services Agency (CRESA) in Vancouver, Washington
- [GAME RULES](#)
- [PRIZE LIST](#)
- You do not have to complete the task on the day in which it is initially assigned; however, all proofs must be completed and turned in by 11:59 p.m. on 9/30/12 to receive credit.



# Free Preparedness Book

- Authors Janet and Laura Greenwald have pledged to give a free, downloadable copy of their latest book "Get Your Stuff Together" to one million families in America. Their goal is to help raise awareness in light of recent disasters like the Colorado Wildfires, Flooding, Tornadoes and now Hurricane Isaac. In the back of the 200+ page PDF book, readers will find the Grab It And Go Forms and Action Plans that every family needs to deal with emergencies. The book is available at the following link:  
<http://www.getyourstufftogether.com/giveaway.htm> now through the end of September. Please pass the word along to your colleagues, organizations and followers to help us make One Million Families safer.



# Free Webinar: SBA presents "Social Media's Role During a Crisis"

- Sep 19th 1:00pm to 2:00pm  
Join the US Small Business Administration and co-sponsor Agility Recovery as we welcome a social media expert from the American Red Cross to discuss the steps and best practices for developing your own organization's strategy for Crisis Communications utilizing Social Media. This webinar is part of an ongoing campaign by the SBA and Agility to promote preparedness among small businesses through the PrepareMyBusiness campaign. To learn more, please visit [www.PrepareMyBusiness.org](http://www.PrepareMyBusiness.org).  
<https://www1.gotomeeting.com/register/952338793>



# Free Webinar: SBA presents "Surviving a Crisis, Large or Small: Real Life Lessons Learned"

- Sep 26th 1:00pm to 2:00pm

Join the US Small Business Administration and co-sponsor Agility Recovery as we host several businesses who will recount their stories of recovery and the valuable lessons learned from their experiences. Each crisis can teach different lessons as those who respond face events ranging from building fires to hurricanes. A Question & Answer session will follow their riveting stories of survival. This is the final webinar in the month-long National Preparedness webinar series presented by the SBA and Agility. To learn more about the Prepare My Business campaign, visit <http://www.PrepareMyBusiness.org>  
<https://www1.gotomeeting.com/register/880609568>



# Be Ready Sunday - Plan / Pledge / Practice

- The mission behind **Be Ready Sunday** is to engage faith based organizations from across the United States to take the time to develop and test a Fire Evacuation Plan for their house of worship during the 2012 National Preparedness Month.
- The ***Be Ready Sunday*** initiative has three easy to follow steps that will ensure your house of worship is prepared in the event a fire should occur during worship service.
- As part of the 2012 National Preparedness Month pledge to test your Fire Evacuation Plan by conducting a Fire Drill during worship service on the last weekend of September (Saturday the 29th or Sunday the 30th of September).
- Link: [www.BeReadySunday.org](http://www.BeReadySunday.org)



## Point of Contact

Jeremiah Cowgill  
Installation Emergency Manager  
(309)782-2336  
[jeremiah.cowgill@us.army.mil](mailto:jeremiah.cowgill@us.army.mil)