DISASTERS: PREPARATION AND RECOVERY

TIPS FOR YOU AND YOUR FAMILY DURING TIMES OF DISASTER

[PREPARING ON-THE-GO IMPORTANT DOCUMENTS]
[EVACUATION CHECKLIST]
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[GENERATOR SAFETY]
[FOOD SAFETY AFTER A DISASTER]

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VISIT DISASTER.IFAS.UFL.EDU FOR MORE RESOURCES
On-the-Go Documents
It is important to keep many of your significant documents and paperwork in a fireproof and waterproof container. You can also store many of these documents electronically on a USB flash drive or through an off-site filing system (such as Dropbox or Cloud). Keep a hard copy of this packet together in one accessible but secure place so you can “grab them and go” in times of a disaster.

Include these items:
- Safety deposit keys and inventory
- Checking and banking account numbers and bank names
- List of savings and investments. Include Certificates of Deposit, stocks, bonds and mutual funds
- Rental property records
- Guarantees and warranties
- Appliance/electronics manuals
- Income tax returns
- Account numbers (credit cards, investments, loan)
- Household inventory with photos
- Insurance policies, with the name of the company, type of policy, and policy number
- Copy of wills, trust documents, Living Wills/Advance Directives, Titles (house, car, other property)
PREPARING ON-THE-GO IMPORTANT DOCUMENTS

- Certificates (or copies)
  - Birth
  - Marriage
  - Divorce
  - Death
  - Adoption
- Passports
- Copies of citizenship papers
- Educational records
- Social Security numbers
- Photo ID (or copies)
- Medical information, such as blood type, health conditions, allergies, immunizations, prescriptions
- Cash for emergencies
- Emergency contact information (doctors, veterinarians, financial advisors, reputable contractors, and family members)

For More Information:
Keeping a Household Inventory and Protecting Valuable Records, by Michael T. Olexa and Lauren Grant: http://edis.ifas.ufl.edu/dh138
PREPARING TO EVACUATE

Preparing to Evacuate
If you are ordered to evacuate, do so immediately. Preparing an evacuation plan before a disaster is very important and can be helpful in a stressful situation.

Before You Leave
- Follow directions of local authorities.
- Know your evacuation route and follow directions.
- Determine local emergency shelters.
- Have a predetermined meeting place in case you are separated
- Make arrangements for pets.
- Let an out-of-town relative or friend know your plans.
- Leave a note indicating your route and destination with emergency contact information.
- Lock all windows and doors.
- Bring in or secure outdoor items that may blow around in strong winds (garbage cans, barbeque grills, children’s toys, lawn furniture).
- Turn your refrigerator and freezer to the coldest settings.
- Fill bathtubs, washing machines, and other containers with water.
- Prepare your evacuation kit.
- Fill your car with gas (plan one vehicle per household).
- Do not go near power lines, especially if they are broken or down.
- Avoid floodwaters.
- Wear and pack protective clothing.
- Bring your cellular phone and charger.

For More Information:
Keeping a Household Inventory and Protecting Valuable Records, by Michael T. Olexa and Lauren Grant: http://edis.ifas.ufl.edu/dh138
PREPARING AN EVACUATION KIT

Before You Leave
Evacuation kits should be updated annually. It is recommended that your kit include the following items.

- Battery-operated radio
- Hand sanitizer
- Batteries
- At least a two-week supply of medication
- Extra clothing, including sturdy shoes
- First aid kit
- Blankets and pillows
- Small notebook
- Water bottle with water filter
- Whistle
- Dust mask
- Duct tape
- Garbage bags
- Manual can opener for food and snacks
- Personal supplies (toothpaste, toothbrush, soap, deodorant, moist towelettes)
- Portable battery charger for cell phone
- Books and toys
- Important papers in waterproof/fireproof container
- Supply of water, non-perishable food, and snacks
- Flashlight

Remember
Don’t forget special items needed for your infant, elderly and people with disabilities.

If evacuating to a shelter, check to determine if the shelter recommends any special items or if there are restricted items.
PREPARING AN EVACUATION KIT

Pet supplies
- Leash/collars/harness with rabies tags
- Food
- Medicine
- First aid kit
- Muzzle
- Towels/blankets
- Important papers (including vet records, ownership records, microchip info)
- Photos of your pets
- Carriers
- Water/food bowls
- Litter or poop bags
- Cardboard
- Toys or comfort items
- Flea/tick/heartworm preventative
- Cleaning materials (paper towels, gloves)

For More Information:
Preparing to Evacuate Your Home in Case of an Emergency, by Elizabeth B. Bolton and Muthusami Kumaran: http://edis.ifas.ufl.edu/fy616
PREPARING AN EVACUATION KIT

Livestock Supplies
● Halters, leads
● Hay/feed for seven days
● Buckets and haynets
● First aid kit
● Paperwork such as coggins, registrations, vet records
● Grooming supplies
● Corral panels
● Fly spray
● Trailer
● Marking chalk/paint/tag
● Muck fork and designated poop bucket
● Medications

For More Information:
Preparing to Evacuate Your Home in Case of an Emergency, by Elizabeth B. Bolton and Muthusami Kumaran: http://edis.ifas.ufl.edu/fy616
AFTER THE DISASTER

Protecting Yourself and Your Family

- Avoid downed power lines.
- Avoid floodwaters.
- Use caution when entering damaged buildings.
- Ask for help when moving heavy items.
- Wear sturdy shoes, long-sleeved clothes, and pants.
- Wash hands often with soap and water.
- Do not use contaminated water to brush teeth, prepare food, make ice, or wash dishes.
- Discard all food, wooden cutting boards and utensils, plastic utensils, baby bottle nipples, and pacifiers that may have been exposed to floodwaters.
- Refrigerated food should be safe if the power has been out for no more than four hours. Discard any perishable food that has been above 41 degrees F for more than two hours.

Cleaning up the damage

- Clean walls, floors, and surfaces with soap and water. Disinfect with a solution of one (1) cup of bleach to five (5) gallons water.
- Do not use portable generators inside the house. Never hook a generator directly to household wiring. Connect appliances one at a time to the generator.
- Dry out your home. Open doors, windows, cabinets, and closet doors. Run dehumidifiers and fans. Throw away any soaked floor coverings.
- Patch holes by covering them with tarps and nailing these down with wood strips or taping them down with duct tape.
- Remove debris.
AFTER THE DISASTER

Addressing Financial Concerns

- Collect important documents.
- Photograph your home and make lists of damage before cleanup.
- Notify your insurance company of your loss.
- Notify your employer as soon as possible.

Ask for Help

These agencies and organizations provide help to people affected by disaster.

- Disaster Assistance Improvement Program (DAIP) – www.disasterassistance.gov
- 2-1-1 – Get Connected to Local Resources – www.211.org
GENERATOR SAFETY

Ventilation

- Never use a home generator inside your home or attached garage.
- Use carbon monoxide alarms to alert you to dangerous levels of carbon monoxide in your home.
- Do not place a home generator anywhere where animals or people gather.
- Opening doors and windows does NOT provide adequate ventilation.

Safely Hook Up Your Generator

- Never hook the generator directly to your home power supply.
- Connect the appliances/equipment you want to power directly to the generator. If this is not possible, use heavy-duty outdoor-rated extension cords.
- Do not overload your generator. Keep in mind that portable generators will not power every appliance in your home. Only use the generator for essential items (refrigerator, a light, air conditioning).
- Follow all directions that came with your generator.

For More Information:

Electrical Safety Foundation International (ESFI) – www.esfi.org/disaster-safety
**GENERATOR SAFETY**

*Take Care with Fuel and Refueling Your Generator*
- Do not store fuel for your generator inside your home.
- Store fuel in approved containers.
- Turn off all equipment powered by the generator before shutting it down.
- Allow the generator to cool down before refueling.

**Remember**
Safety should be the first priority when using a portable home generator. Learn how to properly use your generator before a disaster. Always follow the directions that came with your generator. Contact an electrician or manufacturer for proper use and questions.

**For More Information:**
Electrical Safety Foundation International (ESFI) – www.esfi.org/disaster-safety
FOOD SAFETY AFTER A DISASTER

Food Safety

- Food kept in a closed, full freezer will be safe for around 48 hours.
- Be sure you have a working thermometer in your refrigerator. A closed refrigerator should keep food safe for about four hours.
- If the temperature drops below 41 degrees F in your refrigerator or freezer, discard all perishable food.
- Frozen foods that have thawed need to be thrown away.
- Throw away all food that has been exposed to floodwater. This includes food in cans, plastic, glass, and cardboard containers.
- Discard all paper, wood, or plastic items that contain food or are used in food preparation that have had contact with floodwater.
- Do not give discarded food to pets.
- Clean and sanitize all food preparation surfaces and the inside of your refrigerator and freezer before use.
- Wash and sanitize all utensils before use:
  - Completely immerse them in clean water and bring it to a rolling boil for one minute; allow to cool, remove, and air dry prior to use; or
  - Completely immerse them in clean water (room temperature) containing two (2) teaspoons of unscented chlorine bleach per quart or three (3) tablespoons unscented chlorine bleach per gallon for 15 minutes; remove and air dry prior to use.
- Wash your hands with clean water and soap before handling foods and after handling contaminated surfaces.
- Use paper/plastic items for serving foods until running water is available.
**FOOD SAFETY AFTER A DISASTER**

**Drinking Water Safety**
- Use only disinfected or bottled water for food preparation, to brush teeth, and to give to pets.
- Do not drink or cook with swimming pool water.
- Disinfect water correctly. Listen to local announcements and authorities to learn the recommendation for your area.
- If you are under a “boil water notice,” follow directions from local officials on how to disinfect the water.
- In general, heat water at a rolling boil for one to three minutes. A rolling boil means that all of the water is moving and large bubbles continually rise and break the surface of the water.
- Allow water to cool before putting into a clean, sanitized, tightly capped container.
- Water that is cloudy should be boiled between three to five minutes.

*For More Information:*
Safe Handling of Food and Water in a Hurricane or Related Disaster, by Ronald H. Schmidt, Keith L. Schneider, Renee’ Goodrich, Amarat Simonne, and Douglas L. Archer: [http://edis.ifas.ufl.edu/fs131](http://edis.ifas.ufl.edu/fs131)

Preparing and Storing an Emergency Safe Drinking Water Supply, by Shuchi Shukla and Thomas Obreza: [http://edis.ifas.ufl.edu/ss439](http://edis.ifas.ufl.edu/ss439)