

PREPARE

- ◆ **Put** together a disaster supply kit. Make your kit portable so that you can take it with you if you need to evacuate.
- ◆ **Decide** on two places for your family to meet in an emergency. Select one right outside your home and one outside of your neighborhood in case you are away and can't return home.
- ◆ **Have** a long distance "family contact" outside of the area that all family members can check with to tell where they are and that they are safe.
- ◆ **Keep** a week's supply of food and water for your pets. Pets cannot go to shelters so have an alternative site for them to stay if you need to evacuate. Always keep a collar and tag on cats and dogs so they can be identified.

Creating A Disaster Kit



- Store enough supplies in your disaster kit for each person in your family for three days.
- **Water:** Store one gallon of water per person per day. Water can be stored in plastic bottles such as soda bottles. Do not use glass bottles or milk containers to store water. Stored water should be changed every six months.
- **Food:** Store high-energy and ready-to-eat foods in your disaster supply kit such as peanut butter, canned soups and fruits, and granola bars. Don't forget baby foods or foods for people with special diets.
- Include a first aid kit and any medications and/or medical supplies you use daily in your kit.
- Comfortable, durable clothing and sturdy shoes should also be included.
- Don't forget your pets - they need their own supply kit too!
- Include toys, books, and games to keep your family occupied during the disaster.

Shenandoah Valley Project Impact

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Prevent and Prepare: Simple Ways To Protect Your Family From Disasters



The Shenandoah Valley is vulnerable to natural and man-made disasters such as:

Fires
Floods
Hazardous Materials Incidents
Hurricanes
Severe Thunderstorms
Terrorism
Tornadoes
Wildland Fires
Winter Storms

P R E V E N T

There are many simple and inexpensive steps that you can take to prevent damage to your home and property from disasters. Not only are these steps easy but they can increase your family's protection against the wind, water, and fire associated with disasters. Try some of the tips below to become "disaster resistant":

- **Make A List:** Keep a list handy of things you need to bring inside that could become missiles under windy conditions, such as trash cans and lawn furniture. Having a list makes it easy if a storm approaches quickly.
- **Keep Gutters and Culverts Clean:** Remove debris from gutters and culverts so that rain water can flow freely through gutters and storm drains.
- **Be Aware Of How Stormwater Drains:** When it rains, pay attention to how stormwater drains from your property.
- **Secure Fuel Tanks:** Make sure tanks are anchored so they will not move.
- **Keep Trees and Shrubbery Trimmed:** Keeping greenery trimmed reduces the dead branches and debris that can be carried by the wind or clog up gutters and storm drains.
- **Know Your Flood Risk:** Call your local emergency management office, building department or floodplain management office for information about flooding. Ask to see a flood map of your community. Consider purchasing Flood Insurance.
- **Install Float Plugs In Your Floor Drains:** If a drain pipe backs up, the float will rise, plugging up the drain and preventing water from backing up through the drain.
- **Install Backflow Valves In Your Sewer System:** To prevent floodwaters from causing sewage to back up into your home, have a plumber install interior or exterior backflow valves.
- **Use Sealants:** If you have a basement prone to flooding, you can use waterproofing compounds to seal walls and windows of basements. When applying these compounds, it is important to follow the manufacturer's directions.
- **Protect Your Roof:** Have a professional inspect your roof to make sure that the roof sheathing (the boards or plywood nailed to the roof rafters or trusses) is nailed properly and that the end gables are securely braced. Install hurricane straps to fasten the roof to the walls of the house to give it added protection in high winds.



For Additional Information On Disasters, Check Out The Following Websites:

American Red Cross - www.redcross.org

Citizen Corps - www.citizencorps.gov

Federal Emergency Management Agency - www.fema.gov

Ready.Gov - www.ready.gov

Virginia Department of Emergency Management - www.vaemergency.com

U.S. Department of Homeland Security - www.dhs.gov