Make a Plan

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

- Develop a Family Communications Plan. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.
- If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors, and air vents.
- Create Emergency Evacuation
 Routes out of town. Choose several destinations in different directions.
 Become familiar with alternate routes as well as other means of transportation and do not forget to take your emergency supply kit.
- Know emergency plans at school and work. Talk to your children's schools and your employer about emergency plans. Communicate with your neighbors about how you can work together.

Be Informed



Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are preparing yourself to react in an emergency. Go to www. Ready.gov to learn more about potential terrorist threats and other emergencies or call South Heartland District Health Department toll free 1-877-238-7595.



Disaster Preparedness Kit

Preparation Guide for Emergencies



South Heartland District
Health Department
606 N. Minnesota Ave., Ste. 2
Hastings, Ne. 68901
402-462-6211

Through its Ready Campaign,

the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks.



Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

Suggested Supply List

- 1 gallon of water
- 1 jar of peanut butter
- 1 Lg can of juice
- 1 can of meat
- 1 can of fruit
- 1 can of vegetables
- Dried fruits/nuts if desired
- 1 box of graham crackers
- Dry cereal and powdered milk
- Feminine hygiene supplies

Replenish these items as needed.

Other Items for your Suggested Supply List

- Aspirin or non-aspirin pain reliever
- Toothbrush, toothpaste, or denture care items
- Manual can-opener
- Permanent marking pen
- · Paper and pencil
- 1 box of heavy-duty garbage bags
- Paper towels
- 1 package of eating utensils
- Plastic containers with lids
- 1 box of facial tissues

Suggested Hardware Supply List

- Heavy cotton rope
- 2 flashlights with extra batteries
- Matches in water tight container
- Patch kit and can of seal-in-air flare product for the tires of mobility aids (if needed)
- Compass
- Light Sticks
- Battery powered (or wind-up) radio with extra batteries
- Water proof plastic container
- Wrenches to turn off utilities
- Duct tape
- Crow bar
- Hammer
- Whistle
- Pliers
- Screwdriver
- Labels for your equipment and supplies
- Plastic sheeting
- Plastic bucket with tight lid
- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks