

Being Prepared on..



the HOME front

HOME HEALTH CARE MONTH

NOVEMBER 2009

How to Help

Making a difference for a family is as easy as 1-2-3!

- 1 • Assemble a Kit
- 2 • Make a Plan
- 3 • Share Your Story!



Emergency Kits for Families

Each November, the Arizona Association for Home Care (AAHC) in partnership with the National Association for Home Care celebrates **Home Care Month** to honor care giving heroes who make a difference in the lives of patients and the families they serve.

For this year's celebration, AAHC has developed a statewide project, "**Being Prepared on the Home Front**". Members are invited to help a family be better equipped for an emergency. Recent studies

show that most families are not prepared to be without basic services for even a short period of time. By helping a family create a Plan and assemble an Emergency Kit, Home Health Care Providers can help lessen the impact of disasters and reduce the fear and disruption that accompany emergencies.

For more info:
www.azhomecare.org

MORE WAYS TO CELEBRATE HOME CARE MONTH

Show Appreciation for Staff & Volunteers • Strengthen Relations with Physicians and Other Referral Sources • Garner Support from Public Officials • Honor Patients & Their Families

For more info: www.azhomecare.org

Step 1: Assemble a Kit

During an emergency a family may need to survive on their own for a period of time. Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off and relief workers often cannot reach everyone immediately so FEMA recommends having enough food, water, and other supplies to last for **at least three days**.

Sometimes the emergency requires evacuating at a moment's notice - it is a good idea to have a Portable "Go Kit" (see box) as well as a Regular Emergency Kit. Whatever the case, during a disaster is not the time to be shopping for supplies - so having kits already assembled is essential.

Below are the items that the Basic Kit should contain.

Water (1 gallon per person per day)

Individual water needs vary, depending on age, physical condition, activity, diet, and climate. Children, nursing mothers, and ill people need more water. Warm weather can double the amount of water needed. Commercially-bottled water in its original container is best. Refresh regularly.

Food (Non-perishable)

Select foods that require no refrigeration, preparation or cooking and little or no water. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Good choices are: Ready-to-eat canned meats, fruits and vegetables, Canned juices, milk, soup (if powdered, store extra water), Staples--sugar, salt, pepper, High energy foods--peanut butter, jelly, crackers, granola bars, trail mix, Vitamins, Foods for infants, elderly persons or persons with special dietary needs, Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.

Portable "Go Kit"

- Water & Food
- Battery-powered Radio
- Flashlight
- Extra Batteries
- First-aid Kit
- Whistle
- Dust Masks
- Moist Towelettes
- Wrench/Pliers
- Gloves, Hat & Bandana
- Garbage Bags
- Special Items (medicine, etc.)

HOW TO STORE THE KIT:

A box or duffle bag works well but keep the items that you would most likely need during an evacuation in an easy-to-carry container such as a covered trash container or backpack.

First-aid Supplies

Assemble a first aid kit and manual for your home and one for each car. In addition to the basics, be sure to include: a thermometer, petroleum jelly or other lubricant, safety pins, cleansing agent (soap), eye wash solution and sunscreen. If family members are taking prescribed medicines be sure to include them as well as eyeglasses, contacts and cleaning solution.

Clothing, Linens & Sanitation

Include at least one complete change of clothing and footwear per person plus blankets, sleeping bags and pillows. For sanitation, include: toilet paper, Soap, liquid detergent, personal hygiene items, plastic garbage bags, a plastic bucket with a tight lid, disinfectant, and household chlorine bleach.

Tools

Good items to include are: Mess kits, or paper cups, plates and plastic utensils, manual can opener, emergency preparedness manual*, portable, battery-operated radio, flashlight, extra batteries, Cash or traveler's checks, change, utility knife, fire extinguisher (small canister/ABC type), tent, pliers, tape, compass, matches (in a waterproof container), aluminum foil, plastic storage containers (and bags), signal flare, paper and pencil, needles & thread, medicine dropper, shut-off wrench (to turn off household gas and water), whistle, plastic sheeting and a map of the area.

Special Items

Family members with special needs, such as infants and the elderly or disabled persons. are at a higher risk during an emergency - include special items such as: baby formula, diapers, bottles, pacifiers, toys/games, medications, prescription drugs, dentures, contact lenses and supplies, extra eye glasses, and hearing aid batteries. Important family documents should be kept in a waterproof, portable container.

Step 2: Make a Plan

Each family member should be well-informed on potential hazards and community disaster plans. There are 3 basic plans:

- **Communication PLAN**
- **Shelter-in-Place PLAN**
- **Get Away PLAN**

Step 3: Share Your Story

We want to hear about your project!
Share your stories, photos and more
online at www.azhomecare.org.