



Get Prepared DeKalb

Get Prepared DeKalb

CITIZEN'S ACTION PLAN

Get Prepared DeKalb

It is critical that the DeKalb County citizens be prepared and informed about the possibility of natural and terrorist disasters. It is important for the citizen's of DeKalb to understand in the time of an emergency that essential services may be unavailable. The local disaster relief and government responders may not be able to reach you right away, knowing what to do to help protect and prepare yourself and your household in the event of an emergency is essential.

This action plan describes how to prepare for most disasters, it includes safety tips and provides information about emergency water and food. Common sense actions for one emergency event can apply to others. Being informed, remaining calm and having a plan are key to your safety. We have learned from recent events in our nation's history the following things can happen after an emergency or terrorist attack:

1. Significant numbers of fatalities and/or damage to building and infrastructures may occur. Your employers should have your current contact numbers and medical information.
2. Heavy public safety involvement at the local, state and federal levels will follow a terrorist attack.
3. Emergency medical and mental health resources in your community may be strained or overwhelmed.
4. Extensive media coverage will follow these events and strong public fear and international implications may arise for an extended time.
5. Disasters may cause schools and businesses to close, suspend operations or modify schedules. Work locations and travel may be restricted.
6. You and your household may have to evacuate or relocate for a period of time.



CITIZEN'S ACTION PLAN

Get Prepared DeKalb

This action plan should serve as your foundation for disaster preparedness and safety. In each neighborhood there are special conditions that exits, therefore you should follow specific instructions for your immediate area.

In the event of an emergency, you should tune to your local news, DeKalb Government Access Channel DCTV channel 23 on comcast cable or N.O.A. Weather Service Radio.

Protect your family through prior planning

Meet with your family and discuss why you should prepare for disaster. Explain the dangers of fire and severe weather to children. Plan to share responsibilities and work together as a team. Discuss the types of disasters that are most likely to occur.

Pick two location to meet

- In case of an sudden emergency, like a fire. Identify a meeting point right outside of your home.
- Identify locations outside of your neighborhood in case you can't return home.

List an emergency contact

- Notify an out-of- state friend or family members to be your family contact. After a disaster , it's often easier to call long distance. Family members should call this person and tell them where they are. Everyone should know your contacts phone number.



CITIZEN'S ACTION PLAN

Get Ready DeKalb

Discuss what to do in an evacuation

- Contact your emergency management office and American Red Cross chapter about disaster preparations.
- Ask about a disaster plan at your job, your children's school or daycare center and other places where family spends time.
- Find out how to help the elderly and disabled persons during a disaster.
- Plan for pet care, contact your local animals shelter and ask about health regulations during a disaster.

Build neighborhood partnerships

- Meet with neighbors to plan how residents could work together after a disaster.
- Make plans for child care in case parents can't get home.

Review and practice your plan

- Post emergency numbers by your phone.
- Conduct fire and emergency evacuation drills.
- Practice and update your plan.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguishers and flash lights according to manufacturer's instructions.

Family

- **Teach children how and when to call 911 or local Emergency Medical Services number for help**
- **Identify escape routes from every room in your home**
- **Install smoke detectors on each level of your home, especially near bedrooms.**
- **Stock emergency supplies and assemble a disaster supplies kit.**
- **Take classes such as Red Cross First Aid and CPR**



CITIZEN'S ACTION PLAN

Get Prepared DeKalb

Rule number one : Prepare or purchase a first aid kit

- You should have a first aid kit In your home and in each family vehicle. It should be marked clearly **First Aid**.

Keep a steady supply of safe drinking water

- An ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least two quarts of water each day. Hot summer days can double that amount. Nursing mothers, sick people and children will need even more.
- You will also need water for food preparation and hygiene. Store at least one gallon per person, per day. You should at least store two weeks of water for each person.

How to store water

- Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use containers that have held toxic substances. You also can purchase FDA approved plastic buckets or drums. Seal water containers tightly, label them and store in a cool , dark place. Rotate water every six months



CITIZEN'S ACTION PLAN

Three ways to treat water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause disease such as dysentery, typhoid and hepatitis. You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to treat water, none are perfect. Often the best solution is a combination of methods.

- **Boiling:** Boiling water is the safest method of treating water. Bring water to a rolling boil for 3-5 minutes, keeping in mind some water will evaporate. Boiled water will taste better if you put oxygen back by pouring the water back and forth between clean containers.
- **Disinfection:** You can use household liquid bleach to kill microorganisms. Only use regular household bleach containing 5.25 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another minutes. The only agent used to treat water should be household liquid bleach.
- **While the two above methods will kill most microbes in water, distillation will remove microbes that resist these methods, heavy metals, salts and most other chemicals.**
- **Distillation:** Distillation involves boiling water and collecting the vapors that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into cup is distilled.

Get
Prepared
Deal
Kali
b



CITIZEN'S ACTION PLAN

Food for Thought: Stockpile now / worry less later

An emergency it is unlikely that your food supplies would be cut off for two weeks. You should prepare a supply that will last that long, you don't need to buy unfamiliar foods to prepare an emergency food supply. Use canned foods, dry mixes and other food supplies in your cupboard. Familiar foods are important also, some canned foods won't require cooking, water or special preparation.

- **Special Considerations:** Take in consideration your family needs and tastes. Include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best. Individuals with special diets and allergies will need special attention as will babies, toddlers and elderly people. Make sure you have a manual can opener and disposable utensils and don't forget nonperishable foods for your pets.
- **Powerless Cooking:** Fireplaces are useful for emergency cooking while a charcoal grill or camp stove can be used outdoors. You can also heat food with candle warmers, chafing dishes and fondue pots.
- **Storage Tips**
 - **keep food in a dry, cool spot - a dark area if possible.**
 - **keep food covered at all times**
 - **Open food boxes or cans carefully so you can close them tightly after each use.**
 - **Empty opened package of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.**
 - **Inspect food for signs of spoilage before use.**
 - **Place new items at the back of the storage area**

Get Prepared DeKalb



CITIZEN'S ACTION PLAN

Get Prepared DeKalb

Nutrition Tips

- Eat at least one well-balanced meal each day
- Drink enough liquid to enable your body to function properly (at least two quarts a day)
- Take in enough calories to enable you to do necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

Food Rotation Tips:

Guidelines for rotating common emergency foods

Use within six months

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year

- Canned condensed meat, vegetable soups
- Canned fruits, Fruit Juices and vegetables
- Ready-to-eat cereal and uncooked instant cereals (in metal containers)
- Peanut butter and jelly

If the electricity goes out:

First, use perishable foods from the refrigerator

Then, use food from freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on the door. In a well-filled and well insulated freezer, foods will be safe to eat for at least three days.

Finally, begin to use non-perishable foods immediately.



CITIZEN'S ACTION PLAN

Prepared for terrorism; Tips on Security

The threat of terrorism can take many forms, but you can take many simple steps to keep safe. You can take action to reduce the danger to yourself and others.

- Be aware of your surroundings.
- Take precautions when traveling.
- Do not accept packages from strangers.
- Do not leave luggage unattended
- Report unusual behavior, strange devices should be reported to the police or security personnel.
- Learn where emergency exits are located in buildings you frequent.
- Be familiar with types of fire extinguishers and how to locate them.
- Assemble a disaster supplies kit at home and learn first aid.

Chemical and biological weapons

In case of a chemical or biological weapon attack near you, authorities will instruct you on the best course of action. You may have to evacuate the area immediately, seek shelter at a designated location or take immediate shelter where you are and seal off a room

If instructed to remain where you are:

- Turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in an internal room, preferably one without windows. Seal room with duct tape and plastic sheeting.
- Remain in protected areas where toxic vapors are reduced or eliminated, and be sure to take your battery operated radio with you.

Get Prepared DeKalb



CITIZEN'S ACTION PLAN

Get Prepared to Deal with a Crisis

Security

If caught in an unprotected area:

- Get upwind of the contamination.
- Find shelter as quickly as possible.
- Listen to your radio for official instructions

What to do after a chemical attack

Immediate symptoms of exposure to chemical agents may include blurred vision, eye irritation, difficulty breathing and nausea. A person affected by a chemical or biological agent requires immediate medical attention. If medical help is not available, decontaminate yourself and others.

- Put clothing in a plastic bag
- Decontaminate hands using soap and water.
- Put glasses in household bleach to decontaminate.
- Flush eyes with lots of water.
- Gently wash face and hair with soap and water, and then rinse with water.
- Decontaminate other body area likely to have been contaminated. Blot with a cloth soaked in soapy water and rinse with clear water.
- Change into uncontaminated clothes.
- If possible, go to a medical facility.

What to do after a biological attack

In a biological attack, people will not know they have been exposed to an agent. The first evidence of an attack may be when you notice symptoms of the disease caused by an agent exposure and you should seek immediate medical treatment. Medical services for biological event may be handled differently because of increased demand. It will be important for you to pay attention to official instructions via radio, television and emergency alert system.



CITIZEN'S ACTION PLAN

Get
Prepared
in
DeKalb

Again this plan should serve as a foundation for disaster preparedness, as special conditions exist in every neighborhood. The below list of phone numbers and available email address should start your family on the road to emergency preparedness.

See below – Emergency Management Phone and Email List

DeKalb Emergency Management Agency(DEMA)
(770) 270-0413

www.dekalbpolice.com

DeKalb County Government

www.co.dekalb.ga.us

DeKalb County Health Department (404) 876-2695

info@dekalbhealth.net

DeKalb County Fire Rescue (678) 406-7822

Community Emergency Response Team(CERT)

Captain Beth Burgess ceburgess@co.dekalb.ga.us

Atlanta Red Cross (404) 876-3302

www.redcross.org

www.gema.state.ga.us

www.ready.gov

[Prepared for Kids, Educators and Businesses at](#)

www.fema.gov