

What To Do In The Event of A Disaster

Being prepared for emergencies is important at home, school, work and in your community. Disasters can strike quickly and without warning. In order to make sure you and your family are safe and prepared before disaster strikes, we encourage you to develop a family disaster plan, prepare a disaster kit, and most of all stay informed. Consider these helpful tips as you prepare for your family's safety.

Have a Place to Go

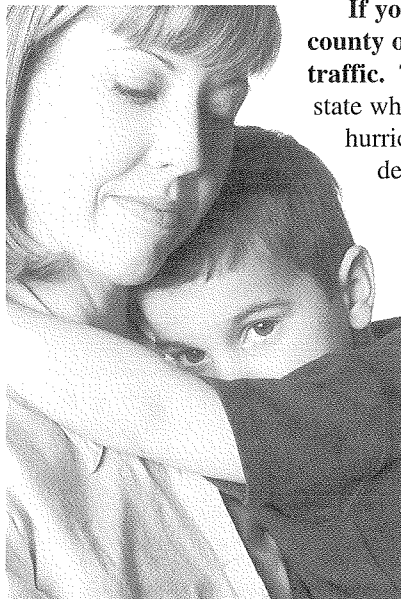
Develop a family hurricane preparedness plan before an actual storm threatens your area. If your family hurricane preparedness plan includes evacuation to a safer location, then it is important to consider the following points:

If ordered to evacuate, do not wait or delay your departure. If possible, leave before local officials issue an evacuation order for your area. Even a slight delay in starting your evacuation will result in significantly longer travel times as traffic congestion worsens.

Select an evacuation destination that is nearest to your home, preferably in the same county, or a least minimize the distance over which you must travel in order to reach your intended shelter location. In choosing your destination, keep in mind that the hotels and other sheltering options in most inland metropolitan areas are likely to be filled very quickly in a large, multi-county hurricane evacuation event.

If you decide to evacuate to another county or region, be prepared to wait in traffic. The large number of people in the state who must evacuate during a hurricane will probably cause massive delays and major congestion along most designated evacuation routes; the larger the storm, the greater the probability of traffic jams and extended travel times.

If possible, make arrangements to stay with a friend or relative who resides closest to your home and who will not have to evacuate. Discuss with your intended host the details of your family evacuation plan well before the beginning of the hurricane season.



If a hotel or motel is your final intended destination during an evacuation, make reservations before you leave. Most hotel and motels will fill quickly once evacuation begins. The longer you wait to make reservations, even if an official evacuation order has not been issued for your area or county, the less likely you are to find hotel/motel room vacancies, especially along interstate highways and in major metropolitan areas.

If you are unable to stay with friends or family and no hotels/motels rooms are available, then as a last resort go to a shelter. Remember, shelters are not designed for comfort and do not usually accept pets. Bring your disaster supply kit with you to the shelter. Find Pet-Friendly hotels and motels.

Make sure that you fill up your car with gas, before you leave.

From: National Hurricane Center

Family Disaster Plan

- ✓ Discuss the type of hazards that could affect your family. Know your home's vulnerability to storm surge, flooding and wind.
- ✓ Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- ✓ Determine escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.
- ✓ Have an out-of-state friend as a family contact, so all your family members have a single point of contact.
- ✓ Make a plan now for what to do with your pets if you need to evacuate.
- ✓ Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- ✓ Check your insurance coverage – flood damage is not usually covered by homeowners insurance.
- ✓ Stock non-perishable emergency supplies and a Disaster Supply Kit.
- ✓ Use a NOAA weather radio. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- ✓ Take First Aid, CPR and disaster preparedness classes.



From: National Hurricane Center

Disaster Supply Kit

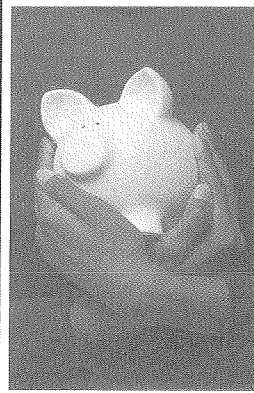
An important part of planning for a disaster is preparing a disaster supply kit. Since you may not be home when disaster strikes, it is a good idea to not only keep a kit at home, but also in your car and at work. The following list is six basics you should stock in your home for your disaster kit(s).

- Water (2 day supply of water to include one gallon per person per day)
- Food (3 day supply of non-perishable goods)
- First aid supplies (Assemble or purchase a first aid kit for your home and one for each car)
- Clothing, bedding and sanitation supplies (one complete change of clothing and footwear per person)
- Tools (e.g. flashlight, batteries, utensils, tape, paper, pencil, can opener, etc.)
- Special items (remember family members with special needs, such as infants, and elderly or disabled persons; cash; medications)



Keep the items that you would likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container, a camping backpack; or a duffle bag.

From: FEMA



Tip of the Day

On payday, pay yourself.

Start saving for a rainy day. Stash away a little cash for a true emergency-keep it in your disaster supplies kit. Again, this doesn't need to be an overwhelming task. We pay bills every month, consider your emergency funds among your debts and put a few dollars away for the future. Remember, this is not a savings account that you can dip into and you'll want to keep it safe and secure at home so it is easy for you to access when you need it.

From: American Red Cross

Counseling After a Disaster

If I want counseling after a disaster (or at any time for that matter), I've used my EAP visits and don't have insurance coverage, what can I do?

- Call the local mental health clinic in your area. Look under the State Government pages in your local phone book for the most current phone number.
- Ask the EAP provider you previously used for referral resources in your area that offer fee for service on a sliding scale or reduced rate based on ability to pay.
- Talk to your primary care physician or clinic about a referral to a mental health provider.

Erin D. Woolworth, L.C.S.W.

If you would like to access EAP and need information on providers, please go to our website at www.calaishealth.com. In the blue box on our web page, select **Provider Directory**. Providers are listed by city and EAP providers are either BCSW or LPC's. Remember you must contact FMC with your provider selection to complete the authorization process.



FMC's Employee Assistance Program encourages early assistance for all problems or issues before they begin to interfere with job performance and life in general.

EAP benefits include:

- 24-hour emergency access
- Diverse network of EAP providers
- EAP assessment
- Coordinated referral and follow-up
- Short-term confidential EAP counseling
- Supervisor referral system
- Managers and supervisors consultation
- Wellness training seminars
- Critical incident assistance

24-Hour Access to Employee Assistance is available
Phone (225) 765-7874 or Toll Free (800) 245-8332

If you have any questions about the EAP please contact your Human Resources Department. If you have any questions or comments on this newsletter please contact Laura Dalferes, RN at FMC, (225) 765-6570.