

Are you

AWARE

and

PREPARED?

Take this quiz and find out

1. A family emergency plan is the best way to prepare you and your loved ones for a natural disaster or terrorist act.

(CIRCLE ONE) T F

2. A family emergency plan consists of having emergency supplies and a first aid kit handy.

(CIRCLE ONE) T F

3. Every family member should be familiar with your emergency plan since they each play an important role.

(CIRCLE ONE) T F

4. It's a good idea to identify a centrally located room in your house or space in your basement, in case you and your family need to "shelter in place."

(CIRCLE ONE) T F

5. It's important to keep phone numbers for the police, fire, local health department, poison control center and an out-of-the-area family contact by each phone.

(CIRCLE ONE) T F

6. If you need to go to a public emergency shelter, your pets can go, too.

(CIRCLE ONE) T F

7. If you have duct tape and plastic, do not use it to seal a room—unless officials tell you to.

(CIRCLE ONE) T F

8. You should have at least a three day supply of emergency food and water on hand.

(CIRCLE ONE) T F

9. You need to have a first aid kit at home, even if your doctor is nearby.

(CIRCLE ONE) T F

10. Since terrorism is unlikely in my community, preparing for emergencies is not as important for me as it is for some other people

(CIRCLE ONE) T F

Answers to Questions...

1. TRUE. Be aware and be prepared. Talk to your family about why you need to be prepared for disasters.

Then, make a family emergency plan and practice it with your family.

2. FALSE. Storing emergency supplies is just one part of a plan. Your family members should know where the emergency supplies are stored, plus they should know: the news stations that will broadcast emergency information; escape routes from your house; your family's emergency contact numbers; where family members will meet if you get separated during an emergency; your child's school emergency plan; and, your community's public alert system.

3. TRUE. From the youngest to the oldest, all family members can help, from gathering supplies to practicing how they would get out of the house in a hurry.

4. TRUE. During some kinds of emergencies you may be advised to stay at home and "shelter in place," rather than evacuate. Look for space in your home that has no windows.

5. TRUE. Also include any other phone numbers you think may be important, such as your doctor or your child's school.

6. FALSE. Most shelters will not accept pets. Plan ahead of time what you will do with your pets if you have to leave your home unexpectedly.

7. TRUE. Some experts advise you to have duct tape and plastic on hand in case you need to keep contaminants out. But it could be dangerous to seal yourself off from a supply of fresh air! Do NOT decide to do this on your own. Listen to news broadcasts and follow emergency advice.

8. TRUE. Have at least a three day supply of food and water for every member of your family in case of an emergency that forces you to stay at home. Also be sure to have a flashlight, battery-operated radio or television and extra batteries, matches in a waterproof container, ready-to-eat canned foods and a manual can opener, peanut butter crackers, granola bars and other high-energy foods, personal needs such as prescription drugs, disposable diapers, baby foods and formula. Keep extra cash and credit cards, personal identification for every member of your family, an extra set of keys, and important documents, such as your insurance policies, birth certificates and Social Security cards, where you can get to them quickly if you have to leave your home in a hurry.

9. TRUE. You can buy a first aid kit or make up your own. Your kits should include: a first aid manual; assortment of sterile gauze pads; over-the-counter drugs like aspirin; anti-diarrhea medication; activated charcoal; syrup of ipecac; antiseptic ointment; soap; latex gloves; thermometer; tongue depressors; tweezers; and needles. Be sure to check once in a while to make sure the medicines in the kit have not gone out of date.

10. FALSE. Emergencies can happen anywhere, and to anyone. You could lose electricity for a long time because of a severe storm, or be forced to leave your home because of flooding. There could be a chemical leak because of a transportation accident, a wildfire, or widespread disease outbreak. Plan to be prepared and you'll be better able to help protect yourself and your family, no matter what happens!