

THIS MONTH: NATIONAL PREPAREDNESS MONTH

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Your PTA/PTSA in Action

- Review this Meeting Module and check out online resources.
- Sign up as a Coalition Member at www.ready.gov to get the full tool kit free of charge.
- Make Preparedness Month an agenda item at your September PTA/PTSA meeting.
- Work with your team and administration to plan your presentation. Will you present the material or will you invite a local expert?
- Utilize the promotional tools in the tool kit. Let people know about your meeting and featured topic!
- Make a sample kit to display at your meeting or event. Provide copies of the suggested contents on page 3 of this meeting module.
- Discuss possible scenarios to prepare for. Provide copies of the Family Emergency Plan template and the handout on page 4.
- Review the answers to the Pop Quiz on page 4 with the explanations found in the tool kit.
- Provide copies of your school's emergency plan to parents that attend the meeting/event.
- Invite your administrator to be available to present the plan and answer questions.
- Have copies of your school's emergency cards available for families' to update their information. ☆

Take Action Now to Protect Children and Families

Our lives can be changed in an instant by a variety of different emergencies ranging from tornadoes and power outages to terrorism. We are constantly reminded of this each time we watch the news, yet too many Americans have not taken steps to prepare.

Working with the U.S. Department of Homeland Security, your PTA/PTSA can help remind Americans to take action and prepare before these events happen. This September, National Preparedness Month is all about helping individuals, families, businesses and communities take action. This nationwide effort is designed to encourage individuals and families to take simple steps to prepare for emergencies in their homes, businesses and schools. Your PTA/PTSA will be joining efforts with a wide variety of organizations highlighting the importance of emergency preparedness and promoting individual involvement through events and activities across the nation, such as first aid trainings, town hall meetings and much more.

Choose a week that your group can focus on, or target each one in a special way.

Week 1 September 1-8:

Back-to-School and Ready Kids

Week 2 September 9-15:

Business Preparedness and Ready Business

Week 3 September 16-22:

Multicultural Preparedness

(Coinciding with the beginning of Hispanic Heritage month)

Week 4 September 23-30:

Home and Family Preparedness

(Including older and disabled Americans, as well as pet owners)

By participating in this important effort you will help encourage Americans to take steps to prepare for emergencies. Sign your PTA/PTSA up as a coalition member at www.ready.gov and you'll have access to an entire tool kit designed to help you inform and educate your community on the importance of being prepared. In this edition of Meeting Modules, we've included just a sampling of the wealth of tools available in the tool kit. ☆



Program Idea... Ready Kids!

Week One – September 1-8
**Back-to-School Night
Preparedness Programs**

Organize preparedness programs to be conducted in your local school during “back-to-school nights” by working with your local Office of Emergency Management or Citizen Corps Council. Invite families to attend and distribute Ready, Ready Kids and, if available, state and local materials to explain how families can prepare for emergencies. Consider having a local first responder teach parents how to make an emergency supply kit and family emergency plan. Rex, the official Ready Kids mascot, is also available to make an appearance at family events. All reservations and requests for the Rex costume must be coordinated through your state or local government. These organizations are responsible for ordering the costume and providing the official talent to portray Rex at your events. It is strongly recommended that governments submit their requests for Rex at least four weeks prior to an event. ☆

Program Ideas... Home & Family Preparedness

Week Four – September 23-30



Include emergency preparedness in existing community events by conducting demonstrations or handing out materials. Consider local events already scheduled in your community during September such as state or county fairs, spaghetti dinners, festivals or sporting events. Minor League Baseball has worked with the U.S. Department of Homeland Security to help spread the Ready message to baseball fans nationwide and your local baseball team might be able to assist you in your efforts.

Host an event for older adults, people with disabilities or special needs, and caregivers, reminding them of the special considerations they should make when preparing their emergency supply kit or family emergency plan. You can distribute the Ready brochures for older and disabled Americans. The event could be held at a school, hospital, community center or nursing home. AARP has worked with the U.S. Department of Homeland Security’s Ready Campaign and their local organizations may be interested in taking part in your event. ☆

Websites for Kids



Engaging children in preparation plans and having them learn about possible disasters in a safe learning environment can go a long way. To have children take an active interest in emergency preparedness, mitigation, and safety, visit these websites:

The Department of Homeland Security (DHS) websites Ready Kids www.ready.gov/kids/home.html and FEMA for Kids www.fema.gov/kids/index.htm include lots of information for kids to learn about disasters, how they can prepare for them, and how they can reduce their impact in a fun and interactive way.

The DHS United States Fire Administration (USFA) also has a website for kids to learn about fire prevention and what everyone should do to be safer at home, at www.usfa.dhs.gov/kids/flash.shtm. Sparky is the mascot of the National Fire Protection Association and this site focuses on fire prevention education for kids, with lots of games to reinforce the message.

The National Oceanic and Atmospheric Administration, www.education.noaa.gov/sweather.html, has designed fun activities for kids to explore the planet they live on, including hazardous weather. These activities are linked from the NOAA education webpage and are tailored for children grades K-5 and for grades 6-12.

Code Red Rover, www.coderedrover.org, is the Home Safety Council's website for children that introduces them to Rover, the Home Safety Hound, and delivers interactive games and puzzles to assist children in identifying dangers in and around the home.

The Interactive Zone at the American Red Cross website includes items to engage youngsters in emergency preparedness and disasters safety. Log on at www.redcross.org/services/youth/izone. There are also lots of ways for children and young adults to get involved in Youth Services with the American Red Cross. ☆



Share with us!

Did your PTA/PTSA have a meaningful meeting/event with the information provided in this Module? Let us know! Michigan PTSA is looking for great examples of how these modules can be used to share with other PTA/PTSA officers. Send a description of your meeting or activity, discussion or project to 7402 Westshire Dr. Suite 115, Lansing, MI, 48917 or email us at communications@michiganpta.org. ☆

Step #1 Make an Emergency Kit



When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio, and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit (see below)
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps ☆

First Aid

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you **should have** in your first aid kit include:

- 2 pairs of Latex, or other sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Daily prescription medications such as insulin, heart medicine and asthma inhalers. Periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Things it **may be good to have** in your first aid kit:

- Cell Phone
- Scissors
- Tweezers
- Petroleum jelly
- Non-prescription drugs such as aspirin or non-aspirin pain reliever, anti-diarrhea medication
- Antacid
- Laxative. ☆

Additional Items to Consider

Got the basics taken care of? Consider adding the items listed below that are appropriate for your family:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children. ☆



Think About It!

Looking for quality family time? Commit a weekend to updating telephone numbers, buying emergency supplies and reviewing your emergency plan with everyone. ☆

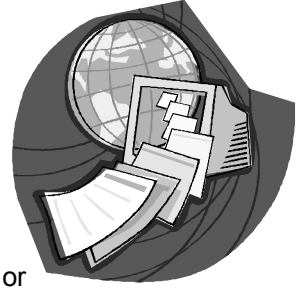
Step #2 Get a Plan

One of the simplest things families can do to prepare for an emergency is to create a family emergency plan. A plan template and greater detail is available at www.ready.gov. Some questions to consider when making a plan include:

- ❶ What are the possible situations you need to consider such as disaster type, time of day and location of family members?
- ❷ How will you contact one another? Does everyone in the family have necessary contact information for each other and an out-of-town relative to take roll call?
- ❸ How will you get back together? Where?
- ❹ Where is your emergency kit located?
- ❺ What is the evacuation plan and location of your child's school? Your work?
- ❻ How does your community notify citizens in the event of an emergency? ☆

Step #3 Stay Informed

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.



However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them. Go to www.ready.gov/america/local/mi.html for a list of links to websites with state and local information.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count. ☆

Citizen Corps

Get involved in preparing your community! Citizen Corps, Homeland Security's grassroots effort, localizes preparedness messages and provides opportunities for citizens to get emergency response training, participate in community exercises, and volunteer to support local first responders. To learn more and to get involved, contact your nearest Citizen Corps Council by visiting www.citizencorps.gov.

Michigan Citizen Corps
4000 Collins Rd
Lansing, MI 48913
(517) 333-4395

Pop Quiz for Parents

1. Which of the following is NOT a recommended action for emergency preparedness?
 - a. Creating a family emergency plan
 - b. Stockpiling antibiotics
 - c. Becoming knowledgeable about types of potential emergencies and responses
 - d. Getting an emergency supplies kit
2. When preparing for an emergency situation, it's best to think about the basics of survival. Which of the following is NOT considered a necessity for survival?
 - a. Drinking water
 - b. Food
 - c. Clean air
 - d. Comfortable shoes
 - e. Warmth
3. A Family Emergency Plan should NOT include which of the following?
 - a. Information about the emergency plan at your children's schools
 - b. The name and phone number of an out-of-town contact person
 - c. A list of important phone numbers, including those of doctors and emergency services
 - d. Arrangements for each person in the family to be at a specific land line telephone at a specific time
 - e. A central meeting spot outside your home and one outside of your neighborhood in case you need to leave the area ☆

