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# Emergency Planning for Urban Households

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**GET A KIT  
MAKE A PLAN  
BE PREPARED**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

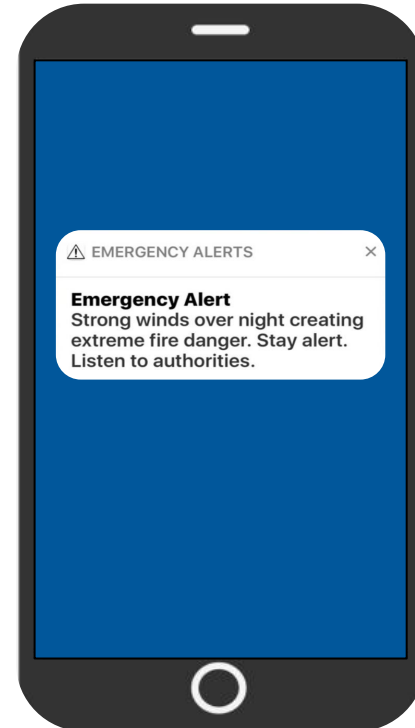
[EMERGENCY.CDC.GOV](https://www.emergency.cdc.gov)

# Emergency Preparedness Plan Basics

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# Where do you get your emergency alerts?

- Integrated Public Alert and Warning System (IPAWS)
  - Wireless Emergency Alerts (WEAs)
    - Text accompanied with vibration and a loud alarm
      - Extreme weather, AMBER Alerts, Presidential Alerts during a national emergency, and other threatening emergencies in your area
    - like emergency weather alerts you see on local TV, WEAs are broadcast from area cell towers to mobile devices in the area. Every WEA-capable phone within range receives the message.
  - Emergency Alert System (EAS)
- NOAA Weather Radio
  - broadcasts official warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week



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# Evacuation vs Shelter in Place

Emergencies are largely unpredictable and operate on a cases by case basis

- Listen to recommendations from emergency alerts
  - if officials suggest your area should evacuate you should evacuate
- Know your situation
  - Be familiar with your area and common hazards
    - Ex: do you live in a flood zone?
  - If you don't feel safe staying in your home and have time to evacuate, evacuate
    - Ex: emergencies with long warning periods such as hurricanes, forest/ brush fires, and winter storms
- Shelter in place
  - Ex: tornado, chemical or radiation hazards, active shooters, hurricanes, flooding, landslides, winter storms
- Evacuate
  - Ex: hurricanes, flooding, fire, landslides, winter storms

# Shelter in Place

## Before

- Know your area
- Have an Emergency Supply Kit
- In case of air contamination
  - Measure, cut, and label plastic sheeting to seal windows, doors and vents in advance to store in your Emergency Supply Kit



# Evacuate

## Before

- Know your area, evacuation routes, and evacuation destinations
- Have an Emergency Supply Kit
- Wear appropriate clothing and footwear
- Have transportation ready
  - Car with  $\geq \frac{1}{2}$  tank gas
  - Alternative route- foot, train, carpool



# Shelter in Place

## During

- Bring family and pets inside
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems
- Take your emergency supply kit
- Go into an interior room with few windows
- Watch TV, listen to the radio or check the Internet often for official news and instructions as they become available
- In case of air contamination
  - Seal all windows, doors and air vents with thick plastic sheeting and duct tape
  - Be prepared to improvise to seal gaps to create a barrier between yourself and any contamination

# Evacuate

## During

- Secure your home
- Take your Emergency Supply Kit
- Leave early to avoid getting trapped in inclement weather or traffic
- Listen to the radio and follow local evacuation instructions
  - Do not take shortcuts as they may be closed or blocked
- Notify others of your whereabouts
- Be alert



# Shelter in Place

## After

- Watch TV, listen to the radio or check the Internet often for official news and instructions as they become available



# Evacuate

## After

- Check with local officials before you travel
- Bring supplies back with you
- Notify others of your whereabouts
- Be prepared to experience disruptions in daily life after the emergency



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# Building an Emergency Supply Kit

## Storage

- Store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as **plastic bins** or a **duffel bag**
- Locations- home, work, car
  - Go-bag

## Maintenance

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change



# Basic Supply List

- ✓ Water -  $\geq 3$  day supply one gallon per person per day, for drinking and sanitation
- ✓ Food -  $\geq 3$  day supply of non-perishable food and manual can opener
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ✓ Flashlight and extra batteries
- ✓ First aid kit
- ✓ 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
- ✓ Local maps
- ✓ Cell phone with chargers and a backup battery

# Additional Supply List

- ✓ Prescription medications
- ✓ Non-prescription medications
  - pain relievers, anti-diarrhea medication, antacids or laxatives
- ✓ Glasses and contact lense solution
- ✓ Cash or traveler's checks
- ✓ Important family documents saved electronically or in a waterproof, portable container
- ✓ Sleeping bag or warm blanket for each person
- ✓ Fire extinguisher
- ✓ Complete change of clothing appropriate for your climate and sturdy shoes
- ✓ Household chlorine bleach and medicine dropper to disinfect water
- ✓ Matches in a waterproof container
- ✓ Feminine supplies and personal hygiene items
- ✓ Mess kits, paper cups, plates, paper towels and plastic utensils
- ✓ Paper and pencil

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# Special Considerations

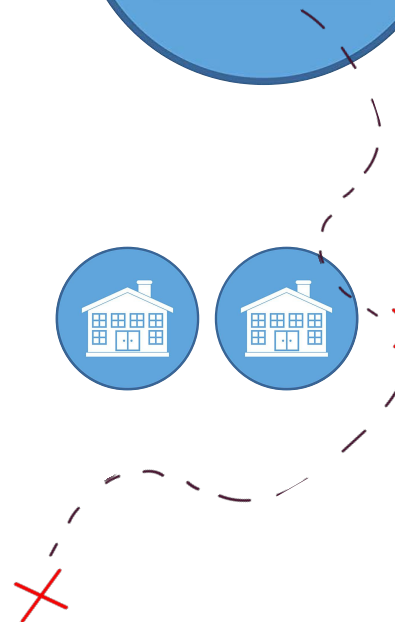
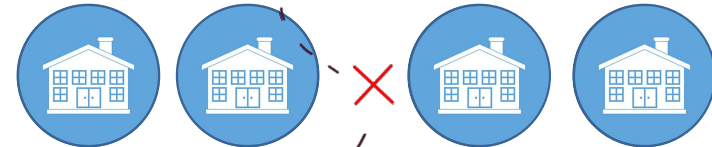
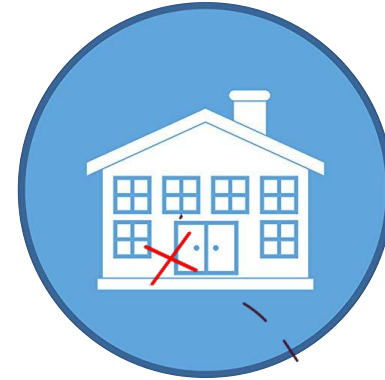
- **Children**
  - Infant formula, bottles, diapers, wipes, diaper rash cream
  - Books, games, puzzles or other activities for children
- **Elderly**
  - Additional transportation or medical supplies
- **Individuals with disabilities**
  - Additional transportation or medical supplies
  - How will you retrieve equipment or services
    - Dialysis, meals on wheels, medical supplies like oxygen
    - Contacts and notification
- **Individuals with Dietary Restrictions**
- **Pets**
  - Pet food and extra water for your pet as well as any medications



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# Have you forgotten...

- Communication plan
  - Emergency Meeting Places
    - Indoors, in your neighborhood, outside of your neighborhood
  - Designated emergency contacts
    - Know your roles and others roles
- Finances and Documentation
  - Bank documents
  - Travelers checks
  - Medical records
- Developing a map of resources and hazards
  - Places to get supplies, medical assistance, or shelter
  - Identify hazards



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**Find these resources and more at**

[Ready.gov](https://www.ready.gov)

[Emergency.cdc.gov](https://www.emergency.cdc.gov)

[Fema.gov](https://www.fema.gov)