

MONTHLY SAFETY BRIEF

SEPTEMBER 2010

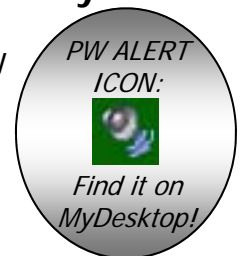
Make Your Plan NOW!

September is National Preparedness Month

Preparedness is everyone's responsibility. If you're not ready, make your plan during National Preparedness Month. September is the height of hurricane/flood season: Danielle and Earl are two of the named storms so far this year. Prince William County has experienced several disasters, including severe winter weather and extensive flooding from last year's November Nor'easter. Emergencies such as these should motivate us to prepare ahead of time, but research shows that there is still plenty to do.

Take simple, low-cost steps NOW to prepare and protect your family:

Be in-the-know. Having access to reliable information during an emergency situation is vital. Register on the County's employee emergency notification system – [PW ALERT](#) – to receive emergency information from County officials. Click on the icon on MyDesktop to register for emergency e-mails and text messages.



Make sure you have a **NOAA Weather Radio** at home and at your worksite. The National Weather Service broadcasts warnings and post-event information for all types of hazards – including natural (severe weather), environmental (chemical release or oil spill) and public safety (amber alert or 911 outage) 24/7.

Make a family emergency plan. This may be the most important thing you can do for your family. Sit down as a family and plan in advance what you will do in an emergency and how you will get in touch with each other. Include plans for family members with special needs and pets. Put your plans in writing. You can use the ***family emergency plan worksheet*** on the back. Making a plan is free and simple and will make a difference.

Choose an out-of-town emergency contact. Choose an out-of-town relative or friend for your family to call because families may not be together when an emergency happens, and often it's easier to make a long distance call than a local call during emergencies. ***Choose someone now as your family's emergency contact, and make sure each person in your family has that phone number.*** When an emergency happens, all family members should call the out-of-town contact and say they are OK. Then the out-of-town contact can relay that message to other family members.

Store a three-day supply of food and water. Plan to be self-sufficient in an emergency for a minimum of three days. Store non-perishable food items like soup or peanut butter that does not require cooking before eating. ***The rule of thumb is to store one gallon of water per person per day.*** So if there are four members of your family, stock 12 gallons of water for drinking and personal hygiene.

For more information, visit www.ReadyVirginia.gov.

This Safety Brief was prepared by Safety & Health Council Representatives Kathy Simmons & Lorrie Andrew-Spear.

- ✓ Get a kit
- ✓ Make a plan
- ✓ Stay informed

Discuss with your family the types of hazards and threats in your area and what to do in each case. Make a list of important contact information and keep it with you at all times.

Out-of-town contact: _____
E-mail: _____
Telephone: _____
Cell phone: _____

Decide on a meeting place in case you cannot return to your home, and know where you would go if you had to evacuate your area.

Neighborhood meeting place: _____
Telephone: _____

Out-of-town meeting place: _____
Telephone: _____

Collect information about the locations where your family members spend the most time.

Workplace (1): _____
Address: _____
Telephone: _____

School (1): _____
Address: _____
Telephone: _____

Workplace (2): _____
Address: _____
Telephone: _____

School (2): _____
Address: _____
Telephone: _____

Other location: _____
Address: _____
Telephone: _____

Other location: _____
Address: _____
Telephone: _____

Record any medications your family members take on a daily basis.

Medicine: _____
Dosage: _____

Medicine: _____
Dosage: _____

Medicine: _____
Dosage: _____

Medicine: _____
Dosage: _____

Collect information for others you might need to contact in an emergency.

Doctor: _____
Address: _____
Telephone: _____

Insurance co.: _____
Address: _____
Telephone: _____

Pharmacist: _____
Address: _____
Telephone: _____

Veterinarian: _____
Address: _____
Telephone: _____