Preparing makes sense

In the past, hurricanes, flooding, extreme heat, and severe winter snowstorms have threatened Indians in the Northeast. Now consider the possibility of home fires and even terrorist attacks. Are you prepared to make it on your own for a few days in the event of an emergency?

Northeastern tribal people recognize the importance of self-reliance as individuals and part of a community. Simple preparations today can keep you safe during a disaster or emergency. **Have a plan. Be ready.**

Recommended Supplies to Include in a Basic Kit:

- ❑ Water, one gallon per person per day, for drinking and sanitation
- ❑ Food, at least a three-day supply of non-perishable food like dried fruit, meat or fish, protein bars, and canned goods
- ❑ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ❑ Flashlight and extra batteries
- ❑ Local maps
- ❑ First Aid kit
- ❑ Whistle to signal for help
- ❑ Dust mask or cotton t-shirt, to help filter the air
- ❑ Wrench or pliers to turn off utilities
- ❑ Can opener for food (if kit contains canned food)
- ❑ Plastic sheeting and duct tape to shelter in place
- ❑ Moist towelettes, garbage bags, and plastic ties for personal sanitation
- ❑ Copies of wills, family records, health insurance cards, medical records, tribal ID cards, deeds, credit or debit card and bank account information, in a waterproof container

During an emergency you also may need:

- ❑ Infant formula and diapers
- ❑ Cell phone and charger
- ❑ Cash or traveler's checks
- ❑ Change of clothes
- ❑ Prescriptions and a week-long supply of medications
- ❑ Eyeglasses, hearing aid batteries, wheelchair batteries, oxygen
- ❑ Operating instructions for lifesaving equipment
- ❑ Pet food, extra water, supplies, and medical records
- ❑ Books, playing cards, toys, comfort items

PREPARE

FOR EMERGENCIES IN TRIBAL NATIONS

Preparing makes sense for American Indians and Alaska Natives. Get ready now.

ready.gov

Ready Indian Country
Prepare. Plan. Stay Informed.

Step 1: Make a plan for what you will do in an emergency.

Develop a Family Communications Plan

Consider the following with your family and decide on an emergency plan together. Write down information that isn't easy to remember, and keep it in a safe place. Make a game or song to help younger children memorize important information.

- ✓ Pick one friend or relative to call to help your family get in contact if you are separated. An out-of-town contact is best because long-distance phone service is less likely than local service to be affected by an emergency.
- ✓ Know where you will meet. Pick a meeting place for when family members are at home, and find out the evacuation locations for work, school, day care, and other places family members often go.
- ✓ Make a list of important information. Write down important information for all family members—name, Social Security number, date of birth, and important medical information. Collect up-to-date names and telephone and policy numbers for doctors, pharmacies, and medical care, along with critical homeowner's and/or rental insurance information.

Stay Where You Are or Get Away?

Plan for both possibilities. Use common sense, news broadcasts, and any other available information to determine if there is an immediate threat. Watch television and listen to the radio for official instructions from local emergency managers.

Plan to Shelter-In-Place

If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may need to seal the room and stay put. Immediately turn off air conditioning, forced-air heating systems, exhaust fans, and clothes dryers. Seal all windows, doors, and vents to create a temporary barrier between you and contaminated air. Stay informed through the best method available: watch TV, listen to the radio, or check the Internet for official instructions.

Plan to Evacuate if Instructed

If it is necessary to leave your home, plan in advance where to go. Keep your gas tank half full and check out alternate routes. Consider your options if car travel is impossible. Monitor news reports and evacuate immediately when told to do so by authorities. Take your portable emergency kit. Lock the door behind you.

Considerations for Elders and Individuals with Disabilities

Be sure you have a week-long supply of medicines, plus any medical supplies or equipment you use regularly. If you need electricity to operate medical equipment, ask providers what to do during power outages. Enlist family and friends as a support network, share your emergency plans, and make sure they have a key to your home.

Work with Others

Talk with your extended family and other tribal members about how you can help each other in an emergency. Ask your tribal council or governing body about the emergency plan for your community.

Step 2: Get a kit of emergency supplies.

Think about fresh water, food, and clean air. You may need to rely on your own supplies for at least three days, maybe longer. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. Basic services such as electricity, gas, water, sewer, and telephones could be cut off for days or longer. Review lists in this brochure for items to pack.

Remember to include unique family needs like pet supplies, diapers and infant formula, and medications. Store these items in easy-to-carry bags or bins. Consider two kits—one for home and a second lightweight, portable kit to keep in your car.

Step 3: Be informed about what might happen.

Some of the things you can do to prepare for the unexpected are the same regardless of the type of emergency. However, it's important to stay informed about what types of emergencies are most likely to affect your community.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities. Above all, stay calm, be patient, and think before you act. With these simple preparations, you can be ready for the unexpected.

For more details about disaster planning, visit ready.gov or call 1-800-BE-READY