

## March Newsletter

### MAKE A PLAN

Whether you are new to the program, or back for Month Three, please review the previous newsletter activities (complete the “Family Communications Plan”, purchase a duffle bag / storage bin and stock up water for your emergency kit).

We have heard all too often of disasters in the news, devastating earthquakes, floods, severe weather, ice storms, water main breaks, etc. A little advanced planning can make the difference between tragedy and survival. It can happen here. We have already talked about a “Go Kit” for evacuating your home, and now a “Stay Kit” for sheltering-in-place. What does this mean? What is the difference between the two? A “Go Kit” is an easily portable bag/bin of essential items for evacuating your home quickly. A “Go Kit” should be able to sustain an individual/family from a couple of hours to a couple of days, whereas a “Stay Kit” is essential items to sustain an individual/family in the home to Shelter-in-Place for **at least** 3 days. Sheltering-in-Place is staying indoors. It can be as simple as staying indoors for a severe thunderstorm or, for an extreme example, a poisonous chemical release, sealing off rooms in your home. See the section on **Be Informed** in this newsletter on how to seal off a room in your home.

### CONTINUE TO BUILD YOUR KIT

Now that we have water in our kit from February’s activity, it is time to focus on adding:

#### Food

Plan for individual/family’s unique needs and tastes when collecting food for 3 days or more. Pay attention to needs for special diets, infants, toddlers and elderly. Plan foods that are high in calories and nutrition. Consider foods that are not salty, high in fat or protein (when water is limited). Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water.

The “*Items of the Month*” for March are *canned goods*. For example, purchase canned vegetables, canned fruits, canned meats or soups and bouillon. Remember to also pack a manual can opener!

#### For your “Stay Kit”

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples--sugar, salt, pepper



The Oak Creek Health Department does not endorse any specific product. Trade names are used as a visual aid only.  
Picture courtesy of Ready Wisconsin.

### For your “Go Kit”

- Ready-to-eat canned meats, fruits, and vegetables
- Boxed juice

### Storage Tips

- Keep food in a dry, cool spot—a dark area if possible
- Open food boxes and other re-sealable containers carefully so that you can close them tightly after each use
- Wrap perishable foods, such as cookies and crackers, in plastic bags and keep them in sealed containers
- Empty open packages of sugar, dried fruits, and nuts into screw-top jars or air-tight canisters for protection from pests
- Inspect all food for signs of spoilage before use; throw out canned goods that become swollen, dented, or corroded

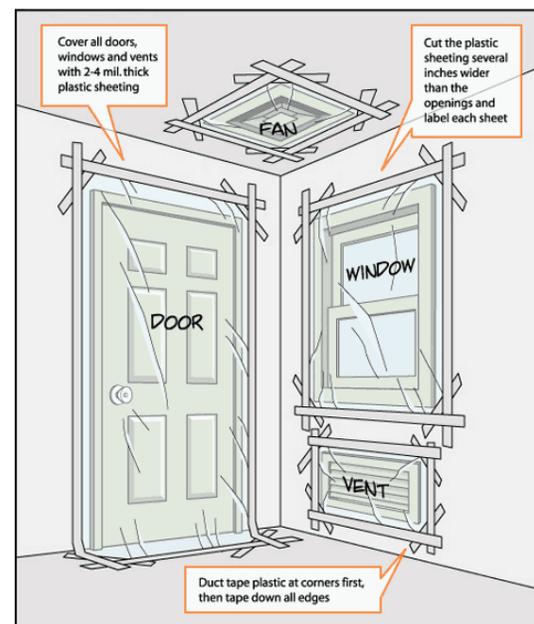
**Remember to watch the expiration dates and rotate your stock.** It is recommended to replace water every 6 months.

## BE INFORMED

The “Twelve Months of Preparedness” Campaign continues to build on community preparedness for any emergency that might impact our city. An emergency may include natural disasters such as severe weather, a power outage, flooding, an accidental chemical spill or in extreme cases a deliberate biological, radiological or chemical threat, releasing toxins in the environment. These extreme circumstances may direct residents to evacuate or to shelter-in-place. **Listen for instructions.** If you have been instructed by local authorities to stay in your home (shelter-in-place) and create a barrier between yourself and potentially contaminated air outside, follow these guidelines for sealing a room.

Advanced planning will enable you to act quickly if directed to stay inside. Select an interior room or one with as few windows and doors as possible. Choose an area that has a telephone, water, a toilet, and someplace you can seal off easily if possible. A bedroom is an excellent choice. (According to Ready America, in the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed).

- Bring your family and pets indoors
- Turn off heaters and air conditioners
- Close fireplace dampers
- Close and seal all doors and windows
- Cover your nose and mouth with a wet cloth if necessary
- Listen to your radio or TV or check the Internet for instructions
- Wait for the all clear signal before you move outside



Barriers to protect against severe environmental threats

Picture courtesy of Ready America at [www.ready.gov](http://www.ready.gov)

Additional supplies needed - include the following:

- two rolls of duct tape
- scissors
- towels
- a portable, battery operated radio
- a flashlight
- games for kids
- trash bags
- whistle
- extra batteries
- plastic sheeting (consider measuring and cutting sheeting in advance to save time)
- sturdy ladder

Visit <http://www.ready.gov/america/other/faqs.html> for questions and answers you may have about sheltering-in-place.