Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, older adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor’s names.

Specific consideration for people with disabilities:

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication.

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Radiation emergencies include:

- Radiological Dispersion Device (RDD), or a “dirty bomb,” combines explosives and radioactive material, scattering radioactive material over a wide area.
- An accidental release of radiation from a medical, industrial device or power plant.
- People can be contaminated when the radioactive material gets inside their bodies. Anyone who comes into contact with body fluids, such as urine, sweat or blood of a contaminated person, may be in danger of exposure to radiation.
- People could be contaminated by having radioactive material on their bodies or clothes. Radiation may spread to anything the person touches, such as other people or personal belongings.

**What is Radiation Emergency?**
A radiation emergency occurs where radioactive material in significant concentrations escape into the environment. If the concentrations of the material are high enough, they could be dangerous to an individual's health.

**How Can Exposure Occur?**
- Radiation becomes less dangerous over time.
- The farther you are from radiation, the better.
- Seek medical attention if you were exposed.
- Use chemical, immediately take off your clothes, place them in a plastic bag and keep it away from you.
- Stay focused on personal strengths.
- Accept help from family, friends, co-workers and clergy.
- Make time for recreation and relaxation.

**Have You Been Exposed?**
If you think you may have been exposed to a chemical, immediately take off your clothes, shower and wash with soap:
- If a shower is not available, look for a hose, fountain or any source of water and wash with soap. Be careful not to scrub the chemical into your skin.
- Seek emergency medical attention.

**Minimize Exposure**
Here are some helpful tips if there are unsafe levels of radiation near you:
- If you are told to evacuate, do so. The farther away you are from radiation, the better.
- If you are close to the source of radiation and do not have time to evacuate, put heavy or dense material between you and the radiation source, such as barriers of lead or concrete.
- Stay inside. Do not leave your house or building until you are told that it is safe. Radiation becomes less dangerous over time.
- Stay focused on personal strengths.
- Accept help from family, friends, co-workers and clergy.
- Make time for recreation and relaxation.

**Common Reactions**
- Fear and anxiety
- Irritability
- Inability to rest or relax
- Excessive worry
- Avoidance and/or isolation due to fear of contamination

**Resiliency**
Successful coping is influenced by the extent to which you can accomplish the following:
- Identify emotional reactions to the fear of being exposed to radiation that are predictable.
- Maintain a routine.
- Maintain contact with family and friends.
- Find ways to relax that do not include alcohol or drug use.
- Participate in activities you enjoy.
- Realize that you cannot control everything.
- Stay focused on personal strengths.
- Limit overexposure to media.
- Ask for financial, emotional and medical assistance, as needed.

**Long-Term Impact**
If you or a loved one are having difficulty coping during this period of uncertainty, consider seeking professional help.

**Tips for Coping**

**Coping Strategies for Children and Teens**
- Give honest age-appropriate information.
- Encourage small children to express their feelings by drawing.
- Maintain parent, child and family routines and provide structure to their day.
- Limit media exposure to avoid unnecessary anxiety and fear.
- Avoidance and/or isolation due to fear of contamination
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- Irritability
- Inability to rest or relax
- Excessive worry
- Avoidance and/or isolation due to fear of contamination

**Stay Informed**
- Listen to the television and radio for instructions regarding evacuations, public health concerns and safe travel.
- If an evacuation is ordered, the announcement will include information regarding evacuation routes and shelter locations. Evacuate quickly and follow all instructions.
- If ordered to “shelter in place,” stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.