

Disaster Preparedness For Our Family



In the Caribbean, we face disasters yearly, including earthquakes, heavy rain fall that lead to floods and landslides, strong winds, disease epidemics and hazardous material accidents. As such it is important that we prepare our families and identify an emergency plan in the event of any such disaster.

The following tips can help:

- ✚ Know the major roadways that provide entrances and exits to our communities.
- ✚ Know your emergency numbers (Fire, Police, Ambulance)
- ✚ Know the location of the designated Emergency Shelter in our communities.
- ✚ Ensure that every family member knows how to turn off utilities such as water and electricity.
- ✚ Stock emergency supplies and assemble an emergency kit. (Be sure to change water and canned foods every six months).
- ✚ Find a safe place within the home that can protect us in the event of any disaster. (Note that sometimes the safe place may be outside the home).
- ✚ Have an escape route from each room to identified safe place.
- ✚ Conduct emergency evacuation drills.

Our ability to survive in the face of a disaster is largely dependent on a well stocked emergency kit. Among items that should be stocked include:

- ✓ Canned foods
- ✓ Can opener
- ✓ First Aid Kit
- ✓ Medication
- ✓ Water proof bag (to keep the most important personal and family documents)
- ✓ Bottled water
- ✓ Bleach to disinfect water
- ✓ Flashlight and extra batteries
- ✓ Toilet paper
- ✓ Money

Remember that the key to reducing the risks associated with a disaster is proper and careful planning by each family member.

If you are interested in receiving more information about disaster preparedness, remember that MyEAP is here to help. Contact us at eap@familiesinaction.net or log on to our website www.myeap.familiesinaction.net with your username and password.