

ARTICLE 1:

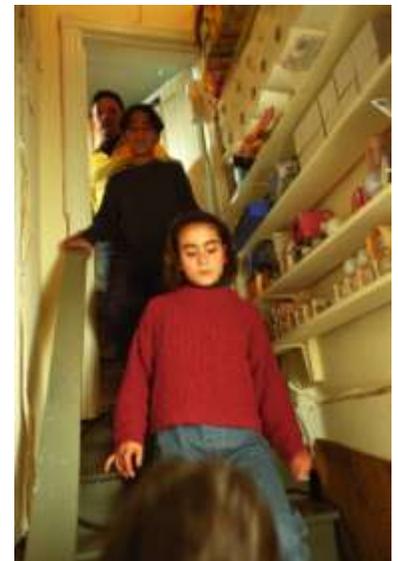
Are You Ready to “Shelter-in-Place?”

An on-coming disaster event may leave you and your family in a situation where you cannot leave your home. Shelter-in-place refers to taking shelter immediately, wherever you are. The Bluegrass Chapter of the American Red Cross encourages you and your family to be “ready and resilient” and take important steps to prepare for a disaster. Disasters that may require you to “shelter-in-place” are:

- Severe storms, such as tornados.
- Extreme life threatening temperatures (i.e. cold or heat).
- Public disturbances, such as a demonstration that had escalated to a violent level.
- Explosives or threat of explosives.
- Biological or chemical contaminants released or threat of being released.

The American Red Cross has a few steps that you can take to help you and your family shelter-in-place. These tips can help you stay safe until you can go to an emergency shelter or until emergency responders can get to your location.

- Have an emergency kit ready to go, you can create your own or purchase one at www.redcrossstore.org.
- Personalize your kit, have family members place favorite non-perishable food and personal items in the kit.
- The kit should have water, food, a can opener, flashlights, batteries, a first aid kit, radio, duct tape and plastic sheeting, prescription and non-prescription medications, pet supplies, cash and coins, and other supplies.
- A kit should contain a minimum of 3 days of supplies and water for each person (including pets) in the household. Each person requires one gallon per day. Therefore, if there are five people in a family, you will need 5 gallons x 3 days = 15 gallons of water.
- Make sure everyone knows the kit is for emergencies only and what constitutes as an emergency. Also make sure everyone knows where the emergency kit is located.
- Have a disaster plan. Not every disaster requires the same course of action. Tailor your families disaster plans specific to the disasters your area is susceptible to, but remember any disaster can strike at any time.
- Lastly be informed. Know what is happening in your area, do your best to stay connected and updated to current events and weather reports.



By following these simple steps, you and your family will be better prepared to “shelter-in-place.” By taking these precautions, you and your family can be prepared for an emergency. If your immediate area is affected by the disaster, these resources can sustain you until emergency responders arrive and a shelter is opened.

The American Red Cross has a variety of Preparedness and First Aid Mobile Apps that give you instant access to the information you need to know in the event of an emergency. Be ready for severe weather with Tornado, Earthquake, Wildfire and Hurricane mobile apps. Monitor conditions in your area or throughout the storm track, prepare your family and home, find help and let others know you are safe. Each app also features a shelter locator where you can find shelters in your area as well. From your mobile phone, call “**REDCROSS” (**73327677) and we will send you a link to download the app to your phone or you can download them directly from the [iTunes](https://www.apple.com/itunes/) or [Google Play](https://www.google.com/googleplay/) app stores. For more tips and information, please call the Bluegrass Chapter at 859-253-1331 or visit www.redcross.org/bluegrass.

ARTICLE 2:

Maintaining Independence During a Disaster

If you or your family are taking care of an aging family member or someone with special needs you are already aware that their needs are very different from your own, but have you thought about how that might change your response in a disaster? The Bluegrass Chapter of the American Red Cross has resources that can help you think through every disaster scenario. Here are some tips you may find helpful when thinking about your family member that may need some extra help:

- Know what disasters are common in your area, and have a disaster plan that is tailored specifically to your families needs.
- If you or your family member relies on a daily medication, have at least a 7-day backup supply in your “shelter-in-place” emergency kit. Your doctor may have samples they can provide or set aside some at the end of the month to meet this need.
- Go ahead and organize the needs of your family members. The American Red Cross has **Personal Assessment** forms that you can fill out that may help you organize your families’ needs in an easy understandable way for emergency personnel. For a copy, please call the Bluegrass Chapter at 859-253-1331.
- If your family member has medical equipment, write down and store the serial number on medical items in your “shelter- in-place” emergency kit, this way if the medical items are damaged or destroyed this information will be easily accessible for the insurance company.

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