

fundamentals of preparedness

TRAIN TO SURVIVE

A Community Outreach Program of
Dallas County Health & Human Services
and the
Medical Reserve Corps





16 Fundamental Steps to Preparedness



Decide to be prepared.

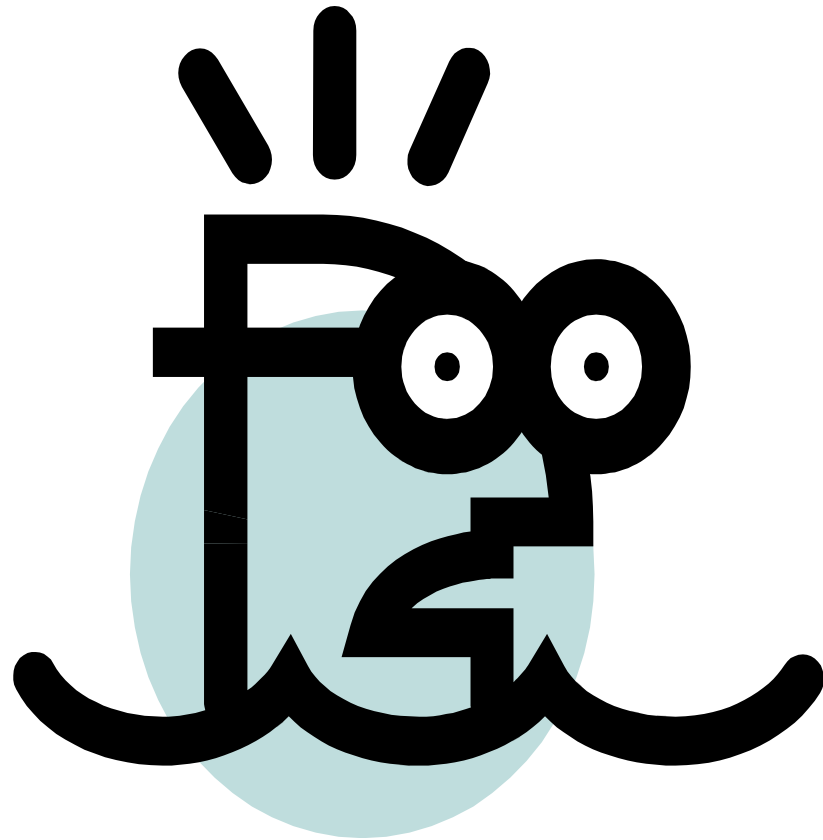


***Identify* real threats and hazards.**



- Severe Storm
- Tornado
- Pandemic
- Hail
- Flooding
- Wildfire

Improve your “Disaster Personality”



- Attitude
- Knowledge
- Anxiety Level
- Physical Agility
- Training

***Complete* your Communications Plan**



- Contacts
- Meeting places
- Family health
- Special needs

Survival Tip:

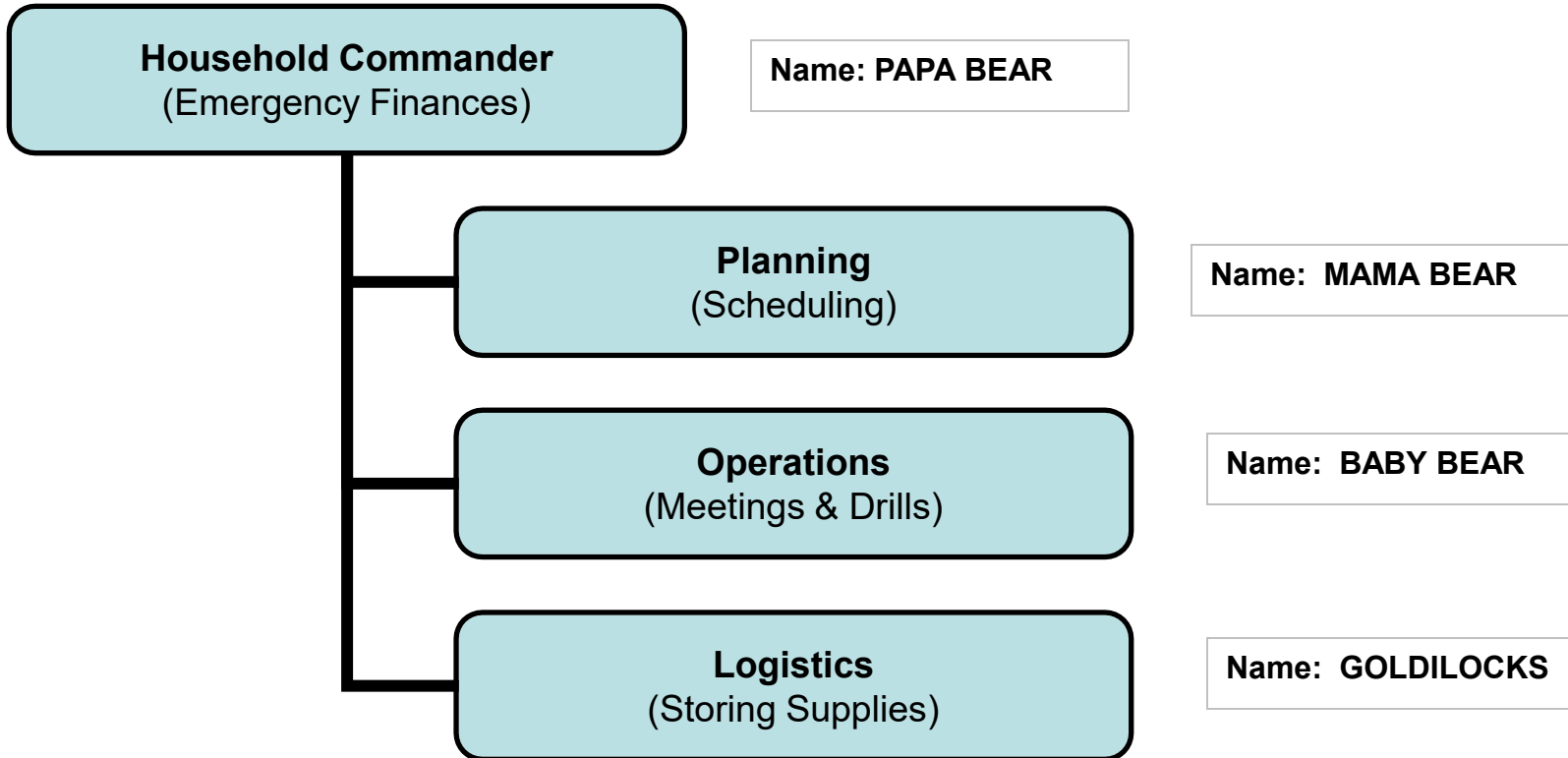
Text First, Talk Second



Complete your Emergency Contact Cards.



Assign emergency responsibilities



Develop a house fire escape plan



Put an Emergency Kit in every vehicle



Protect valuable papers and records



A strong, fireproof safe might be a good investment.

Establish a neighborhood Support Network



- Get to know your neighbors
- Share contact information

Identify storage space for emergency supplies



- Space is there
- Be Resourceful
- Be Creative

Collect and store emergency supplies



- Minimum 3-day supply
- Foods your family will eat
- Organize for rotation

Prepare a Disaster Recovery Plan



- You may be on your own
- Separated from your family
- Living in a shelter
- Evacuated, and don't know anyone.

Create a family identification file

- Include a 5" x 7" passport style photo
- Consider a set of finger prints for each family member.



Establish an Emergency Financial Plan



Train to Survive



- Practice
- Drill
- Update
- ***Repeat***



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Thank You!

