

# EMERGENCY READINESS VS DISASTER PREPAREDNESS

## EMERGENCIES

- Examples
  - Heart attack, fall, fracture, stroke, laceration, severe bleeding,
  - Eye injury, Allergic reaction, motor vehicle accident, other.
- Usually involve a small number of casualties.
- Rescuers may outnumber victims
- Calling 911 will often summon help
- Your responsibility is to protect your family.
  - Before Emergency- take classes, practice, assemble a first kit
    - ◆ CPR, Basic Life Support First Aid [BLS], AED & Stop the Bleeding classes
    - ◆ Maintain a car & home first-aid kit w stop the bleed bandages, appropriate medications, thermometer as per American Red Cross
  - During Emergency: Call 911, Check for breathing & Stop the bleeding.

## DISASTERS:

- Examples in Pacific North West
  - Windstorm, Power outage, Flooding, Forest fire, Earthquake,
  - Volcanic eruption, Pandemic, Terrorism, Cyberattack
- Victims usually outnumber rescuers & resources [Mass casualty incident][MCI]
- 911 Emergency services are overloaded or not available
- Health care facilities may be damaged and/or overloaded
- Transportation in & out of disaster zone is challenging - bridge is out.
- HPMA would probably be isolated, without help on the Island for days to months.
- Your responsibility is to protect your family.

## **Your family will need:**

- **WATER:** 1 gallon per person per day or 30 gal/month/person
- **FOOD:** At least 1 month of dry & canned goods, quick energy snacks
- **COOKING:** Camping stove, fuel, pots to boil water/cook in ventilated space for at least 1 month.
- **SHELTER:** Tent/tarps/ground tarp in case your home is not livable.
- **WARMTH:** Sleeping bags, closed cell foam pads, fire starters, lighter
- **FIRST-AID KIT:** Bandages, medications, thermometer, gloves, masks
- **TWO-BUCKET** - Pee & Poo sanitation system
- **RESCUE:** Organized by you & your neighbors - multi-tool, helmets, headlamps, batteries, protective clothing, work gloves, cribbing, pry-bars, tow-chains, & chain saws w fuel & oil

## **ARE YOU PREPARED?**

**Read this entire website.**

**Your are responsible for all of the above needs for your family.**

**"Failing to prepare is preparing to fail."  
John Wooden = Legendary basketball coach.**