



SAMPLE FIRST AID KIT:

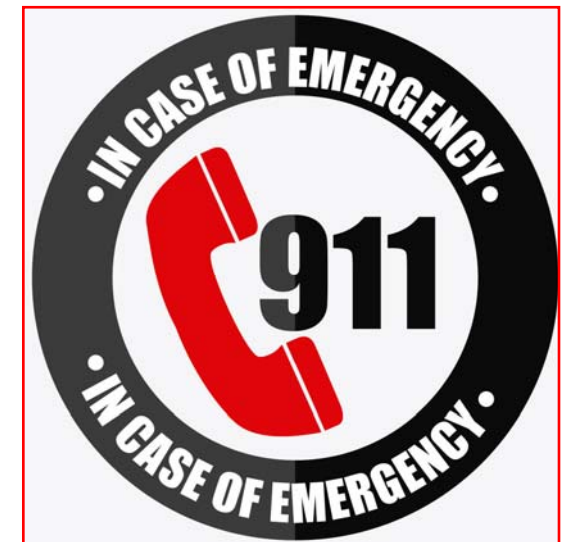
- Sterile adhesive bandages in assorted sizes
- 2 and 4 inch sterile gauze pads (4-60 each)
- Hypoallergenic adhesive tape (coban)
- Triangle Bandages (3)
- 2 and 3 inch sterile roller bandages (3 rolls ea.)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue Blades (2)
- Tube of Petroleum Jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing Agent/soap
- Latex Gloves
- Sunscreen
- Aspirin
- Syrup of Ipecac

This information is being distributed through the efforts of the New York Housing Association.



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**HOW WILL YOU HANDLE
AN EMERGENCY?
DO YOU HAVE A
PLAN IN PLACE?**





DISASTER PREPAREDNESS EMERGENCY PLAN

- Think about which type of disaster is most likely to occur in your area.
- Contact the American Red Cross or your local emergency management agency to ask how to prepare for each type of disaster.
- Ask how you would be warned of an emergency - most people get cell phone notices now, but how about radio and television warnings?
- Learn about the main evacuation routes in your area.
- Ask about special assistance for the elderly and/or disabled.
- Ask about animal care during an emergency - animals may not be allowed in emergency shelters due to health regulations.

DO YOU HAVE AN EVACUATION PLAN?

- How many entrances and exits are there at your location?
- Have an emergency phone contact list for tenants, employees, etc.
- Know the special needs for the handicapped and elderly.
- Conduct a practice evacuation session.



EVACUATION SITES

Find out about predetermined buildings/sites to evacuate to in case of a natural disaster. It could be your local high school gymnasium, a local park community center, a Red Cross designated safe place, the local fair grounds, another city or government agency designated safe place. If you do not have to evacuate entirely, designate an area for people as needed.

IF DISASTER STRIKES

- Remain calm and patient.
- Put your plan into action.
- Maintain a fully stocked first aid kit.
- Check for injuries, give first aid and get help for the seriously injured.
- Listen to a battery powered radio for news and instructions.
- Try to conserve cell phone batteries.
- Evacuate if advised to do so.
- Check for fires and other household hazards.
- Shut off any damaged utilities.
- Confine or secure pets.
- Check on neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply.
- Stay away from downed power lines.

IF YOU OWN A COMMUNITY

- Let residents know the evacuation route.
- Train residents on procedures for securing their home, such as: gas shut off, water main shut off, electrical shut off, locking doors and windows and leaving immediately to pre-determined locations.
- Secure transportation for residents who are unable to get out of the community on their own.
- Is two-way traffic accessible throughout the community?
- Would any section of your community be easier and quicker to evacuate first?
- Have a plan for an alternate evacuation route if an exit is blocked.
- Are there any fixed obstacles that would hinder evacuation?
- Identify major safe sites in your community.
- Supply residents with maps of major routes out of the area.
- For fragile, elderly or disabled residents, identify and keep updated records of any special medication, diet, or care information and ensure they vacate the community with these necessities.
- Prepare ahead of time by keeping a list in your office for people with special needs - names, lot number, phone numbers and contact information for next of kin.