Introduction

• Recovering from a disaster is usually a gradual process.

• Safety is the primary issue, as is mental and physical well-being.
  – If assistance is available, knowing how to access it makes the process faster and less stressful.

• After a disaster strikes, how you do get yourself, your family, your home, and your community back to a “new normal”? 
Become Involved

• Join your local Citizens Corps organizations to become involved in planning and recovery efforts:
  – Community Emergency Response Team (CERT)
  – Fire Corps
  – USA on Watch (UOW) is also known as Neighborhood Watch
  – Medical Reserve Corps (MRC)
  – Volunteers in Police Service (VIPS)
Learn First Aid Skills

• Get certified for CPR.
• Take training in basic first aid.
• Know how to use an AED (Automated External Defibrillator).

Universal Symbol for AED

When you see this symbol it means that an automated external defibrillator (AED) is available.
Aiding the Injured

• Use proper First Aide and CPR.
• Maintain body temperature of the injured.
• Never try to give liquids to an unconscious person.
Your Health

• Be aware of exhaustion.
  – Don’t try to do too much at once; set priorities and pace yourself; get enough rest.

• Look out for each other.
  – You may notice changes before they or others do.

• Drink plenty of clean water.

• Eat well.

• Wear sturdy work boots and gloves.

• Wash your hands thoroughly with soap and clean water often when working in debris.
Safety Issues

• Be aware of new safety issues created by the disaster.
  – Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.

• Inform local authorities about health and safety issues, including:
  – Chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.
Seeking Disaster Assistance

• Throughout the recovery period, it is important to monitor local radio or television reports and other media sources for information about where to get emergency housing, food, first aid, clothing, and financial assistance.
Direct Assistance

- Direct assistance to individuals and families may come from any number of organizations, including:
  - American Red Cross
  - Salvation Army
  - Other volunteer organizations
Federal Role

• In the most severe disasters, the federal government is also called in to help individuals and families with temporary housing, counseling (for post-disaster trauma), low-interest loans, grants, and other assistance.

• The federal government also has programs that help small businesses and farmers.

• In a nationally declared disaster call 800.621.FEMA (3362)
Summary

• Safety is the primary issue, as is mental and physical well-being.

• After a disaster strikes how you do get yourself, your family, your home, and your community back to a “new normal”?

• Get involved.

• Learn first aid and life saving skills.

• Look out for one another.
Are you ready?
Are you prepared?
Have you planned?
Are you trained?
You need to prepare for you and your family.
Are you ready?