



DRAT!



Disaster Readiness **Actions for Teens!**

Training Overview

Training Modules

- Why prepare?
- Stay safe
- Create a plan
- Make a kit
- Stay calm
- Celebration of knowledge

Module 1

- **WHY PREPARE**
 - Discusses that emergencies happen and the best way to stay safe is to be prepared.



Emergency Preparedness

- What is an emergency
 - An emergency is a situation which poses an immediate risk to health, life, property or the environment.
- Most emergencies require swift action to prevent the situation from getting worse.
- Being prepared and educated about disasters empowers all of us to help ourselves and our communities stay safe.

What Is an Emergency Situation?

- *Can you think of an emergency that affects a lot of people or a large geographical area at once?*
- *Can you think of an emergency that was due to weather or nature?*
- *What emergencies might arise in the home?*
- *What emergencies might involve transportation?*
- *Can you think of an emergency that was caused by other people?*

-

Module 2

- **STAY SAFE**

- Provides information on the various types of disaster situations and how to respond to keep you safe



Disasters Incidents



- Fires
- Floods
- Thunderstorms
- Tornadoes
- Hurricanes
- Winter Storms
- Earthquakes
- Terrorism
- Infectious Disease

Know the Rules - Fires

- Remember to stay low to the floor (where the air is safer in a fire) when escaping from a fire.
- If your clothes are on fire; **Stop, Drop, and Roll** until the fire is out.
 - Shout for help, but don't run.
Running makes fire burn faster
- Know where to go if you have to evacuate your home
 - Determine a family meeting spot
 - Practice family fire drills



Fire Safety



- Make sure that your electrical appliances in good condition, without loose or frayed cords or plugs?
- Don't overloaded your outlets with plugs from the TV, computer, printer, video game system, and stereo?
- Don't run electrical wires under rugs.
- Make sure lamps and night-lights are not touching bedspreads, drapes, or other fabrics.
- Don't burn candles without parental consent and blow them out if you leave the room.
- Clean out clutter to avoid creating a fire hazard.
- Test all of your smoke alarms.

Know the Rules - Floods

- Flood Warning
 - Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.
- Flash Flood
 - Rapid flooding in which low-lying areas are completely submerged. In many instances, a flash flood occurs as the result of heavy rains, but it can occur due to the collapse of natural or man-made dams.
- Flash Flood Warning
 - A flash flood is occurring; seek higher ground on foot immediately!



Flood Safety



Trivia Question

- What is the cause of nearly half of all flash flood related deaths?
- **Answer:** According the United States Search and Rescue Task Force, nearly half of all flash flood fatalities are auto related.
 - **Don't** underestimate the destructive power of fast-moving water! Do not try to drive across flooded roads
 - Two feet of fast-moving flood water will float your car.
 - Water moving at two miles per hour can sweep cars off a road or bridge.
 - Six inches of fast moving water will knock you off of your feet.

Know the Rules –Thunderstorm

- Severe Thunderstorm Watch

Tells you when and where severe thunderstorms are likely to occur.

- Severe Thunderstorm Warning

Issued when severe weather has been reported by spotters or indicated by radar.

- Warnings indicate imminent danger to life and property to those in the path of the storm



Thunderstorm Safety

- Always seek shelter during severe weather.
- If you are swimming or boating, get out of the water and into shelter right away.
- If you see high voltage lines down after the storm, stay away from them and tell an adult right away.



Know the Rules - Tornado

- Tornado Watch
Tornadoes are possible. Remain alert for approaching storms.
 - Watch the sky and stay tuned to NOAA Weather Radio, commercial radio, or television for information.
- Tornado Warning
A tornado has been sighted or indicated by weather radar. Take shelter immediately!



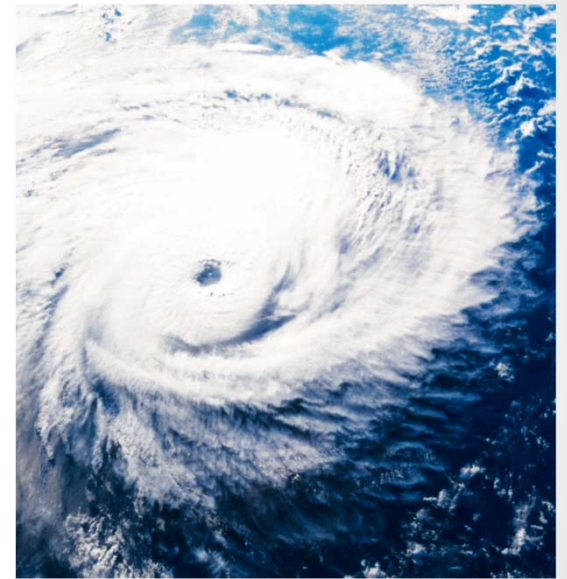
Tornado Safety



- If you are inside go to the basement or storm cellar if you have one.
- If there is not a basement or cellar move to the center of the lowest floor.
- Get under a sturdy piece of furniture like a desk or table.
 - Old blankets, quilts and an unused mattress will protect against flying debris.

Know the Rules - Hurricane

- Hurricane Watch
 - Hurricane conditions such as extreme winds are *possible to occur in 48 hours*
- Hurricane Warning
 - Hurricane conditions are *expected to occur in 36 hours*
- Extreme Wind Warning
 - Hurricane strength winds -115 mph or more - *are expected within the hour.*
 - Take shelter immediately in a sturdy structure!



Hurricane Safety



- Listen to weather updates and evacuation recommendations from authorities.
- Make sure that you have a full tank of gas, and don't forget water and snacks for the trip.
- Follow posted evacuation routes to quickly get to a safe shelter; watch out for debris and don't drive through water covered streets!
- If you can't evacuate, make sure all doors and windows in your home are closed and tightly secured.
- Seek shelter in windowless room such as a hallway or closet on the lowest floor (like during a tornado).
-

Know the Rules – Winter Storm

- Winter Storm Warning

A winter storm is occurring or will soon occur in your area.

- Blizzard Warning

Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to last for a period of three hours or longer.

- Frost/Freeze Warning

Below freezing temperatures are expected.



Winter Storm Safety

- When you go outside to play in the snow after a storm dress in several layers of warm clothing.
- If you start to get too cold, or your nose, hands, feet or ears start to feel numb, go inside and warm up for a few minutes.
 - Numbness is often the first sign of frostbite.
- Stay away from any high voltage lines that may have fallen during the storm.
- Do not play on frozen ponds without asking an adult if it is safe first.



Winter Storm Safety

- When you go outside to play in the snow after a storm dress in several layers of warm clothing.
- If you start to get too cold, or your nose, hands, feet or ears start to feel numb, go inside and warm up for a few minutes.
 - Numbness is often the first sign of frostbite.
- Stay away from any high voltage lines that may have fallen during the storm.
- Do not play on frozen ponds without asking an adult if it is safe first.



Know the Rules - Earthquake

- DROP, COVER & HOLD ON!

Drop down to the ground, find Cover under a sturdy desk or table, and Hold onto it tightly.

- If You Are Outdoors

Find an area away from power lines, trees, cars, and buildings, drop to the ground and cover your head with your arms.

- If You Are Driving

Don't stop on, or under a bridge or overpass; stay inside your car until the shaking stops.



Earthquake Safety

- Be prepared for aftershocks – smaller earthquakes often follow the main quake.
- Most injuries come from collapsing walls, flying glass and objects.
 - Bolt heavy furniture like bookcases to the wall, secure TV and computers, and put heavy items on the lowest shelves.
 - Don't hang mirrors and pictures over your bed or doorways where it may injure someone if they fall.



Know the Tools - Terrorism



- Chemical Threats – released as bombs or sprayed into the air, difficult to make.
- Biological Threats – intentional release of bacteria, viruses and toxins into the community.
- Explosions – bomb are the most common terrorist tool.
- Nuclear Blast – unlikely, but deadly from the radiation, heat and fires, and destruction it would create.
- Radiological Dispersion Device (RDD) – often called a dirty bomb because its filled with radioactive materials.

Terrorism Safety

- Making threats to cause physical harm to a person or to their property with the intent to scare or intimidate is considered terrorism
 - **If you See Something Say Something** - Report threats, and suspicious activities to parents, school officials, and law enforcement.
- Protect yourself from cyber-terrorism – keep your passwords safe and unique (harder to break).
 - **Stop, Think, Connect** - stop & think before you connect to an unknown website.



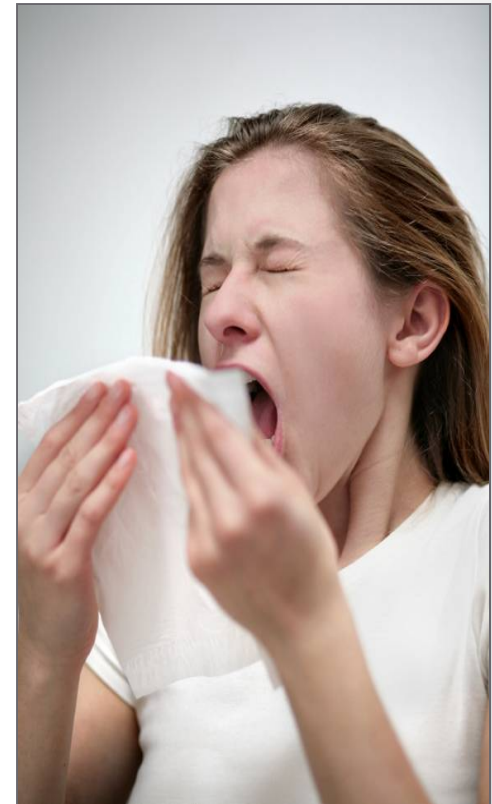
Know the Rules - Infectious Disease

Disease transmission routes -How disease spreads one person/animal to another

- Direct contact /Inhalation - touching secretions or breathing in airborne droplets (coughing, sneezing)
- Ingestion – drinking and eating infected food (not fully cooked meat)
- Bites – from mosquitoes, un-vaccinated animals (Lyme & West Nile disease)

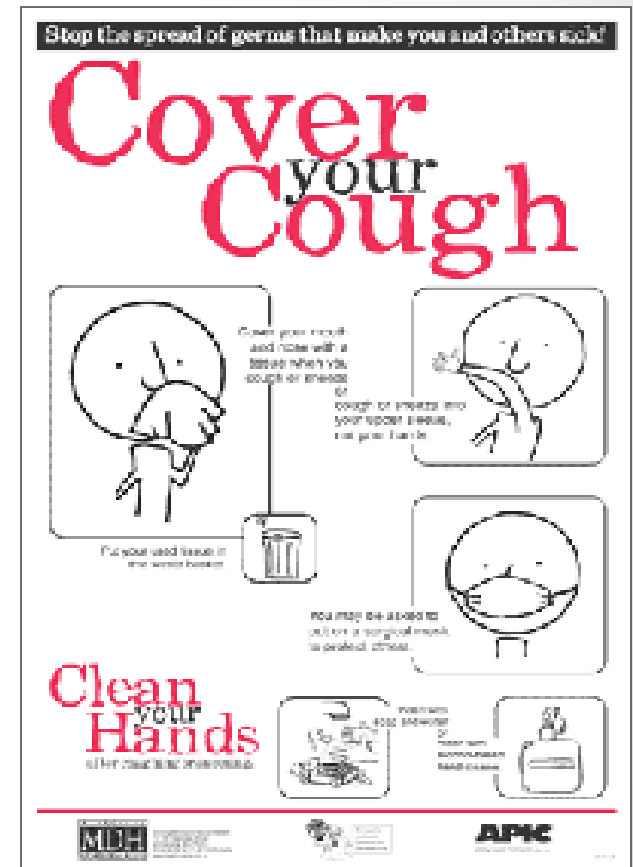
Common Infectious Diseases:

- Influenza
- Chicken pox
- Pink eye (Conjunctivitis)
- Strep Throat
- Gastroenteritis (sometimes called the "stomach flu")



Infectious Disease Safety

- Stay healthy – eat lots of fruits and vegetables, drink water, and exercise your body.
- Wash your hands frequently.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick!



Module 3



- **CREATE A PLAN**

- Discuss why you and your family should have a family emergency and communication plan.
- Provide participants with a folder of forms to bring home for their parent/primary caregiver
- Create your own emergency family and communication plans

MINNESOTA MDH DEPARTMENT OF HEALTH		Family Emergency Communications Plan	
Our phone number: _____			
Family member	Work/school number	Cell phone number	
Friends/Neighbors/Relatives			
Name	Home phone number	Cell phone number	
Out of area contacts for our family			
Name	Address	Home & Cell phone	Email address
Emergency meeting location			
Near home			
In our town			
Out of town			
Other important contacts			
Contact	Name	Telephone	Policy #
Doctor/dentist			
Pharmacy			
Medical Insurance			
Hospital			
Homeowners Insurance			
Veterinarian			
Dial 911 for Emergencies			
IMPORTANT: Include both land line telephone and cell phone numbers. In an emergency either one of these phone systems may not function.			
MDH Office of Emergency Preparedness, 625 Robert St. N., St. Paul, MN 55164-6973, (651) 201-6796, www.health.state.mn.us/ehp August, 2009			

Family Emergency Plan

- A family emergency plan is an important thing to have in an emergency situation.
 - Include a list of your health conditions, medications, health care providers, etc..
- Talk with your parents about setting up a meeting spot for each type of emergency.
- Make a family emergency kit
 - Should include enough food and necessities such as medication for three (3) days

Ready  **Family Emergency Plan** 

Prepared. Plan. Stay Informed.

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____ Telephone Number: _____
Email: _____
Neighborhood Meeting Place: _____ Telephone Number: _____
Regional Meeting Place: _____ Telephone Number: _____
Evacuation Location: _____ Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One	School Location One
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Two	School Location Two
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Three	School Location Three
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Other place you frequent	Other place you frequent
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

Family Communication Plan

- Make a communication plan
 - Create a list of phone numbers for emergencies
 - "ICE" (In Case of Emergency) on your cell phone.
- Identify an out-of town contact.
 - It may be easier to make a long-distance phone call than to call across town.
- Emergency Preparedness Social Media Sites
- <http://twitter.com/mnhealth>
- http://twitter.com/MnDPS_HSEM
- <http://twitter.com/oceanservice>



Disaster Lifelines

Get a Lifeline. Make a Plan. Stay Safe in a Disaster!

- The U.S. Health & Human Services, Assistance Secretary of Preparedness & Response (ASPR) & Facebook partnered to create “Lifelines” that you can call on in an emergency.



bReddi - helps you manage your preparedness needs and to create a safety net inside and outside of your community



Project: Lifeline - update your status in an emergency status list and keep your friends informed of your well being

Module 4

- **MAKE A KIT**

- Discusses how what supplies you have on hand can make a big difference in an emergency, and guides participants through the development of their own starter emergency preparedness kit.





Kit Supplies



- Emergency kits are important in times when you may not have access to regular sources of supplies.
- *What do think should be in your personal emergency kit?*
- There are two very important items which can save your life – a whistle and a flashlight.
 - A flashlight can help you find your way in the dark and can also be used to signal for help.
 - A whistle's sound will carry much further than your voice, and it will last longer. Use a whistle as a warning signal.

Module 5

- **STAY CALM**

- Discusses how to help you manage stress by providing basic information about stress and coping, along with simple intervention techniques.



What is Stress?

- Stress is our brain and body's response to dealing with any kind of challenging situation- good and bad.
 - A Stress Response occurs **Every Time** our brain and body feel threatened
 - Just thinking about something stressful can turn on the Stress Response.



Common Stress Reactions

Body Reactions

- Headaches
- Stomachaches
- Nausea
- Rashes/Acne

Feeling Reactions

- Anxiety
- Anger
- Fear
- Guilt
- Sadness

Behavioral Reactions

- Sleep problems
- Risky behaviors
- Aggression
- Withdrawal

Thinking Reactions

- Confusion
- Difficulty concentrating
- Difficulty remembering
- Short attention span
- Increased worrying

Youth PFA Card



Psychological First Aid Youth Help Card

SAFETY

Have a Plan
Make a Kit

CALM

Listen
Relax

CONNECT

Check In
Buddy Up

EMPOWER

Think Positive
Accept Guidance
Take Action

If you or someone you know is
feeling overwhelmed – Ask an adult
for help!



Psychological First Aid Youth Help Card

STRESS PREVENTION TIPS

Talk it out
Move your body
Eat healthy
Say No to tobacco, alcohol,
& illegal drugs
Cool your temper
Get enough sleep
Learn your stress triggers
Breathe from your gut

If you or someone you know is
feeling overwhelmed – Ask an adult
for help!

Calm Yourself

Use Stress Reduction skills

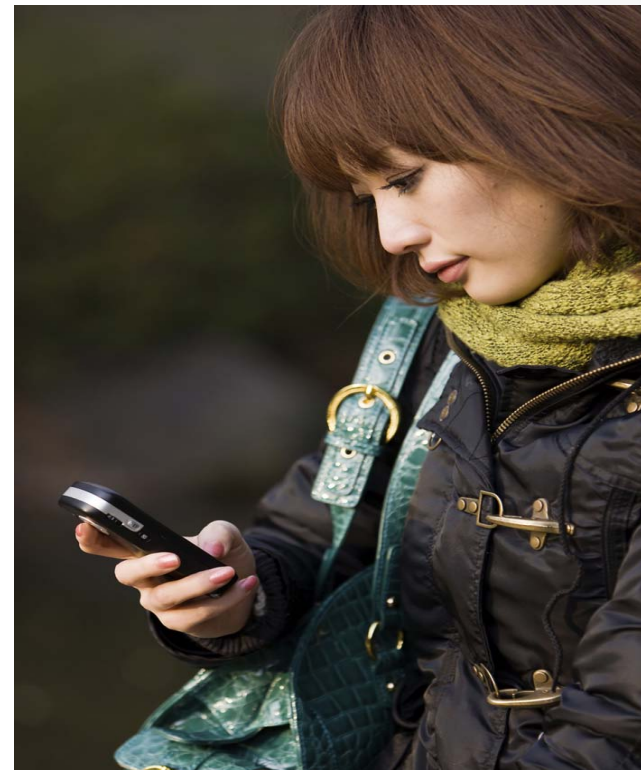
- Deep Breathing
- Muscle relaxation
- Visualization
- Play/Laugh
- Journal
- Get enough sleep
- Move your body



University of MN PFA Phone App



- Available for iPhone, Android and as a mobile website at <http://www.sph.umn.edu/ce/perl/mobile/>



Module 6



- **CELEBRATION OF LEARNING**

- An opportunity for participants to display their emergency preparedness knowledge in fun, activities and to brainstorm on how they can share what they have learned to encourage emergency preparedness planning in their friends, families, and their community

Closing Activity

- Brainstorm ideas on how you can spread the message of emergency preparedness to your friends and family
- Receive your certificate of attendance



Thank You !

Please complete & turn in the
course evaluation form to get
your Certificate and DRAT! kit



Disaster Readiness Actions for Teens!
