

## DISASTER PREPAREDNESS

Claiborne County 4-H  
8<sup>th</sup> Grade  
January

### OBJECTIVE:

Students will learn about basic disaster preparedness.

Students will learn what constitutes a disaster.

Students will learn about those who respond to disasters.

Students will learn about how to plan and prepare to meet unexpected situations.

## DISASTER PREPAREDNESS

Someone tell me what a 'disaster' is.

"a sudden or great misfortune, implies an unforeseen mischance bringing with it the destruction of life or property or utter defeat."

What constitutes a disaster?

- massive loss of life?
- massive destruction of property?
- disease outbreak?
- the satellite TV goes down?
- the battery in your smartphone dies?

Get the class to tell you what they think constitutes a disaster. After they do this, a dictionary definition pops up. Make sure read this definition aloud.

Then ask your students what constitutes a disaster. A number of criteria will pop up, some serious, some not so serious.

The point is that we normally think of disasters as being widespread. They can, however, be very, very localized as well.

## DISASTER PREPAREDNESS

Disasters can take many forms. Some are man-made and some are natural. Lets talk about some of each type.



Here you can play "Name That Disaster" with your class. The pictures pop up in the following order:

- Tornado
- Flood (in Nashville, TN)
- Wildfire (out west somewhere)
- Terrorist attack (Madrid, Spain train bombing)
- Oil spill
- September 11, 2001

Which of these events would have affect the largest number of people? 9/11, we are still dealing with the after effects.

## DISASTER PREPAREDNESS

Now that we know a little about what a disaster might be, lets talk a bit about who has to deal disasters.

Name some agencies/groups who have to deal with disasters.



Next, ask your students to name some of the groups/agencies/people who have to deal first hand with disasters.

After they name some, play 'Name the Emergency Responder' The pics are in this order:

- EMS (emergency medical services)
- LE (law enforcement)
- FD (fire departments)
- Army National Guard
- American Red Cross
- TEMA (Tennessee Emergency Management Agency)
- FEMA (Federal Emergency Management Agency)

## DISASTER PREPAREDNESS

In addition to the agencies we just named, many private groups, companies and churches also help during and after disasters.

Baptist, Methodist, Lutheran and most churches have disaster relief teams. Private companies, both large and small, donate goods, services and personnel in times of need.

America has a strong tradition of volunteering!



Point out that many private organizations and companies help a lot with disaster response. The picture at the end is the worldwide shipping company DHL sending bottled water to New Orleans after Hurricane Katrina.

Most of the search and rescue (SAR) dogs in this country are owned and trained by private individuals. The dogs and handlers you see in news footage of the Twin Towers after 9/11 were individuals volunteering with their SAR dogs to search for survivors.

## DISASTER PREPAREDNESS

In order for these government agencies, relief groups, churches, etc. to be able to respond to disasters, they have to be prepared.

Effective response to even small, localized disasters don't just happen. A lot planning is involved.

This planning centers around the 'DISASTER CYCLE'.



This slide transitions into being prepared and planning for a response to a disaster.

Stress that all agencies who respond to disasters spend more time planning for the disasters than they do actually responding to one.

An example is our local fire departments. Our FD's spend more time training, maintaining trucks and equipment, and planning for fires and emergencies than they do responding to them.

## DISASTER PREPAREDNESS

PREPARE To get ready for something in advance

RESPOND To react, to show a response or reaction to something

RECOVER To regain or make up for

MITIGATE To take action to lessen or try to lessen the seriousness or extent of a future event



This slide introduces the four steps to the 'Disaster Cycle.' These four steps are what every emergency response agency goes through in planning for disasters. This includes FD/LE/EMS/Red Cross, etc.

The four words pop up and then a definition for each appears. You may have to work a bit to explain 'mitigate' to your class. Most will have never heard of it before.

## DISASTER PREPAREDNESS

So, what does this mean for everyday Americans?

First, it shows everyone what all emergency responders have to go through in order to be prepared.

Second, this is not something that is only useful to emergency responders, it is useful for many everyday situations that we all face.

Lets go through an example.



This slide tells the class that even though the 'Disaster Cycle' planning model is used by emergency responders, it is useful for each and every one of us.

The photo is of 'The Miracle on the Hudson,' when Captain Sullenberger landed a disabled passenger jet on the Hudson River and saved the crew and passengers.

## DISASTER PREPAREDNESS

- PREPARE** Before winter started, my family made sure that our house was ready for cold weather and winter storms.
- RESPOND** When the winter storm hit, we lost electricity. Our kerosene heater had fuel but we had no batteries for our flashlights.
- RECOVER** We went to bed early until our electricity came back on.
- MITIGATE** When we could finally get to the store, we bought extra batteries for all our flashlights and a kerosene lantern.



This is a simple example of disaster planning that almost all families do in some form or fashion. And with a winter like we had two years ago, we should do more of this.

The example takes us through preparing for an upcoming winter storm. The planning was done and the response was what we actually did when the storm hit. The recovery was what we had to do until the lights came back on. The mitigation was what we will do to counteract losing our electricity in the next winter storm.

## DISASTER PREPAREDNESS



So, the first step in the disaster cycle is to PREPARE.

This is a survival element that is extremely important but one that many people ignore or approach haphazardly at best.

In order to be ready for an emergency, what must we begin to think about?

**What type of emergency could happen in our area?**



Here, we begin to talk about planning for emergencies. The rest of the presentation will concentrate on the planning stage of the disaster cycle.

We want your students to think about what type of disasters might occur in East Tennessee. Ask them to name some disasters that might occur. Hint: the threat of a major earthquake, centered on Memphis, is very real!

Ask for opinions on if these disasters could occur here.

## DISASTER PREPAREDNESS

There is a lot of information available to determine our risk for a potential emergency from FEMA.

A visit to <http://fema.gov/> can help. But a little common sense goes along way, too.

It doesn't make sense to prepare for a tsunami in Tennessee. So, in addition to disasters such as floods, fire, tornados and earthquakes we can add:

- Terrorist incidents
- Chemical spills
- Winter storms
- Biological threats



This slide just advertises the FEMA website as a place to go for information on disaster planning. Stress to the group that FEMA does actually have a lot of good stuff on their site.

It also lists some other possible disasters that could happen around here. Remember that Oak Ridge National Laboratory is pretty close and a lot of nuclear research goes on there.

## DISASTER PREPAREDNESS

After we have determined what emergencies might occur, we need to formulate a plan to deal them.

An emergency plan can be very similar for many types of emergencies.

Let's take a look at what needs to be in an emergency plan.



Now, since we have determined what type of disaster might befall us, we start to look at those things that need to be in an emergency plan.

Some things to think about will appear in the pictures below.

## DISASTER PREPAREDNESS

Emergency Plans: Consider the following.....

- Escape routes
- Evacuation routes
- Family communications
- Insurance and Vital Records
- Utility shut-off and safety
- Special Needs
- Care for pets
- Care for livestock
- Safety Skills

This slides lists a number of points that need to be considered in any emergency plan.

Please look over these prior to teaching so that you can provide some commentary on each.

We will touch on each of these in the next few slides.

## DISASTER PREPAREDNESS



First on the list is Escape Route. We have talked about this in our fire safety lesson. We need to know two ways out of our house, school, workplace, etc. Any place we spend a lot of time.

This means two things. First, how do I get out? Second, where do we meet once I have gotten out.

Remember, once you get out away from the immediate threat, do not re-enter a dangerous structure. Leave that for the professionals.

**Good escape plan!**

**Bad escape plan!**

The first point is having an escape route. This can mean out of a house or building, out of a neighborhood, or out of an entire region. Questions to get your students thinking:

- How do get out of your house if there is a fire?
- How do you get out of you neighborhood if there is a gas main leak?
- How do you get out of Florida when a hurricane is on the way?

Escape plans need to start small than then get bigger.

## DISASTER PREPAREDNESS



Next is Evacuation Plan. Evacuations are common due to floods, fires, chemical spills, hurricanes, etc. Sometimes there is enough warning to gather things to take and sometimes there isn't. Here are some things to remember about evacuations.

Evacuation conditions	Evacuation items
Evacuate immediately if you are in a car or on a boat. Do not stop to pack. Do not return to your home or workplace. Do not stop to get your car. Do not stop to get your belongings. Do not stop to get your pets. Do not stop to get your children. Do not stop to get your valuables. Do not stop to get your documents. Do not stop to get your money. Do not stop to get your keys. Do not stop to get your phone. Do not stop to get your ID. Do not stop to get your passport. Do not stop to get your driver's license. Do not stop to get your birth certificate. Do not stop to get your Social Security card. Do not stop to get your Medicare card. Do not stop to get your Medicaid card. Do not stop to get your health insurance card. Do not stop to get your life insurance card. Do not stop to get your pension card. Do not stop to get your retirement card. Do not stop to get your investment card. Do not stop to get your bank card. Do not stop to get your credit card. Do not stop to get your debit card. Do not stop to get your gift card. Do not stop to get your store card. Do not stop to get your loyalty card. Do not stop to get your membership card. Do not stop to get your subscription card. Do not stop to get your access card. Do not stop to get your parking card. Do not stop to get your library card. Do not stop to get your gym card. Do not stop to get your club card. Do not stop to get your union card. Do not stop to get your professional card. Do not stop to get your religious card. Do not stop to get your political card. Do not stop to get your military card. Do not stop to get your veteran card. Do not stop to get your disabled card. Do not stop to get your senior card. Do not stop to get your student card. Do not stop to get your teacher card. Do not stop to get your parent card. Do not stop to get your caregiver card. Do not stop to get your volunteer card. Do not stop to get your donor card. Do not stop to get your recipient card. Do not stop to get your beneficiary card. Do not stop to get your executor card. Do not stop to get your trustee card. Do not stop to get your guardian card. Do not stop to get your conservator card. Do not stop to get your administrator card. Do not stop to get your receiver card. Do not stop to get your assignee card. Do not stop to get your agent card. Do not stop to get your attorney card. Do not stop to get your accountant card. Do not stop to get your doctor card. Do not stop to get your nurse card. Do not stop to get your pharmacist card. Do not stop to get your dentist card. Do not stop to get your veterinarian card. Do not stop to get your optician card. Do not stop to get your podiatrist card. Do not stop to get your chiropractor card. Do not stop to get your massage therapist card. Do not stop to get your acupuncturist card. Do not stop to get your naturopath card. Do not stop to get your herbalist card. Do not stop to get your yoga instructor card. Do not stop to get your Pilates instructor card. Do not stop to get your personal trainer card. Do not stop to get your fitness instructor card. Do not stop to get your dance instructor card. Do not stop to get your music instructor card. Do not stop to get your art instructor card. Do not stop to get your writing instructor card. Do not stop to get your acting instructor card. Do not stop to get your theater instructor card. Do not stop to get your film instructor card. Do not stop to get your photography instructor card. Do not stop to get your journalism instructor card. Do not stop to get your public speaking instructor card. Do not stop to get your debate instructor card. Do not stop to get your debate coach card. Do not stop to get your debate team manager card. Do not stop to get your debate team captain card. Do not stop to get your debate team member card. Do not stop to get your debate team treasurer card. Do not stop to get your debate team secretary card. Do not stop to get your debate team manager card. Do not stop to get your debate team captain card. Do not stop to get your debate team member card. Do not stop to get your debate team treasurer card. Do not stop to get your debate team secretary card.	<ul style="list-style-type: none"> <li>• Gather your disaster supplies kit.</li> <li>• Clear your driveway and yard.</li> <li>• Clear your garage and driveway.</li> <li>• Close and lock doors and windows.</li> <li>• Unplug electrical equipment, such as radios and televisions, and small appliances, such as toasters and microwaves. Leave fridges and refrigerators plugged in unless there is a risk of flooding.</li> <li>• Turn off water when you are going.</li> </ul>

Evacuations are next on the list. This guide is straight off the FEMA website. It lists things as 'Always Do,' meaning exactly that, and 'If Time Permits,' meaning to do thing if it will not endanger your life.

## DISASTER PREPAREDNESS



Family Communications is next on the list. One of the biggest sources of stress in emergency situations is not being able to find out where family members are at. Disasters happen quickly and families may be separated when disasters occur.

Complete a contact card for each family member. Have family members keep these cards handy in a wallet, purse, backpack, etc. You may want to send one to school with each child to keep on file. Pick a friend or relative who lives out-of-state for household members to notify they are safe.

Family Communications Plan which should be completed and posted so the contact information is readily accessible to all family members. A copy should also be included in your family disaster supplies kit.

Family communications during disasters is a huge source of stress if family members are separated. Pay particular attention to the second paragraph!

If a disaster strikes while children are at school, these children need to know who to contact. If the disaster knocks out communications in the entire county or region, who will your younger siblings call?

## DISASTER PREPAREDNESS

**Utility Shut Off & Safety:** In the event of an emergency, you may be instructed to turn off the utilities at your home. Know how to shut off electricity, water and gas supplies to your home.

**Insurance & Vital Records:** Review existing policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family for all possible hazards.

Make a record of your personal property, for insurance purposes. Take photos or a video of the interior and exterior of your home. Include personal belongings in your inventory.

Store important documents such as insurance policies, deeds, property records, and other important papers in a safe place, such as a safety deposit box away from your home. Make copies of important documents for your disaster supplies kit.

Consider saving money in an emergency savings account that could be used in any crisis. It is advisable to keep a small amount of cash or traveler's checks at home in a safe place where you can quickly access them in case of evacuation.

This slide talks about both utility shut-off and insurance and vital records. This will be extremely boring for 8th graders but it is important.

Everyone needs to know how to shut off the electric, water and gas to their house. If one of your students is home alone and a water pipe bursts, being able to shut off the water can mean the difference between a 15 minute clean-up and \$20,000 in home repair. It's important!

## DISASTER PREPAREDNESS

Special Needs for people with disabilities requires extra planning. Here are some things to think about.

Some other things to consider are:

- Wear a medical alert tag
- Keep a list of the type and model numbers of the medical devices you require
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need

Disability and Other Access and Functional Needs	Additional Steps
Visually impaired	May be extremely reluctant to leave familiar surroundings when the request for evacuation comes from a stranger. A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during a disaster.
Hearing impaired	May need to make special arrangements to receive warnings.
Mobility impaired	May need special assistance to get to a shelter.
Single working parent	May need help to plan for disasters and emergencies.
Non-English speaking persons	May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help non-English speaking persons.
People without vehicles	May need to make arrangements for transportation.
People with special dietary needs	Should take special precautions to have an adequate emergency food supply.
People with medical conditions	Should know the location and availability of more than one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.
People with intellectual disabilities	May need help responding to emergencies and getting to a shelter.
People with dementia	Should be registered in the Alzheimer's Association Safe Return Program.

This slide talks about considering those with special needs. Many of our students have siblings who are infants or toddlers. Their needs will be different than those of a 13 year old.

Go through enough of these to make your point.

## DISASTER PREPAREDNESS

**Care for Pets** is of great concern and it should be. If you have to evacuate your home, do not leave your pets behind. They are not likely to survive. Think about these things before an emergency arises.

- Identify an animal shelter for your pet. Many emergency shelters cannot allow pets.
- Consider packing a pet survival kit with food, vet records, food dishes, litter box, etc.
- Make sure ID tags are up to date and secured to your pet's collar.
- Make sure you have a secure pet carrier, leash or harness so your pet cannot escape.
- Make sure your pet's vaccinations are current in case you have to board your animal.

Peace Note: If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger! Confine your pet to a safe area inside -- NEVER leave your pet chained outside! Leave them loose inside your home with food and plenty of water. Remove the toilet tank lid, raise the seat and brace the bathroom door open so they can drink. Place a notice outside in a visible area, advising what pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

Here we are talking about what to do for pets in the event of a disaster and evacuation.

There are some good tips in the last paragraph if you have to leave your pet at home when you evacuate. Please go over these. Stress that we should always try to evacuate our pets if at all possible.

However, also stress that human lives come before animals. There are some good pictures at the end.

## DISASTER PREPAREDNESS

**Care for Livestock** is very important for many folks in our area. Livestock poses some special problems due to their size and the equipment needed to handle and transport them. Let's consider a few things.

- All animals need some form of ID that will help facilitate their return
- Evacuate animals whenever possible. Arrangements for evacuation, including routes and host sites, should be made in advance.
- The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment and facilities.
- Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers.
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside. This decision should be determined based on the type of disaster and the soundness and location of the shelter (structure).

Evacuating livestock in the event of a disaster takes a lot of planning. It can be accomplished but two things are crucial.

- Livestock must have permanent ID so that they can be returned.
- Livestock must have a suitable place to be evacuated to that can provide food, shelter and water.

## DISASTER PREPAREDNESS



Safety Skills include two classes that everyone should learn by heart.

CPR/AED/First Aid classes are taught by local chapters of the American Red Cross, local EMS personnel, fire departments and others. EVERYONE should take a CPR/AED/First Aid class. The sooner, the better!

We have already talked about how to use a fire extinguisher in our November meeting. Who can remember the acronym for using a fire extinguisher?

Pull the pin  
Aim at the base of the fire  
Squeeze the handle  
Sweep back and forth at the base of the flames



Our final slide stresses the need for everyone to know basic skills like first aid and CPR/AED. It also reviews the acronym for how to use a fire extinguisher.

Then we three funny pictures that the class will like. Make up your own captions.

Explain next month's contest.

## Sewing Contest

### CATEGORIES:

Clothing.....Any article of clothing. Examples could include shorts, vest, skirts, etc.

Toys.....Stuffed toys, doll clothes, or other cloth toys

Clothing Accessories..... Caps, hats, aprons, purses, ponchos, travel kits, belts, backpacks, etc.

Other Sewn items..... Pillows, quilts, or any sewn item that has not been listed.

Miscellaneous.....Cross stitch, embroidery, crochet, knitting,

### GENERAL RULES:

1. Name, grade, and club name must be attached to the entry.
2. The 4-H member must sew the entry on his or her own. Entries can be hand or machine sewn. 4-H member's may receive guidance and direction from a parent or adult; however, the actual construction must be the work of the 4-H member.
3. One item may be entered in each category.
4. Items may also be entered in the 4-H section of the Claiborne County Fair in August. Clothing items may be entered in the Regional Fashion Show held during Fashion and Design Conference.

2010 Claiborne County Fashion Camp participants:  
Denise West, leader, Nicole Riggs, Brooke Walker,  
Cheyenne West, Mikayla Powell, Keirstyn Powell,  
Brianna Janeway, Tiffany Taylor, Rachel Ice, Mary  
Johnson, Extension Agent Carol Brandon



## Photography Contest

"Say Cheese, Please!" Take your best snapshot and bring it to your March club meeting. Photographs must be taken by you. They should have been made after the 2011 Photography Contest.

Add a short caption or title under your photo. Select a photo that shows some imagination! Get close to a building and be careful of the light in the background when taking photos outside.

Label your photos with the category on the back. 4-H members may enter only one photo in each category. Photos must not be mounted together on a poster board.

(Photos must be labeled by category with the 4-H member's first and last name.)



The categories are:

1. Animal(s)
2. People or Person
3. Building(s)
4. Landscape
5. Plant(s)



**Remember to enter your photos in the Claiborne County Fair!**