

# PLAN & PREPARE

# Emergencies can happen at **ANY** time

You can plan for all types of emergencies (such as natural disaster, terrorism outbreaks of disease and power outages) to help keep you and your family safe.

A disaster can strike without warning, forcing you to go for days without basic necessities or to evacuate your home. Relief workers will be on scene following a disaster, but may not be able to reach you immediately.

You need to be prepared. Knowing these three steps to take during a disaster, can greatly reduce the danger and distress your family may face.

## STEP 1: IDENTIFY THE RISKS:

Although the consequences of various disasters can be similar, knowing the risks in Akwesasne can help you better prepare. In Akwesasne and surrounding areas we



face a number of hazards, such as blizzards, snowstorms and extreme heat and cold. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents or incidents.

Our unique geography makes us vulnerable to other hazards such as bridge closures, protests, public utilities issues and external entities play a key factor on preparedness.

## STEP 2: CREATE A BASIC EMERGENCY PLAN:

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

- Decide what you and your family would do in each potential emergency situation
- Draw a floor plan of your home showing escape routes
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster
- Identify a friend or relative who lives out of the area for family members to contact if you are separated
- Post emergency numbers by every phone and teach children how and when to dial 911 or your local first responders
- Know how to shut off the water, gas and electricity at the main switches in your home.
- Plan how to help the elderly or disabled neighbors in a disaster situation.
- Check that your insurance policies are up to date and provide good coverage.



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## STEP 3: PREPARE A DISASTER SUPPLY KIT

Having a disaster supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in a duffel bag(s) or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home. This list will help ensure that your disaster supply kit includes all the essentials

### Water

- Pack at least one gallon per person per day for at least 3 to 4 days.
- Store water in a tightly sealed, non-breakable plastic, fiberglass or enamel-line metal containers
- Change your water every 6 months.

### Food

- Pack enough food to last each family member at 3 to 4 days
- Include canned and boxed foods because they require little preparation and stay good for long periods of time. Remember to bring a manual can opener or to buy food in self-opening cans.
- Pack foods in plastic containers
- Replace food every 6 months.
- Be sure include foods for infants and family members with special diets.

### Tools and Equipment

- Battery-powered radio
- Flashlights
- Spare batteries
- Cell phone and charger/ battery pack
- Washcloths and towels
- Paper cups and plates and plastic utensils
- Toothbrushes, toothpaste, shampoo, deodorant and other toiletries
- Change of clothes, and an extra pair of shoes and socks for each family member
- Blankets and or sleeping bag for each person.

### Personal Items

- Personal Identification (Status Cards, Driver's License)
- Maps
- Copies of birth and marriage certificates, inventory of household good, bank account number home insurance policy numbers and other important documents.
- Extra car and house keys
- Prescription medications
- First Aid kit

