

BE AWARE, PREPARE, SHARE

A Workbook for Preparedness
in Central Virginia



**Emergency
Management
Alliance**

of Central Virginia

SUPPORTED BY



The likelihood that you and your family will recover from a disaster tomorrow depends on the preparations you make today.

Preparing makes sense.

By making an emergency plan based on your personal needs, resources, and abilities, you'll be better prepared when an emergency strikes.

Get ready now.

Preparedness is everyone's job. We can all be prepared by making plans for the first 72 hours (just three days – or nine meals!) after a disaster.

Following a disaster, it may take 72 hours or more for outside assistance to reach you.

After a disaster, local officials, first responders, and relief workers will be on the scene, but they won't be able to assist everyone at once. Depending on the scope and severity of the emergency, it could take a few hours or longer for help to arrive. Basic services such as electricity, gas, water, and phone connections may be cut off for an extended period of time. Each of us needs to do our part and prepare for these possibilities.

Are You Ready?

Check out our Emergency Planning Worksheets on page 13 to ensure that you plan ahead – and have the resources you need – to stay safe when an emergency occurs.

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BE PREPARED

Step 1. Make a Plan

Knowing what to do during an emergency is part of being prepared, and it can make all the difference when seconds count. Planning ahead will ensure that you and your household will know what to do and have the supplies you need.

Since you can't predict when a disaster may occur, it's important to store supplies at any of the places where you and members of your household regularly spend time. Ask about emergency plans at places such as work, daycare, school, and places of worship. For additional tips on how to make a plan, FEMA's website ([ready.gov/plan](https://www.fema.gov/plan)) includes helpful step-by-step instructions.



PLANNING TO STAY OR GO

The first important decision you will need to make in an emergency is whether to stay in place or evacuate. Understand and plan for either possibility.

If possible, know at least two ways out of every room in your home. Know your home or building's evacuation plan and locations for rescue. Unless otherwise instructed, do not use elevators in a disaster. Talk to your extended family, friends, and neighbors about how you can work together in the event of an emergency. Thinking ahead and communicating in advance will help you safely reunite with your family and loved ones during an emergency.

PERSONAL COMMUNICATION

Emergency Contacts

Your family may not be together when a disaster occurs, so it's essential to plan in advance how you'll contact each other or meet up in different situations. Start by identifying an out-of-town contact for everyone to connect with during and after a disaster. It may be easier to make a long-distance phone call or send a text message in the event of an emergency, so an out-of-town contact may be in a better position to communicate with separated family members.

Be sure every member of your family knows this phone number and has a cell phone, change, or a prepaid phone card. If you have a cell phone, program your out-of-town contact as "In Case of Emergency" on your phone. If you're in an accident, emergency personnel will often check your "In Case of Emergency" listings to contact someone you know. Make sure to tell your family and friends you've listed them as emergency contacts.

Text Messaging

Teach family members how to communicate via text message. It's not unusual for cellular networks to become congested or disrupted during an emergency. Text messages are more likely to get through than phone calls.



Step 2. Build a Kit

Whether you're a homeowner or a renter, the first step toward being prepared is having a plan to make it on your own for at least 72 hours after an emergency. This means keeping food, water, and other supplies stored in an easy-to-carry container in an accessible location.

Change stored water and rotate your food supplies every six months. A good way to remember this is to check your kit when you change your clocks (and smoke alarm batteries) each spring and fall. Consult with your physician or pharmacist about storing prescription medications.

BASIC ESSENTIALS

Water for consumption and sanitation: one gallon of water per person (plus one gallon of water for every pet) per day is needed, for at least three days

Food: a minimum three-day supply of nonperishables that do not require refrigeration or cooking and require little to no water, such as canned goods and ready-to-eat meals

Basic Disaster Supplies Kit:

- Battery-powered or hand-cranked radio
- First-aid kit
- NOAA weather radio
- Extra batteries for all your electronics
- Cell phone, chargers, and external power supply
- Dust mask to help filter contaminated air
- Manual can opener
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Plastic sheeting and duct tape to shelter in place
- Non-sparking wrench or pliers to turn off utilities
- Hand sanitizer
- Face mask
- Flashlight or headlamp
- Eye dropper for treating water
- Whistle to signal for help
- For a more comprehensive list of supply kit items, visit [ready.gov/kit](https://www.ready.gov/kit)



IMPORTANT DOCUMENTS

Make copies of important documents and put them in a binder in a secure location near (but not inside) your emergency kit. A waterproof container (such as a large zip-lock bag) is a good way to store and protect copies of the following items:

- Vital records (birth, marriage, divorce, adoption, child custody, and death certificates)
- Driver's licenses, passports, Social Security cards, and other identification documents
- Insurance policies
- Wills, living wills, and powers of attorney
- Debit and credit card numbers
- Property leases, deeds, mortgages, and other records
- Financial documents, including copies of pay stubs, bank accounts, investments, and recent tax returns
- Medical records, including healthcare provider contact information, lists of medications and conditions, and copies of health insurance, Medicare, and Medicaid cards
- Legal ownership titles (auto, home)
- Home and bank safe deposit information or keys
- Passwords and personal identification numbers (PINs)
- Photographic or digital inventory of valuables (photos, videos, flash drives)



Step 3. Stay Informed

Before, during, and after a disaster, it's critical that you listen for the most location-specific, up-to-date information from emergency officials, such as:

- evacuation orders
- evacuation route details
- emergency shelter locations
- boil water notices
- where to find assistance
- weather warnings and watches

KNOW THE DIFFERENCE BETWEEN A WATCH AND A WARNING

A Watch means that conditions are favorable for hazardous weather to develop.

A Warning means that hazardous weather conditions are imminent or occurring.

You can also get valuable information from the internet - or from a smartphone app that provides weather updates and alerts.

PREPARATION MAKES GOOD BUSINESS SENSE

America's businesses are the backbone of the nation's economy. If businesses are prepared to survive and recover, the economy is more secure and resilient. How quickly your company can get back to business after a disaster depends on the emergency planning you do today.

Ready Business is an online resource that helps businesses identify risks and develop preparedness plans. It provides practical steps and easy-to-use templates to help you plan for your company's future. It also provides useful links to business continuity information. Visit ready.gov/business for more information.



GETTING EMERGENCY INFORMATION

Where will you look for information during an emergency? Take the time now to identify your sources of information – such as TV, radio, official social media accounts, or reliable news outlets online.

Alert Services

The WEA (Wireless Emergency Alerts) system is a national emergency alert system that sends short, free messages to users' mobile devices based on their current location. Check with your provider to see if your cell phone can receive WEA alerts.

The three types of alerts are:

- **Presidential Alerts** – issued by the U.S. president
- **Imminent Threat Alerts** – severe man-made or natural disasters where an imminent threat to life or property exists
- **AMBER Alerts** – to help law enforcement search for and locate an abducted child

WEA alerts are not text messages. The system uses a different technology to ensure they are delivered immediately without network delays. In addition, many local governments provide their own alert systems. Check your local government's emergency management website to see if you can sign up for alerts there.

Social Media

Social media platforms can be valuable tools for connecting with people online and finding or sharing information before, during, and after an emergency. Emergency management officials often share updates and warnings with residents via social media. Connecting with these resources now will help you access important information before, during, and after a disaster.

Most city and county governments have multiple social media accounts that can help you learn more about emergency preparedness. Go to your city's or county's website and look for the social media logos that will link you to these accounts.



Online Planning Tools

For more information about what you can do to prepare, visit your local government's emergency management website or any of the websites below:

- **Ready** (ready.gov) – a national campaign site designed to help you prepare for and respond to emergencies and disasters
- **Ready Virginia** (vaemergency.gov) – a Virginia resource to help you prepare for an emergency and provide you with local information
- **VDEM YouTube Channel** (youtube.com/user/VAEmergency) – a variety of emergency preparedness videos
- **The Alliance** (plansafe.org) – for additional tips on preparedness and training opportunities



Special Considerations

SENIORS / PEOPLE WITH DISABILITIES OR ACCESS AND FUNCTIONAL NEEDS

People with disabilities or access and functional needs may want to consider additional preparations depending on their individual situation. Be sure to consider your specific needs when creating your emergency supply kit.

- Talk with your family, friends, caregivers, and others who will be part of your personal support network.
- If you live in a senior community, become familiar with any existing disaster notification plans they have in place.
- Create a support network to share and practice your plan with for an emergency. Tell everyone where you keep your emergency supplies and give at least one member a key to your residence so they can check on you in case of a disaster.
- Teach those who will assist you how to use any lifesaving equipment and administer necessary medications.
- If you undergo routine treatments administered by a clinic or hospital – or if you receive regular services such as home healthcare, treatment, or transportation – talk to your service provider about their emergency plans and incorporate them into your support network.
- Make a plan now for how you'll access other items such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen in an emergency.
- If you receive dialysis or other life-sustaining medical treatment, identify the location and availability of more than one facility and work with your provider to develop your personal emergency plan.
- Keep contact information for local independent living centers and other disability services organizations in a safe and easily accessible place.
- If you use in-home support services, work with them to develop a backup plan to keep in touch during and after an emergency in case you need assistance.
- Work with local transportation and disability services to arrange accessible transportation in case of evacuation

MAINTAINING INDEPENDENCE

As you prepare, consider all the services, devices, tools, and techniques you use daily. Keep in mind that you may also need access to medications, medical equipment and supplies, your service animal, assistive technology, communication tools, disability service providers, accessible housing, and transportation.

CHILDREN

Disasters can be traumatic for anyone, but especially for children, particularly if they don't know what to do. Planning and practicing with your children now will reduce their fear, anxiety, and confusion in the event of a disaster. In order to provide your children with clear instructions on how to call 911, first make sure you understand how to call 911 yourself.

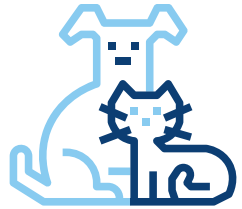
Children's Response to Disaster

Children depend on daily routines. When emergencies or disasters interrupt their routines, many children will become anxious. Their fears may arise from actual risks or from their imagination, and you should take both seriously. In a disaster, children will look to adults for help, so how you react to an emergency will give them clues about how to act. Feelings of fear are healthy and natural, but, as an adult, you need to manage the situation so your words and actions can provide reassurance. Once you're out of immediate danger, be sure to focus on your child's emotional needs.



PETS

Whether you decide to stay put in an emergency or evacuate, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals. Visit the Virginia State Animal Response Team website at virginiasart.org for more information.



Pet Care Plan

Make plans for shelter alternatives that will work for both you and your pets in case you must evacuate. Animals may not be allowed inside all public shelters, so have a backup emergency plan to ensure someone is available to care for your pets if you can't. Contact your local emergency management office to see how pets are considered in local planning efforts.

A Kit for Your Pet

Just as you do with your family's emergency supply kit, think about your pet's basic needs for food and water. Consider two kits – one with everything you and your pets will need to stay where you are, and a smaller, lightweight version that's portable in case you need to evacuate.

Your pet's emergency supply kit should include:

- Food – at least three days' worth in an airtight, waterproof container
- Water – at least three days' worth
- Medications and medical records
- Pet first-aid kit
- Collar with ID tag, leash, and copies of your pet's registration information, adoption papers, vaccination documents, and medical records
- Sanitation items – litter and litter box, trash bags, and crate or other pet carrier

DURING AN EMERGENCY

Scenario 1. Staying Local

There are times when staying put is your best option during an emergency. Local authorities may not be able to provide immediate information about what's happening and what you should do. You should watch TV, listen to the radio, or check the internet often for official news and instructions — and always be ready to act quickly in case the situation worsens. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to create a barrier between yourself and the air outside. This is known as “sealing the room.”

SHELTERING IN PLACE AND SEALING THE ROOM

- Bring your family and pets inside and lock the doors.
- Close windows, air vents, and fireplace dampers.
- Seal all windows, doors, and air vents with plastic sheeting and duct tape.
- Turn off fans, air conditioning, and forced-air heating systems.
- Get your emergency supply kit, unless it's been contaminated.
- Go into an interior room with few windows, if possible.
- Be prepared to improvise, such as using towels to seal gaps.

TURNING OFF YOUR UTILITIES

In an emergency, you may need to turn off the utilities to your home or place of business.

- Contact your utility service providers now to learn how to respond during an emergency.
- If you rent, contact your landlord or building manager.
- If you are a property owner, locate and label your property's gas, electric, and water shutoff valves or panels for easy identification.
- Teach family members how to turn off utilities.
- If you turn off gas, a professional should turn it back on. Do not attempt to do this yourself.

USING PORTABLE GENERATORS

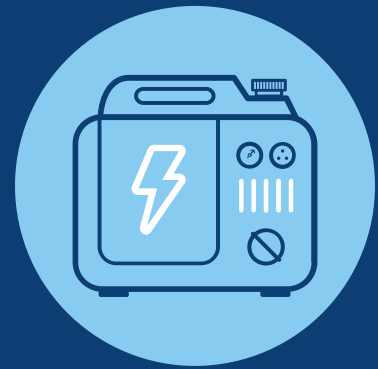
Portable electric generators provide backup power when there is an outage, but they can easily become dangerous when used incorrectly. Before using your generator, keep the following in mind:

Never use a generator indoors or in an attached garage because it emits deadly carbon monoxide. Only operate the generator in a dry, well-ventilated outdoor area, away from windows and air intakes.

Use caution with flammable fuels. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. Always have a fire extinguisher located near the generator. Never attempt to refuel a portable generator while it's running.

Connect appliances directly to your generator, but do not connect your generator directly to your house. The only safe way to connect a generator to your house is to have a licensed electrical contractor install a transfer switch. Without a switch, a generator connected to your home can “backfeed” onto the power lines, causing extensive damage and even death.

- **Don't overload the generator.** A portable electric generator should be used only to power essential equipment.
- **Shut down the generator properly.** Turn off all equipment powered by the generator before shutting it down.
- **Use caution and keep children away.** Many generator parts are hot enough to burn you during operation.



WATER & FOOD SAFETY

If your supply of water runs out, use other sources in your home — such as water heaters, pipes, and ice cubes — for drinking, food preparation, or hygiene. **Do not** use water from toilets, radiators, water beds, or swimming pools for drinking, food preparation, or hygiene. If you must use water from outside your home, you must treat it before using it for drinking, food preparation, or hygiene.

Treating Water from Uncertain Sources

Always avoid water with an odor, floating material, or a dark color. Treating water will kill germs, but it will not remove heavy metals, salts, and most other chemicals. Before treating, let any particles settle to the bottom, or strain them out through a paper towel, clean cloth, or coffee filter.

Heat water to a rolling boil for one full minute or use commercial purification tablets to purify the water. Let boiled water cool before drinking.

You can also use liquid household bleach to kill microorganisms. Use bleach that contains 5.25-6.0% sodium hypochlorite. Do not use scented bleaches, color-safe bleaches, or bleaches with added cleaners.

Water treated with bleach should have a slight bleach odor. If it doesn't, repeat the dosage and let stand another 15 minutes. If it still does not smell of bleach, discard it and find another source of water, because your bleach may have lost its potency.

VOLUME OF WATER	AMOUNT OF 6% BLEACH TO ADD	AMOUNT OF 8.25% BLEACH TO ADD
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

BE PREPARED FOR EMERGENCIES

- Be sure to have a supply of bottled water safely stored away from flooding.
- Freeze containers of water to make ice for keeping food cold and to melt for extra drinking water.
- Have coolers on hand in case the power goes out.
- Group food together in the freezer so it stays cold longer.
- Freeze refrigerated items you do not need immediately so they'll stay at a safe temperature longer.
- Make sure you have appliance thermometers in your refrigerator and freezer.
- Check to ensure that the freezer temperature is at or below 0°F and the refrigerator is at or below 40°F.

During an Emergency

- Store food on shelves that will be safely out of the way of flooding.
- For infants, use prepared, canned baby formula that requires no added water.
- Food that has not been adequately refrigerated or frozen, even when cooked, may cause illness if consumed. When in doubt, throw it out.

When the Power Goes Out

- Keep the refrigerator and freezer doors closed as much as possible.
- If the door remains closed, the refrigerator will keep food cold for about four hours.
- If the door remains closed, a full freezer will keep its temperature for about 48 hours
- If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they're still at safe temperatures, it's important that each item be thoroughly cooked to the proper temperature.

Once Power is Restored

- Exercise care when choosing whether to eat meat, poultry, seafood, milk, eggs, and other perishables that have been stored during an outage. When in doubt, throw it out.
- Refrigerated food should be safe as long as the refrigerator door was kept shut and the power was out for no more than four hours.
- If the freezer thermometer reads 40°F or below or if the food still contains ice crystals, the food is safe to refreeze or cook. Discard any perishables that have been above 40°F for two hours or more.

More information about food safety issues can be found at [foodsafety.gov](https://www.foodsafety.gov).





EMERGENCY SHELTERS & ASSISTANCE CENTERS

Local authorities may instruct you to temporarily stay in an emergency shelter, an immediate short-term accommodation for people threatened or displaced by an emergency incident. The type of event will determine which emergency shelters in your area are opened.

- Pay attention to local media to learn the locations of available shelters.
- Bring a change of clothes, toiletries, pre-filled prescriptions, and special medical or dietary supplies.
- Pets may or may not be permitted in an emergency shelter depending on the city or county.
- Many jurisdictions provide locations for residents to obtain specific services such as showers, laundry facilities, or charging stations for electronic devices.
- Check with your local emergency management office for more information.

Scenario 2. Evacuation

During an emergency, you may decide it's best to leave home, or public officials may order you to leave. Choose destinations in different directions in advance so you'll have several alternatives in the event of an emergency.

Create an Evacuation Plan

- Decide on the places where your family will meet.
- If you have a car, keep at least a half-tank of gas in it at all times.
- Become familiar with alternative routes and other means of transportation out of your area.
- If you don't have a car, make arrangements for transportation in advance.
- Take your emergency supply kit.
- Take your pets, but remember that only service animals may be permitted in public shelters.
- Tell your out-of-state contact from your family communications plan where you're going.

TURN AROUND, DON'T DROWN®

Play it smart. Play it safe.

Each year, flooding causes more deaths than any other weather hazard. More than half of all flood-related drownings occur when vehicles are swept away because drivers attempted to drive through flood water. You may not know the depth of the water or the condition of the ground under the water, so NEVER walk or drive through flooded roadways. Instead, Turn Around, Don't Drown®.

Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling. Twelve inches of water will float many vehicles. Two feet of rushing water can carry away most vehicles, including SUVs and pickups.



GET INVOLVED

RECOVERY MEANS THE WHOLE COMMUNITY DOING THEIR PART.

Major disasters can overwhelm first responders, but coordinated assistance from properly trained individuals and volunteers can help greatly. There are many ways to get involved in your community, especially before a disaster occurs, such as:

- learning first aid
- volunteering for disaster training in your community
- sharing preparedness tips on your social media accounts

When disasters strike, people look for ways to help those impacted. The most effective way to support disaster survivors in their recovery is to donate money and/or time to trusted, reputable volunteer or charitable organizations.

Volunteer

With proper training and education, civilian volunteers can support emergency responders and expand the resources available to states and local communities. Recovery won't happen overnight, and, in the case of many disasters, assistance will be needed for many months or years afterward.

Prepare to Help

Contact an established organization involved in disaster response and recovery to ensure you are properly trained and ready to respond before the next disaster occurs. If necessary, get the training you may be missing in order to support these organizations.

Disaster Relief

Volunteers should not enter an impacted area until a need has been identified and the local community has requested support. Volunteering inside a disaster area can be dangerous, stressful work. Be patient. There will be many opportunities to volunteer for months following the disaster. To volunteer responsibly and truly assist impacted communities:

- Volunteer with an existing volunteer organization that has been asked to respond.
- Always wear proper safety gear for the task at hand.
- Consider volunteering for the long-term community recovery.

Community Emergency Response Team

The Community Emergency Response Team (CERT) is a national program that educates people about disaster-related hazards that may impact their area. CERT trains people in basic disaster response skills, such as fire safety, light search and rescue, team organization, disaster medical operations, and more. Using the training learned, CERT members can assist others in their neighborhood or workplace when professional responders are not immediately available to help.

To learn more about CERT, visit ready.gov/cert. To join a CERT, contact your locality's emergency management office or visit their webpage.

Medical Reserve Corps

The Virginia Medical Reserve Corps (MRC) is a group of dedicated volunteers who stand ready to support the community in the event of a public health emergency. Each local MRC unit is made up of medical and public health professionals who volunteer their skills, expertise, and time to support ongoing public health initiatives and assist during emergencies throughout Virginia.

To volunteer for the Virginia MRC, visit vdh.virginia.gov/mrc.

For more opportunities and information on volunteering, visit the Virginia Department of Emergency Management (vaemergency.gov).

To get involved following a disaster, visit the Disaster Relief Fund (togetheroneregion.org) for more information on how you can contribute funds, time, and supplies to help address critical needs.

Voluntary Organizations Active in Disaster

Voluntary Organizations Active in Disaster (VOAD) is a coalition of nonprofit, faith-based, and other non-governmental organizations that respond during disasters.

The national, state, and regional chapters of VOAD are committed to better serving people impacted by disasters. Members share knowledge and resources throughout all phases of the disaster cycle to help survivors and their communities.

For more information on Virginia VOAD and regional chapters, visit nvoad.org.





IF YOU SEE SOMETHING, SAY SOMETHING™

If you see something suspicious, report it to the police or call 911.

“If You See Something, Say Something™” is a national campaign that encourages people to monitor their environments for suspicious objects or behavior in public places and report them to law enforcement. Just being observant can help keep your community safer.

Ethnicity, national origin, or religious affiliation alone are not suspicious. As an example, you should report an unattended backpack in a public place or someone trying to break into a restricted area, but not a person’s beliefs, appearance, expressions, associations, or speech that are unrelated to terrorism or criminal activity.

See Send App

The “See Something, Send Something” mobile application – also known as the See Send app – is a nationwide tool for residents to report suspicious and criminal activity, and it’s free to download. The app educates you on what to look for and allows users to send reports of suspicious activity directly to the authorities through a nationwide network of intelligence centers.

Report Suspicious Activity

Virginia Terrorism Hotline: [1-877-4VA-TIPS](tel:1-877-4VA-TIPS)



Emergency Plan Worksheets



MEETING PLACES

Decide on meeting places in case you cannot return to your home due to evacuation orders.

Neighborhood Meeting Place: _____

Address: _____

Out-of-Town Meeting Place: _____

Address: _____



WORK, SCHOOL, DAYCARE LOCATIONS

Identify the locations where your family works and attends school or daycare.

Workplace/School/Daycare #1: _____

Address: _____

Phone: _____

Workplace/School/Daycare #2: _____

Address: _____

Phone: _____

Workplace/School/Daycare #3: _____

Address: _____

Phone: _____



MEDICATIONS AND ALLERGIES

Note medications, dosages, and allergies for each family member. Keep this information up to date.

Name: _____

Date of Birth: _____

Allergies: _____

Medications: _____

Name: _____

Date of Birth: _____

Allergies: _____

Medications: _____

Name: _____

Date of Birth: _____

Allergies: _____

Medications: _____

Name: _____

Date of Birth: _____

Allergies: _____

Medications: _____



MEDICAL CONTACTS

Collect information from medical providers you may need to contact in case of an emergency.

Doctor #1: _____

Address: _____

Phone: _____

Doctor #2: _____

Address: _____

Phone: _____

Doctor #3: _____

Address: _____

Phone: _____

Doctor #4: _____

Address: _____

Phone: _____

Doctor #5: _____

Address: _____

Phone: _____

Notes:



MEDICAL EQUIPMENT

Keep a list of the styles and serial numbers of medical or other life-sustaining devices. Include operating information and instructions.

Device: _____
Style & SN: _____
Instructions: _____

Device: _____
Style & SN: _____
Instructions: _____

Device: _____
Style & SN: _____
Instructions: _____

Device: _____
Style & SN: _____
Instructions: _____



INSURANCE CONTACTS

Keep a list of your insurance providers and policies.

Medical Insurance: _____
Policy Number: _____
Phone: _____

Umbrella Insurance: _____
Policy Number: _____
Phone: _____

Homeowners/Renters Insurance: _____
Policy Number: _____
Phone: _____

Flood Insurance: _____
Policy Number: _____
Phone: _____

Vehicle Insurance: _____
Policy Number: _____
Phone: _____



UTILITY SHUTOFF INSTRUCTIONS

Gas: Shutoff Valve Location: _____
Instructions: _____

Electricity Panel Location: _____
Instructions: _____

Water Shutoff Valve Location: _____
Instructions: _____



BUILDING CONTACTS

Building Manager: _____
Phone: _____

Cell Phone: _____

Landlord: _____

Phone: _____

Cell Phone: _____

Notes:

Pandemics

A pandemic is a disease outbreak that spans multiple countries and affects massive numbers of people. Pandemics are most often caused by viruses, like Coronavirus Disease 2019 (COVID-19), which can emerge from anywhere and quickly spread around the world. It is hard to predict when or where the next pandemic will emerge.

PREPARING FOR A PANDEMIC

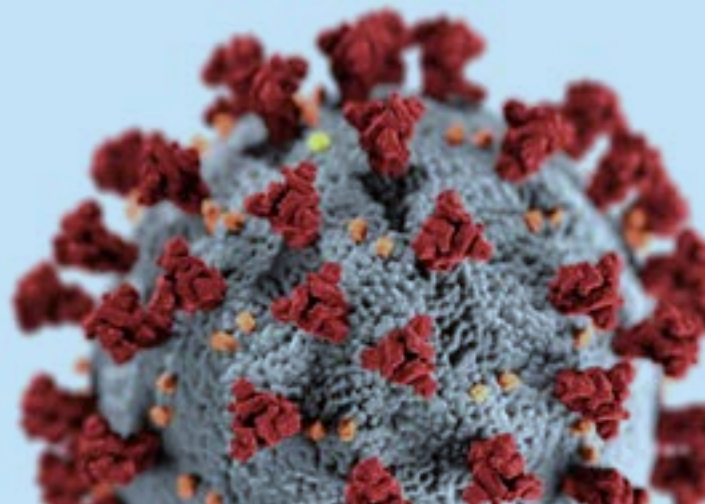
- Learn how diseases spread to help protect yourself and others. Viruses can be spread from person to person, from a non-living object to a person, and by people who are infected but don't have any symptoms.
- Prepare for school, workplace, and community center closings. Look into virtual alternatives for school, work, and social activities.
- Gather supplies in case you need to stay home for several days or weeks – including cleaning supplies, non-perishable foods, prescriptions, and bottled water.
- Stock up on PPE (personal protective equipment) such as masks, gloves, and hand sanitizer.
- Create an emergency plan so that you and your family know what to do and what you will need in case an outbreak occurs. Also consider how a pandemic may affect your plans for other emergencies.
- Review your health insurance policies to understand what they cover, including telemedicine options.
- Create password-protected digital copies of important documents and store them in a safe place. Watch out for scams and fraud.

STAYING SAFE DURING A PANDEMIC

- Get vaccinated as soon as a vaccine is available. Vaccines prevent diseases by stimulating your immune system to produce antibodies.

- Take actions to prevent the spread of disease until the danger has passed. Cover coughs and sneezes. Wear a mask in public. Stay home when sick (except to get medical care). Disinfect surfaces. Wash hands with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol. Stay six feet away from people who are not part of your household.
- If you believe you've been exposed to the disease, contact your doctor, follow the quarantine instructions from medical providers, and monitor your symptoms. If you're experiencing a medical emergency, call 9-1-1 and shelter in place until help arrives.
- Share accurate information about the disease with friends, family, and people on social media. Sharing inaccurate information about the disease or treatments for the disease may have serious, possibly deadly health outcomes and can also cause discrimination against certain people, places, or nations.
- Know that it's normal to feel anxious or stressed. Engage virtually with your community via video and phone calls. Take care of your mind and body and talk to someone if you're feeling upset.

Talk with others in your community about the lessons you learned from the pandemic and how you can use these experiences to be more prepared for future pandemics.



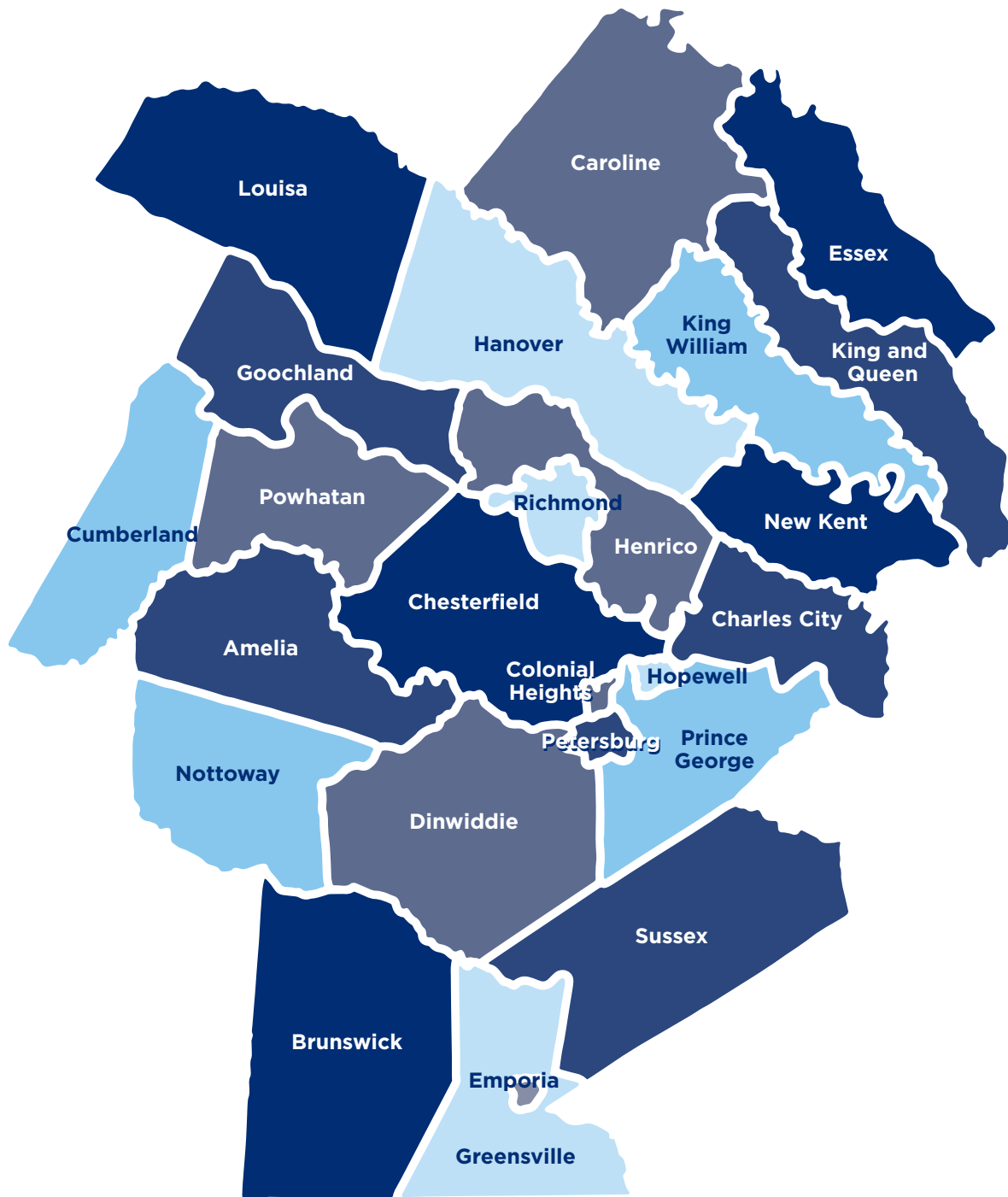
ACKNOWLEDGMENTS

This guide is based on the Citizens' Emergency Preparedness Guide published by the City of Richmond Office of Emergency Management in December 2011.

Consultation and management for this project was provided by PlanRVA, which provides planning, technical, grant management, and sustaining support for the Emergency Management Alliance of Central Virginia.

Additional content and information contained in this guide comes from various public sources, including websites of the Department of Homeland Security ([ready.gov](https://www.ready.gov)) and the Virginia Department of Emergency Management ([vaemergency.gov](https://www.vaemergency.gov)).

This guide was prepared under a grant from the Federal Emergency Management Agency's Grants Programs Directorate (FEMA-GPD) and the U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of authors and do not necessarily represent the official position or policies of FEMA-GPD or the U.S. Department of Homeland Security.



About EMACV

The Emergency Management Alliance of Central Virginia (EMACV) is a voluntary association of government and key stakeholder organizations that manage emergency preparation, response, relief, recovery, and mitigation in Central Virginia. Alliance partners are committed to working together to build resiliency and increase preparedness throughout Central Virginia so that they can better serve the community during an emergency.

Alliance Jurisdictions

Amelia	Henrico
Brunswick	Hopewell
Caroline	King and Queen
Charles City	King William
Chesterfield	Louisa
Colonial Heights	New Kent
Cumberland	Nottoway
Dinwiddie	Petersburg
Emporia	Powhatan
Essex	Prince George
Goochland	Richmond
Greensville	Sussex
Hanover	

For more information on how the Alliance increases preparedness across Central Virginia, please visit plansafe.org (planrva.org).



Emergency Management Alliance
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