

Bloomington

Are You Prepared for Emergencies?

Although we don't have hurricanes and tsunamis in Minnesota, we do have disaster-causing storms. Plus, there is the added threat of a worldwide flu outbreak. Are you and your family prepared? Follow these 3 basic steps and you will be.

1

Make a Disaster Plan



Keep phone numbers of family members with you, to reach each other quickly.

Choose a person outside your city that family members will call when they can't reach each other. Make sure everyone has this phone number.

Know where and how to turn off your water, gas, and electricity.

Plan what to do with your pets. Prepare to take them, a pet disaster kit, and a copy of their immunization info with you.

For more information:

- www.hsus.org
(Disaster Services > Disaster Preparedness Resources > Disaster Preparedness for Pets)

Get to know your neighbors; they can be of great help in an emergency.

Developed by Bloomington Public Health. Information provided by American Red Cross and www.pandemicflu.gov. 02/07

2

Buy or Make a Disaster Kit.



Red Cross Disaster Kit

Store these supplies in a backpack or container:

- Three-day supply of water (one gallon per day per person)
- Canned or dried, ready-to-eat, healthy foods and manual can-opener
- A first aid kit and over-the-counter medications
- Rotary or battery-operated radio and flashlight, and extra batteries
- Hygiene items: soap, toilet paper, toothbrush, feminine products
- Basic tools: hammer, pliers, scissors, knife
- Plastic trash bags and duct tape
- Games, books, cards, and toys for children
- Personal ID and medical information
- Prescription medications (at least a 3-day supply)
- Clothing and bedding
- Pet food and supplies

Additional supplies for a world-wide flu outbreak:

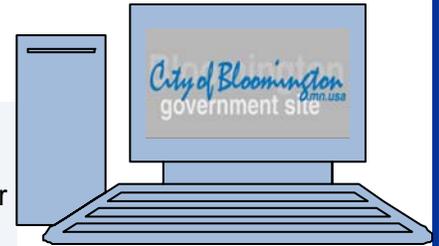
- Two weeks supply of nutritious food and water
- A one month supply of prescription medications
- Keep a copy of your prescription information with pharmacy numbers, doctors' names, medication names, and dosages
- Electrolyte fluids (e.g. Gatorade)
- Multivitamins
- Essential medications: ibuprofen (e.g. Advil) or acetaminophen (e.g. Tylenol), and an antidiarrheal (e.g. Imodium, Pepto Bismol)
- Digital thermometer and probe cover
- Alcohol-based hand sanitizer (e.g. Germ-X)

Check your supplies every six months. Replace expired items.

Disaster kits and first aid kits can be purchased at discount stores, sporting goods stores, and online at: www.redcross.org

3

Stay Informed



In an emergency, check the City's website for up-to-date information. www.ci.bloomington.mn.us

Find out what your community is doing to prepare for emergencies.

If you are a health professional, volunteer to help during a health emergency by registering on the Minnesota Responds Medical Reserve Corps website. You will be contacted by your county public health department about training opportunities.

- www.mnresponds.org
- www.mrc.hennepin.org
- 612-543-5234

Take a class such as First Aid, CPR, and Individual and Family Emergency Preparedness, through Red Cross or a contact listed below.

More information on planning for emergencies can be found on the Web at:

- www.ready.gov
- www.cidrap.umn.edu
- www.pandemicflu.gov
- www.birdflu.state.mn.us
- www.redcross.org

For information on Emergency Preparedness presentations or materials call Bloomington Public Health at 952-563-8900.