

# 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](http://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](http://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.redcrossctc.org](http://www.redcrossctc.org)

3

### Stay Informed



**In an emergency,** check the City's website for up-to-date information.

[www.ci.bloomington.mn.us](http://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](http://www.mnresponds.org)
- [www.mrc.hennepin.org](http://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](http://www.ready.gov)
- [www.cidrap.umn.edu](http://www.cidrap.umn.edu)
- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.birdflu.state.mn.us](http://www.birdflu.state.mn.us)
- [www.redcrossctc.org](http://www.redcrossctc.org)

For information on Emergency Preparedness presentations or materials call: Roz Johnson at 952-563-8995 or Lisa Brodsky at 952-563-4962, of Bloomington Public Health.