



## **Nevada's Preparedness Plan**

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## **Preparedness**

Every Nevadan can take these simple steps to ensure that they are prepared for any type of emergency or security threat.

- [Develop a Family Safety Plan](#)
- [Assemble an Emergency Supply Kit](#)

## Family Safety Plan

Being prepared means having a plan of action in place well in advance of an emergency. Nevadans must be ready to calmly assess the situation, use common sense and whatever is at hand to secure themselves and their loved ones. Take some time to reflect on where your family spends time: work, school, etc. Find out about these places' emergency plans and how they plan to communicate in the event of an emergency. If they do not have an emergency plan, consider helping to develop one.

An emergency preparedness plan is your family's guide to safety. Learn about potential threats that could occur in your area and discuss what each members of the family should do. Remember that you and your family may not be together when disaster strikes and, therefore, you must prepare for a variety of situations.

### Creating a Family Plan

- Identify a place for family members to meet if separated by an emergency or security threat
- It may be easier to make a long-distance phone call than a local one, so establish an out-of-state contact who can communicate among separated family members. Make sure that everyone has the contact's number and the means to place the call (i.e. coins, calling card etc.)
- Research your community's emergency warning system, evacuation plans and routes, and the location of public shelters near your home, work, and school.
- Find out what types of disasters are most likely to occur in your area and how you will be notified in the event of an emergency.

### Deciding to Stay or Go

Depending on your circumstances and the nature of the security threat, the first important decision is whether to **stay put** or to **evacuate**. Nevadans should understand and plan for both possibilities. It is imperative in the event of an emergency that you monitor news outlets for up to date information or official instructions, if you're specifically told to evacuate or seek medical treatment, do so immediately.

### Staying Put

Whether at home, work, or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outdoors. At other times staying indoors and creating a barrier between yourself and potentially contaminated air outside, a process known as "**shelter-in-place**," is essential to your survival. Use all available information to assess the situation. If you see large amounts of debris in the air, or if local authorities have announced that the air is badly contaminated creating a "shelter-in-place" is necessary.

#### To "shelter-in-place:"

- Bring all family members and pets **inside**.
- **Lock** all doors, **close** all windows, air vents, and fireplace dampers.
- **Turn off** all fans, air conditioning, and forced air heating systems.
- **Locate emergency supply kit** unless you have reason to believe it has been contaminated.
- **Go to an interior room** with few windows, if possible.
- **Seal** all windows, doors, and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to **improvise** and use what you have on hand to **seal gaps** so that you can create a barrier between yourself and any contamination.

- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should **watch TV, listen to the radio or check the Internet often for official news** and instructions as they become available.

## Evacuating

There may be conditions under which you either decide or are ordered to evacuate the area. Plan ahead – How will you assemble your family and where will you go? Choose several destinations in different directions so that you will have options in the event of an emergency.

### Create an Evacuation Plan:

- **Plan places** where your family will meet, both within and outside of your immediate neighborhood.
- If you have a car, keep a **half tank of gas** in it at all times, in case the need for evacuation presents itself.
- If you **do not have a car**, plan on how you will leave if you have to.
- Become familiar with **alternate routes** and other means of transportation out of your area.
- Take your **portable emergency supply kit** unless you have reason to believe it has been contaminated.
- **Lock** the door behind you.
- Take your **pets** with you, but **be advised – Only service animals may be permitted in public shelters**. Plan on how you will care for your pets in an emergency.

#### If time allows

- Call or email your out-of-state contact in your family plan and tell them where you are going.
- \*If there is damage to your home, and you are instructed to do so, shut off water, gas, and electricity before leaving.
- Leave a note to inform others when you left and where you are going.
- Check with neighbors who may need a ride.

#### \*Learn how and when to turn off utilities:

If there is damage to your home or you are instructed to turn off your utilities:

- Locate the electric, gas, and water shut off valves.
- Keep necessary tools near gas and water shut off valves.
- Teach family members how to turn off utilities.
- **If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.**

## At work and School

Like individuals and families, schools, daycare providers, workplaces, neighborhoods, and apartment buildings should all have **site-specific** emergency plans.

Inquire about plans at the places where your family spends the most time: work, school, and other places you frequent. If none currently exist, consider volunteering to help develop one. You will be better prepared to safely reunite with your family and loved ones during an emergency if you think ahead, and communicate with others in advance.

### Employers

If you are an employer, make sure your workplace has a building evacuation plan, and that it is regularly practiced.

- Take a critical look at your **heating, ventilation and air conditioning system** to determine if it is secure or if it could feasibly be upgraded to better filter potential contaminants, and be sure you know how to turn it off if the need arises.
- Think about what you would do in the event that a crisis **prevented your employees from going home**.
- Make sure your workplace is stocked with the **appropriate supplies**.

### **Schools and Daycare**

If you are a parent, or guardian of an elderly or disabled adult, make sure schools or daycare providers have emergency response plans.

- Ask how they will **communicate** with families during a crisis.
- Ask if they **store adequate food, water and other basic supplies**.
- Find out if they are prepared to “shelter-in-place” if need be, and where they plan to go in the case of an evacuation.

For more information on developing emergency preparedness plans for schools, please visit the U.S. Department of Education at <http://www.ed.gov/emergencyplan>.

### **Neighborhoods and Apartment Buildings**

In the event of a crisis, Nevadans must work together to better ensure the safety of all.

- **Talk to your neighbors** about how you can work together during an emergency.
- **Find out if anyone has specialized equipment** like a power generator, or expertise such as medical knowledge, that might help in the event of a crisis.
- Decide who will **check on elderly or disabled neighbors**.
- **Make back-up plans** for children in case an emergency prevents you from getting home.
- **Sharing plans** and communicating in advance a good strategy.

## Assemble an Emergency Supply Kit

In an effort to ensure our preparedness for a possible crisis it is essential that all Nevadans assemble emergency supply kits equipped with all necessary materials to sustain themselves in the aftermath of a disaster. While there are many things that might make you more comfortable, think first about fresh **water, food, and clean air**. Consider assembling two kits, one for use in the event of a “shelter in place,” and the other a smaller, lightweight version for use in the event that evacuation proves necessary.

### “Shelter-in-place” Supply Kit

#### Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may require more water.
- **Be Advised – As we all know the summer months in Nevada are extremely hot and dry, during these times additional water is an excellent idea.**
- Store water tightly in clean plastic containers
- Keep **at least** a three-day supply of water per person.

#### Food

- Store **at least** a three-day supply of **non-perishable food**.
- Select foods that require **no refrigeration, preparation or cooking** and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will be satisfied eating.
  - Ready to eat canned meats, fruits and vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned Juices
  - Non-perishable pasteurized milk
  - High energy foods
  - Vitamins
  - Baby/Infant food
  - Comfort/stress foods

#### Clean Air

Many potential terrorists attacks could send tiny microscopic contaminants into the air. Explosions may release fine debris into the air that can cause lung damage if inhaled and biological attacks could release germs and bacteria that can be damaging if inhaled or absorbed through open cuts. The risk of injury from many of the agents can be greatly reduced by **creating a barrier** between yourself and any contamination.

#### *Nose/Mouth Protection*

Facemasks or other dense-weave cotton material that **snugly cover your nose and mouth** can be purchased to specifically fit each member of the family. If necessary, improvise with whatever materials are available to protect your nose, mouth, eyes, and any cuts in your

skin. It is extremely important that most of the air you breathe comes through the mask or cloth, not around it. A variety of facemasks can be purchased at hardware stores; these masks are rated based upon the relative size of the particles they are capable of filtering in an industrial setting. While no method of masking is an absolute guarantee of protection from airborne contaminants, using some form of protection over your nose and mouth in an emergency is an excellent idea. **Limiting the amount of airborne contaminants that come into contact with your body may impact whether or not you get sick or develop disease.**

#### *HEPA (High Efficiency Particulate Air Filtration) Filter Fans*

If contaminants are believed to be present in the air and a “shelter in place” has been deemed necessary, there are a few things you should keep in mind. Although you have created a better barrier between yourself and any airborne contaminants, no seal is perfect and some leakage is likely. Additionally, you may find yourself in a space that has already been contaminated to some degree.

Consider purchasing a **portable air purifier**, with a **HEPA filter** to be used in the case of an emergency to help remove contaminants from the room in which you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter the contaminants are neutralized and prevented from entering your body and making you sick. Be advised – While these filters are excellent at eliminating dander, dust, molds, smoke, biological agents and other contaminants, they are ineffective against chemical gases.

#### **Clothing and Bedding**

The size and geographic diversity of Nevada makes for a variety of climate types, keep this in mind when selecting clothing for your kit. It is also possible that power outages may affect your ability to control the climate (i.e. heat, air conditioning) making your selection of clothing all that more important. Additionally, it's a good idea to rethink your clothing and bedding supplies once or twice a year to account for seasonal changes and growing children.

Have at least **one complete change of warm clothing** and shoes per person including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A **sleeping bag** or **warm blanket** for each person.

#### **Other items to consider adding to your supply kit:**

- Emergency reference material such as a first aid book or a print out of this information
- Rain gear
- Mess kits, paper cups, plates, and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches, in a waterproof container
- Signal flare
- Paper, writing instruments
- Medicine dropper

- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach (Bleach can be used as a disinfectant when diluted nine parts water to one part bleach, or in an emergency you can also use it to purify water. Use 16 drops of bleach per gallon of water. **Do not use scented, color safe, or bleaches with added cleaners.**)

### Portable Supply Kit

Your portable supply kit should be similar to the “shelter-in-place” supply kit with the exception that it should be designed to be lightweight, easily maneuverable, and transportable. Included should be the basics for survival: **water, food, and clean air**. Each kit should be customized to meet the specific needs of the family or individual, such as medications, infant formula, medical supplies etc. This portable kit should also be customized to include important family documents.

### Recommended Supplies to Include in a Portable Kit:

- **Water**, amounts for portable kits will vary. Individuals should determine what amount they are able to both store comfortably outside the home and easily transport to other locations.
- **Food**, at least a three-day supply of non-perishable food
- **Battery-powered radio and extra batteries**
- **Flashlight and extra batteries**
- **First Aid Kit** (see First Aid Kit link for details)
- **Whistle** to signal for help
- **Dust Mask** or other dense-weave cotton material, to help filter airborne contaminants
- **Moist towelettes** for sanitation
- **Wrench or pliers** to turn off utilities
- **Can Opener** for food (if kit contains canned foods)
- **Plastic sheeting and duct tape** for shelter-in-place
- **Infant formula** and diapers, if required
- **Garbage bags and plastic ties** for personal sanitation

### First Aid Kit

In the event of a crisis, the possibility exists for a family member or you yourself to suffer a cut, burn, or other minor injury. By being prepared for this by assembling a kit of basic medical supplies will ensure that you are better prepared to help yourself or your loved ones in the event of an emergency. Knowing how to treat minor injuries can prove extremely valuable in the event of a crisis. You may want to consider taking a basic first aid class, however, simply by assembling the following items into an emergency first aid kit you should be prepared to stop bleeding, prevent infection, and assist in decontamination.

Your emergency first aid kit should contain:

- Two pairs of Latex, or other **sterile gloves** (some people are allergic to Latex).
- **Sterile dressings** to stop bleeding and cover wounds.
- **Cleansing agent/ soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection
- **Burn ointment** to prevent infection
- **Adhesive Bandages** in a variety of sizes.



- **Eye wash solution** to flush the eyes or as a general decontaminant.
- **Thermometer**
- **Prescription medications** that you require on a daily basis (ex. Insulin, heart medicine, asthma inhalers. It is important to periodically rotate medicines to account for expiration dates
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Additional suggestions:

- Cell Phone
- Scissors
- Tweezers
- Tube of Petroleum jelly or other lubricant

Non-Prescription Drugs:

- Potassium Iodide
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control Center)