EMERGENCY PREPAREDNESS

WHAT CAN I DO TO PREPARE FOR AN EMERGENCY?
Whether the emergency is a natural or a manmade disaster, it is important to be prepared.

- GET INSIDE
- STAY INSIDE
- STAY TUNED

SHELTER IN PLACE - know where that place is ahead of time. Have multiple places in mind in case you are at home, at work, or even driving.

HAVE A PLAN - individual, family, workplace, friends, etc. Know where to go, what to do, and when to do it. Be sure to do this ahead of time so you are ready!

DRILL FOR YOUR PLAN - your actions must be automatic and you may not have time to call family and friends.

View and download the UH Manoa Emergency Response Guidebook for information on preparing for:

- HURRICANES
- NATURAL DISASTERS
- FIRES
- CIVIL DISASTERS
- BOMB THREAT
- and much more!

VISIT THESE WEBSITES:

- FEMA website https://www.ready.gov/

KEEP AN EMERGENCY SUPPLY KIT!

It is important to prepare for any natural or manmade disaster to last at least 14 days - this should include:

- Food, water, and medications
- Battery powered AM/FM radio
- FRS/GMRS hand-held walkie-talkie
- Flashlight with extra batteries
- Important documents in plastic bag
- Whistles, blankets, and tarp
- Personal hygiene items
- First aid kit
- Cash in small bills

Plan to meet the unique needs of your family, such as supplies for pets or seniors. For information on basic disaster supply kits, visit: https://www.ready.gov/build-a-kit
HOW WILL I BE NOTIFIED OF AN EMERGENCY?
Upon receipt of any emergency notification, the State Warning Point will activate the outdoor sirens statewide.

MISSILE THREATS
“Attack-Warning” (wailing sound)

NATURAL DISASTERS
“Attention-Alert” (steady tone)

Warning advisories will also be transmitted via cellular telephones, AM/FM radio, and television.

WHERE IS THE BEST PLACE TO TAKE REFUGE IN MY BUILDING IF THERE IS A NUCLEAR THREAT?

Information courtesy of U.S. Department of Health and Human Services

If a radiation emergency happens in your area, you should get inside immediately.
No matter where you are, the safest action to take is to: GET INSIDE. STAY INSIDE. STAY TUNED.
• Close and lock all windows and doors.
• Go to the basement or the middle of the building. Radioactive material settles on the outside of buildings; so the best thing to do is stay as far away from the walls and roof of the building as you can.
• If possible, turn off fans, air conditioners, and forced-air heating units that bring air in from the outside. Close fireplace dampers.
• Bring pets inside.
• Stay tuned for updated instructions from emergency response officials.

Adapted from Ventura County Public Health, Ventura County, CA

http://emergency.cdc.gov/radiation