

Emergency Supply Kit Components

- Water: 1 gallon per person per day
- Food: Ready-to-eat, just-add-water, canned and dried foods that are easy to store and prepare
- Manual can opener
- First Aid kit
- Essential medications
- Flashlight (with extra batteries)
- Matches in a waterproof container
- Whistle
- Tools
- Portable Television or Radio (battery-operated or manual)
- Batteries
- Cash in small denominations
- A copy of important documents & phone numbers
- Unscented liquid household bleach for water purification
- Personal hygiene items including toilet paper, feminine supplies, and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat and rain gear
- A local map
- Prescription medicines
- Extra prescription eye glasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Blankets or sleeping bags
- Extra keys to your house and vehicle
- Large plastic bags for waste and sanitation
- Special-need items for children and seniors or people with special needs
- Don't forget water and supplies for your pets

Your emergency kit should include the necessary supplies to sustain you and your family for at least 3 days, maybe longer. Remember that it may take a long time for basic services (water, telephone, and electricity) to return to normal. Be prepared to improvise and use what you have on hand to make it on your own.

Be Informed

During a major emergency officials will work to provide timely and accurate information to the public. Here are a few reliable means to receive information related to a major emergency or disaster:

Local TV and radio stations

NOAA Weather Radio

All-Hazards Siren (Outdoors Only)

CodeRED System

Where Can I Get More Information on Severe Weather Preparedness?

www.ready.gov/severe-weather - FEMA safety website

www.polkcountyiowa.gov/emergency-management/ - Polk County Emergency Management Agency

www.urbandale.org - City of Urbandale website

Are You Ready for Severe Weather?



Get a Kit!

Make a Plan!

Stay Informed !



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Urbandale, IA 50323

Phone: 515.278.3970

Email: fire@urbandale.org

www.facebook.com/urbandalefiredepartment



Prepare

- Build an Emergency Supply Kit. You may want to prepare a portable kit and keep it in your car in case you are told to evacuate.

- Make a Family Emergency Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

- Continually monitor the media – Be aware of storms which could impact your area.

- Know how you will be warned in an emergency (NOAA Weather radios with a tone alert are a good option).

- Know if you live or work in a flood prone area. Check with your local emergency management for details.

- Know where to shelter (i.e.: basement, interior room/hall, bathroom, closet, etc.) if conditions warrant and where shelters in your area are located.

- Ensure your home is ready – Elevate items in the basement which could be flooded. Bring in outdoors items such as children's toys, patio furniture, garbage cans, etc. which could be blown around and damaged. Remove dead or rotting trees and branches that could fall and cause injury or damage.

- Know how to shut off utilities, including power, water and gas, to your home. Have proper tools (i.e.: wrench) ready and nearby.

- Find out what types of events and kinds of damages are covered by your insurance policy. Keep insurance policies, important documents and other valuables in a safe and secure location.



React

- Keep an eye on the sky. Look for darkening skies, flashes of light or increasing wind. Listen for the sound of thunder. If you can hear thunder, you are close enough to be struck by lightning.

- Blowing debris or the sound of an approaching tornado may alert you. Tornado danger signs included dark, almost greenish sky; large hail; a large, dark, low-lying cloud or a loud roar, similar to a freight train.

- Heed shelter or evacuation requests made by officials or announcements on radio/television.

- Gather family members, bring pets indoors and have your emergency supply kit ready.

- Close outside doors and window blinds, shades or curtains. Stay away from doors, windows and exterior walls. Stay in the shelter location until the danger has passed.



- During lightning, do not use wired telephones, touch electrical appliances or use running water. Cordless or cellular telephones are safe to use.

- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

- If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood.

- Do not walk through flowing water. Drowning is the number one cause of flood deaths. Six inches of swiftly moving water can knock you off your feet.

- Stay indoors and limit travel to only absolutely necessary trips. Listen to radio/television for updates.

Recover

- Use care around downed power lines. Assume a downed wire is a live wire. Report to emergency authorities.

- Watch out for overhead hazards such as broken tree limbs, wires and other debris. Be cautious walking around.

- Avoid walking into flood waters. The water may be contaminated by oil, gasoline or raw sewerage, contain downed power lines or animals.

- Look for hazards such as broken/leaking gas lines, damaged sewage systems, flooded electrical circuits, submerged appliances and structural damage. Leave the area if you smell gas or chemical fumes.

- Clean everything that gets wet. For food, medicines and cosmetics; when in doubt, throw it out.

- Make sure backup generators are well ventilated. Never use grills, generators or camping stoves indoors.

- Listen to media reports and/or local authorities about whether your community water supply is safe to drink and other instructions.

- Make sure gutters and drains are clear for future rain/flood events.

- Take photographs/videos of damage as soon as possible. Contact your insurance company to file a claim.

- It can take up to 72 hours for FEMA assistance to arrive.

- If Presidential Declaration is made citizens can apply for assistance Online (www.fema.gov), by Phone (1-800-621-FEMA), or a local Disaster Resource Center. To receive assistance, you must file with insurance first then file with the Small Business Administration if you meet their income guidelines.

