

Prepping for an Emergency



By Marty Bailey

Sources:

- American Automobile Association (AAA)
- American Association of Retired Persons (AARP)
- Aiken County Emergency Operations
- American Red Cross
- Center for Disease Control (CDC)
- Federal Emergency Management Agency (FEMA)
- National Fire Protection Association (NFPA)
- Ready Campaign
- South Carolina Emergency Management Division
- Walden University



It's better to be prepared
than to get ready.

Will Smith

 quotefancy

Why?

Because being as prepared as possible is the ultimate key to increased safety and greater peace of mind.

When?

Before disaster strikes.

Who?

Everyone.

How and What?

Have a plan, get what you need, and stay calm.





Be prepared, not scared.



A 2023 AARP survey found
“Though most older adults think they’re prepared
for an emergency, fewer than 3 in 10
have a plan in place
for when disaster strikes.”



**PREPARATION
IS THE KEY**

Know what you're facing.

Make a preparation to-do list.

Update your to-do list regularly.

Have a plan of action before you need it.

Have an alternate plan.

Gather supplies ahead of time.

Designate a location for your supplies.

Remain calm.

How a plan helps you:

- Helps you think about the types of emergencies that could occur.
- A plan helps you think about what you will do in an emergency.
- Helps you think about your needs in an emergency.
- A plan helps you know how to respond in an emergency.
- Having a plan and a backup plan will help you and your loved ones stay focused and calm.
- Helps family members know what to do in the case of a separation in an emergency.



Making a plan:

- Involve your family in deciding the best plan of action and needs.
- Set up a way to receive emergency information.
 - FEMA app
 - Emergency App Ultra
 - CodeRED Alerts
 - Emergency radio
- Make a list of supplies you will need while sheltering in place or leaving home.
- Plan for whether to transport or leave your pet or service animal.
- Plan for the needs of your service animal or pet.
- Consider how you will communicate with others in an emergency.



Make a contact list for your plan:

- Write down phone numbers/emails of those who support you.
- Have an out-of-town contact as a “family contact”.
- Make sure your contacts know they’re on your list.
- Share the contact list with family members/friends.
- Keep your contact list in a safe, easily accessible place.
- Consider how you’ll reach your contacts if phones don’t work or the power is out.

Have a plan if you need to leave:

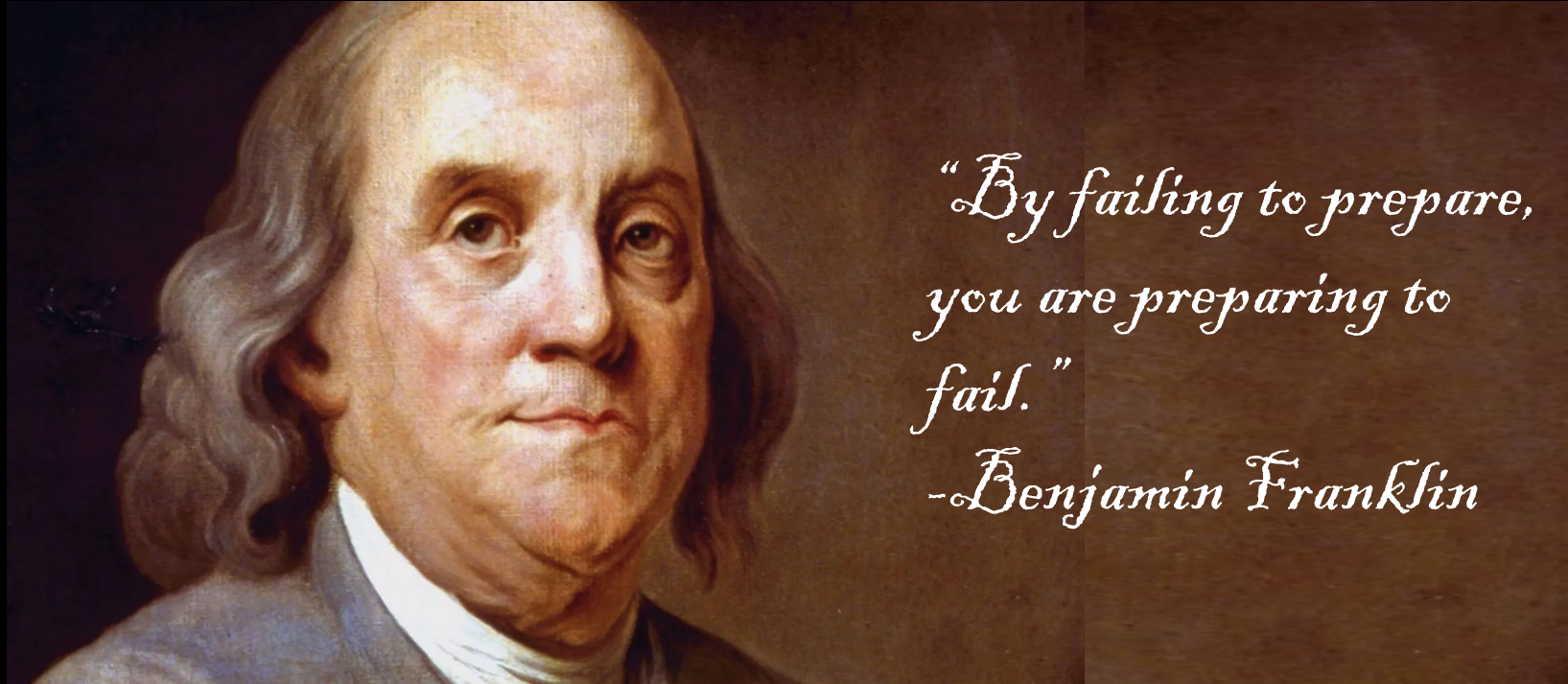
- If you have to leave your home/shelter, consider where you'll go.
- If you have to leave, have at least two routes of evacuation.
- Keep a printed map for an evacuation because GPS may be out.
- If you'll need transportation, prepare now before you need it.
- Find out who provides emergency transportation in your area.
- Create a list of transportation options that are accessible and easy for you to use.



Have a plan for your health equipment:

- If you use assistive equipment, plan how to operate it in the case of a power failure or how to transport it if you have to leave.
- Plan how you will power or charge your equipment.
- Plan how to replace or repair your equipment.
- In the case of a powered wheelchair, have a plan to replace it with a lightweight chair.





*"By failing to prepare,
you are preparing to
fail."*

-Benjamin Franklin

Before You Go, Know . . .

For what are you preparing?

Travel, accidents, natural events, man-made events.

For whom are you preparing?

Yourself, significant other, grandkids, friends.

For how long are you preparing?

Few hours.

Before You Go, Know . . .

What and for whom should you prepare?

Your vehicle for whomever is driving and riding in it.



To understand how many people prepare their cars for an emergency, consider the following statistics:

1. Approximately 70% of drivers carry a spare tire and jack.
2. About 60% keep an emergency kit with first aid supplies.
3. Roughly 50% have jumper cables in their vehicles.
4. Around 40% store water and non-perishable snacks for emergencies.
5. Nearly 30% regularly check their car's fluid levels and tire pressure.
6. Only about 20% have a roadside assistance plan in place.

Prepare Your Vehicle

Fuel it up

Check the tires

Check all fluids

Check/replace belts

Check headlights & signal lights

Inspect/Replace windshield wipers

Any warning lights on? Fix the problem.

Travel . . .

Caught in road construction.

Caught behind a wreck.

Involved in a wreck.

Car trouble.

Experience illness or medical emergency.

You stop to help someone in need.

You need to evacuate.



Prepare Your Vehicle

with the basics . . . and know how to use them



Spare tire

Jack



Jumper cables



**For those who are unable to operate these devices, be sure to subscribe to a roadside assistance program.*

Prepare Your Vehicle

traffic vest



If your feet hit the street, have the vest on your chest.

Prepare Your Vehicle

traffic vest
flashlight



Prepare Your Vehicle

traffic vest
flashlight
bottled water
snacks



Prepare Your Vehicle

traffic vest

flashlight

bottled water

snacks

emergency signals (*especially if you travel at night*)



Prepare Your Vehicle

traffic vest

flashlight

bottled water

snacks

emergency signals (*especially if you travel at night*)

blanket and/or towel and change of clothes/shoes



Prepare Your Vehicle

traffic vest

flashlight

bottled water

snacks

emergency signals (*especially if you travel at night*)

blanket or towel and clothes

first aid kit



Prepare Your Vehicle

traffic vest

flashlight

bottled water

snacks

emergency signals (*especially if you travel at night*)

blanket or towel

first aid kit

battery car jump starter



Plan for Auto Emergency

Keep calm; assess your situation.

Record your license plate number and vehicle make/model.

Keep a photo of your insurance, registration, ID, on your cell phone.

Be aware of your surroundings so, you can relay the information.

If stuck in traffic, sit back calmly and enjoy your snacks.

In a collision or car trouble, when possible, move off and to the side of the road.

If your feet hit the street, have the vest on your chest. 

Plan for Auto Emergency

If you have car trouble, set out emergency lights/signs.

Before your travel, know how to operate the fire extinguisher.

Make sure you have a printed map easy to reach.

Always carry “emergency” cash.

When traveling with a pet, do not let it out without a leash.

In the case of dangerous weather, do your best to find shelter.

DO NOT rely on your vehicle for shelter in dangerous weather.

If you're in need of assistance, don't hesitate to call for help.

Backup Plan for Auto Emergency

In South Carolina, call *47 (*HP) for the State Highway Emergency Program (SHEP).

In Georgia, call 511 for the Coordinated Highway Assistance & Maintenance Program (CHAMP).

You can also call 511 for the Highway Emergency Response Operator (HERO).

In North Carolina, call *47 (*HP) for the NC DOT.

Before anything else,
**preparation is the key
to success.**

— *Alexander Graham Bell*

AZ QUOTES



Be prepared, not scared.

Know what's necessary and important for you to stay safe,
healthy, and as comfortable as possible.

Resources

- <https://www.aikencountysc.gov/702/Emergency-Planning>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>
- <https://www.cdc.gov/disability-emergency-preparedness/communication-resources/emergency-plan-easy-read.html>
- <https://www.ready.gov/low-and-no-cost>
- <https://www.aarp.org/home-living/emergency-preparedness>
- <https://scemd.org/prepare/your-emergency-plan/family-disaster-plan/>
- <https://worldemergencyassociation.com/2024/08/13/emergency-preparedness-are-you-prepared-for-an-emergency-situation/>
- <https://scemd.org/stay-informed/emergency-alerts/codered-alerts/>