

# Be Prepared / Stay Safe

The Cayman Islands Red Cross provides information on how to prepare for and stay safe during and after a hurricane.

## FOUR STEPS TO SAFETY

### Find out what could happen to you.

- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time

### Create a Disaster Plan

- Meet with your family and discuss why you need to prepare for disaster. Plan to share responsibilities and work together as a team.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet: (Right outside your home in case of a sudden emergency, like a fire, or outside your neighborhood in case you can't return home.) Everyone must know the address and phone number.
- Ask an out-of-town friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

### Complete this Checklist

- Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the utilities (water, gas, and electricity) at the main switches.
- Check if you have adequate insurance coverage.
- Know how to use the fire extinguisher.
- Conduct a home hazard hunt. • Stock emergency supplies and assemble a disaster Supply Kit.
- Take a Red Cross First Aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe places in your home for each type of disaster.

### Practice and Maintain Your Plan

- Quiz your kids every six months or so.

- Conduct fire and emergency evacuations.
- Replace stored water and stored food every six months.
- Test and recharge your fire extinguisher(s) and smoke detectors.

## Neighbours Helping Neighbours

Working with neighbours can save lives and property. If you're a member of a neighbourhood organisation, introduce disaster preparedness as a new activity. Know your neighbours' special skills (eg. medical, technical) and consider how you could help neighbours who have special needs, such as disabled and elderly persons. If you notice a hazard in your neighbour's yard, talk to them about it. Meet with your neighbours to plan how the neighbourhood can work together after a disaster until help arrives