



PREPARE YOUR FAMILY FOR DISASTERS

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BE PREPARED

Natural and man-made disasters threaten our lives on a regular basis and while some areas are more prone to trouble than others, it is unrealistic to think that you will never find yourself in a distressing situation.

Government Emergency Services will endeavour to assist you during times of distress but may be unable to reach you during the first critical hours.

Water and Electricity supplies may be cut off and roads destroyed.

You may be stranded in your house for a period of time. It is important to be able to take care of yourself and your family for a minimum period of three days in order to effectively protect yourselves and your material wellbeing during such times.

If a disaster is bad enough to require you to evacuate your home for any period of time, you may have limited time to prepare, and you may not be able to take too much with you. You will need a “grab and go” bag in which you can take the most necessary items with you.

Basic plans and advice take the guesswork and stress out of such preparations, but remember that these recommendations are generic and should be customized to suit your personal preferences and circumstances.

Prepare a plan with your family, practice it together, and make sure every member of the household understand it, and can execute it.

POINTS TO CONSIDER FOR PREPARATION

- If an emergency situation lasted for several days before help was available to you and your family, you would need to have sufficient food, water, medical supplies and other necessities in order to survive.
- Have a list of emergency service numbers easily accessible near phones. Ensure that you children know how to use these numbers. Also store these numbers on your mobile phone.
- If infrastructure was damaged during a land/rock slide or earthquake, you should know how to shut off the main water and electricity or gas lines.
- In case of a minor fire, have a fire extinguisher available and teach the whole family how to operate it.
- Your family should know what to do before, during and after an emergency situation.
- Keep your phone charged and have extra airtime available.
- Have a functional multi channel radio to receive emergency broadcasts.
- Place an operational flashlight in every occupied bedroom.
- If you need prescription medications, ensure that you have an extra month's supply on hand.
- Have duplicate keys and copies of all important papers available in a waterproof evacuation pack.
- If you have to evacuate your home, ensure that you have a 72-hour evacuation kit (Go Bag) prepared for every family member. The bag must be light enough to carry when evacuating on foot.
- Have fuel and cash available for such emergencies.
- Rehearse escape routes from your home, and ensure you know where your neighborhood meeting points are.
- If separated, arrange a meeting place, and teach children where to go and how to contact you in an emergency.

IMPORTANT DOCUMENTATION TO KEEP SAFE

MAKE A LIST OF THE FOLLOWING DETAIL AND KEEP AVAILABLE WHENEVER YOU LEAVE HOME

- Identification numbers for every family member
- Driver's license
- Bank account details
- Insurance policy numbers
- Car registration, and license number
- Important personal and business contact details.

KEEP CERTIFIED COPIES OF THE FOLLOWING DOCUMENTS IN A WATER PROOF DOCUMENT POUCH INSIDE YOUR GO BAG

- Identification Document for every family member
- Passports
- Wills and Testaments
- Bank Details
- School Records / University / College Records
- Current CV's
- Medical prescriptions / dental records / eyeglasses / Immunization cards / Chronic medication
- Insurance papers – life, car, house, medical, and household effects
- Birth and marriage certificates
- Proof of House ownership and insurance details
- Driver's license, auto insurance policies, auto registration, and title, if applicable.
- Current household effects inventory (for insurance replacement)
- Copy of document that indicate proof of address (Municipal Account etc)

BASIC RESOURCES FOR AN EMERGENCY PERIOD IN YOUR HOME

WATER SUPPLY & STORAGE

- A minimum of 20 litres per person per day for drinking, cooking and basic sanitation. Commercially bottled water is the safest and most reliable emergency supply of water, kept bottled in its original container and unopened. Once opened, decant the quantities you want to use. Keep out of direct sunlight.
- People with medical conditions may need more water.
- Babies and toddlers in the house will increase the demand for water
- A separate, additional supply is required for each pet.

FOOD

- Ensure adequate supply available to prepare meals for the family for between three and five day, in case it is impossible to leave the area, or get to stores.
- Do not deviate too far from your family's normal eating preferences if possible.
- Each member needs approximately 3000 kilo/calories per day to maintain good health.
- Choose products that will provide you with adequate nutrition but will not require refrigeration or specialized cooking facilities. Tinned food is a cost effective solution.
- Be sure to note expiration dates and ensure products have a long shelf life under normal storage conditions.
- Avoid foods that make you thirsty, and increase your water intake.
- Include high energy foods such as peanut butter, instant maize, energy bars, chocolate and nuts etc.
- Appropriate foods for infants, elderly or people on special diets
- Pet Food

FIRST AID AND MEDICAL SUPPLIES

- Any medical product you might normally use for your family, but which you may not be able to go and buy because access to a chemist or store is impossible.
- Extra personal prescription / chronic medications / asthma pumps / allergy shock protection / hearing aids / contact lens solution.

- Complete First Aid Kit

HYGIENE

- Personal Hygiene products e.g. soap, toothpaste and brush, razor etc.
- Feminine supplies,
- Anti-bacterial Hand disinfectant / Hand wipes
- Household chlorine bleach / Disinfectant liquid
- Toilet paper
- Consider how to deal with human waste when lack of water supply prevents toilets from working.
- Rubbish Bags

MISCELLANEOUS

- Torches / Lanterns / Portable Lighting to use during power disruptions
- Extra Batteries
- Alternative Cooking Facility with Fuel e.g. gas
- Whistle (to attract attention if stuck in your house)
- Signalling Flare / Chemical Light
- Matches (Waterproof if possible)
- Generator (if possible, and remember to ensure it is in good working order and have adequate fuel. (Remember that fuel have a limited shelf life, and that fumes would be dangerous indoors).

TOOLS

- Multi-tool pocket knife
- Nylon Rope (20 meters)
- Axe
- Shovel
- Hack saw
- Duct Tape
- Plastic sheeting to cover damaged areas
- Plastic storage containers

CLOTHING

- Sturdy work / walk boots / shoes
- Effective Rainwear
- Work gloves (preferably leather)

- Weather appropriate clothing

INFANT AND TODDLER CARE

- Appropriate, adequate food for all children
- Appropriate supply of all baby products required to care for babies and infants
- Adequate supply of necessary / preferred medical supplies
- Electrolyte replacement solution / Basic pain, temperature medications (Only products your family have used safely before)
- Adequate supply of cleaning, washing, and hygiene products.
- Formula, disposable bottles, nipples with ability to clean and sterilize
- Diapers and wipes (Disposable nappies may be easier to use when water is scarce)
- Firm soled shoes for toddlers /children for dangerous walking conditions
- Comfort items such as toys, stuffed animals

SENIOR CITIZENS' CARE

- Extra hearing aids and batteries / Extra eye glasses
- Additional supply of any medication you are prescribed
- A copy of your prescription medication and dosages

IF YOU ARE ALONE IN YOUR RESIDENCE MAKE THE FOLLOWING PREPARATIONS IN CASE YOUR PROPERTY IS DAMAGED OR DESTROYED

- List of doctors and relatives or friends who should be notified if you are injured (With contact information)
- List of any special medical devices required and where obtained
- List of special medications required and dosages to be taken
- Medical insurance and Medical aid card and contact details
- Keep a whistle or alarm near you to draw attention to your presence
- Keep a copy of your important documentation, and the above information in a waterproof easy to carry container e.g. a sealable plastic bag. Take with you if evacuated.

PETS

- Pets can not be accommodated in evacuation shelters, so take every precaution to ensure their safety if they remain.

- Do not tie them down in an area that might flood, burn or become damaged.
- Ensure adequate food and water supply for a period longer than you expect to be away.

FIRST AID KIT

**THE LIST BELOW IS A GUIDELINE ONLY
ONLY STOCK MEDICATION YOUR FAMILY HAVE USED SUCCESSFULLY BEFORE**

Any material in the kit that may be damaged or rendered ineffective by water should be wrapped or sealed in plastic

BANDAGES Adhesive Triangular Roller Large Butterfly Bandage	TWEEZERS	ANTIBIOTIC CREAM
ADHESIVE TAPE	BANDAGE SCISSORS	HYDROGEN PEROXIDE (ANTI-SEPTIC WOUND CLEANING)
STERILE SWABS	SAFETY PINS	
GAUZE	LATEX GLOVES	
HYPO-ALLERGENIC TAPE	FACE MASKS (SURGICAL)	ANTISEPTIC SOLUTION
DISINFECTANT PADS	SPACE BLANKET	COTTON WOOL
BURN PACK / GEL	CPR MOUTH BARRIER	PAIN KILLERS For Adults / Children
COLD COMPRESS	RUBBING ALCOHOL	ANTI-HISTAMINE DIARRHOEA MEDS
ASSORTED PLASTERS	STERILE COTTON BALLS	NAUSEA MEDS RE-HYDRATION MEDS
STERILE EYE PADS		ASPRIN / DISPRIN
VITAMIN AND MINERAL SUPPLY	TAMPONS / MAXI SANITARY NAPKINS (for blood absorption on deep wounds)	SUPER GLUE (Wound Sealer)
GENERAL DISINFECTANT		EYE DROPS EAR DROPS
	LIP BALM	
GLOVES	VASELINE (OTHER LUBRICANT)	
	INSECT REPELLENT	COLD MEDICINE
	SUN SCREEN	DECONGESTANT COUGH MIXTURE
EPI-PEN (For anaphylaxis allergies if prescribed)	MOIST TOWELETTES	ANTACID

RECOMMENDED FOOD STORAGE LIST

An emergency food supply can sustain life when there is no other way to get to food for an extended period of time. The product list is not meant to be an exhaustive grocery list, but to act as a guideline on the type of products that may be easiest to use during times when services such as water and electricity are not available.

Food should be safely stored, easy to prepare if ordinary cooking facilities are not available, not spoil easily if there is no refrigeration, but still provide adequate nutrition for the whole family. Each person should consider their family's specific needs such as allergies or health concerns and should obviously not use products that could be detrimental to them.

Try not to deviate too far from what the family normally eats. And include items that contribute to morale of the family such as comfort foods.

DRY FOOD	CANNED FOODS	FATS AND OILS	COOKING ESSENTIALS	OTHER
RICE White rice store better for longer	MEATS HAM CHICKEN BEEF		SALT & PEPPER	MILK DRY LONG-LIFE CONDENSED
FLOUR	FISH TUNA PILCHARDS SARDINES etc	BUTTER / MARGARINE	HERBS & SPICES	SUGAR
PASTA	VEGETABLES BAKED BEANS SWEET CORN PEAS GREEN BEANS BEETROOT TOMATOES TOMATO & ONION CURRY VEG etc	VEGETABLE OIL	CONDIMENTS	HOT DRINKS TEA COFFEE HOT CHOCOLATE
INSTANT	SOUP MIXES		ONIONS & GARLIC	HONEY & JAMS

SOUPS				
BOXED INSTANT MEALS	MEAT SAUCES		PARMESAN CHEESE	PEANUT BUTTER
				NUTS & RAISINS
CEREALS PRONUTRO WHEATBIX INSTANT MAIZE etc	SPAGHETTI SAUCE			BILTONG
				DRIED FRUIT
				ENERGY BARS
				COMFORT FOOD CANDY CHOCOLATE GUM
				CRACKERS
				RUSKS
				COLD DRINK MIXES

GO BAG

A Go Bag is a portable kit that normally contains the items one would need to survive for 72 hours when evacuating from a disaster.

It is also the type of bag you keep in your vehicle to supply your basic and emergency needs if you are stuck on the side of the road, or cannot get home.

Shelter accommodation offers the bare minimum in care, so it would make your stay more bearable if you take at least the survival necessities for each family member in easy to carry backpacks.

REMEMBER YOU WILL HAVE TO CARRY THIS BAG AND MAY HAVE TO STAY IN CONFINED SPACES SO KEEP IT LIGHT, STRONG, WATERPROOF AND EASY TO CARRY.

LIST OF ITEMS TO CONSIDER TAKING

ALL IMPORTANT PERSONAL DOCUMENTS (In Waterproof Bag)

- Identification, Drivers License, Insurance, Medical Prescriptions etc.
- Phone numbers to stay in contact
- Updated pictures of each family member

WEATHER APPROPRIATE CLOTHES

- In re-sealable plastic bags to keep it dry
- Bandana or Scarf

STURDY SHOES

RAIN COATS / COLD WEATHER JACKETS (Depending on area and season)

FULLY CHARGED CELL PHONE with extra airtime, battery and charger / car charger kit

EMERGENCY CASH : In small denominations

MEDICATIONS

- Emergency First Aid Kit
- Prescription and over the counter medication used daily
- Special Needs Items e.g. asthma pumps, Epi Pens

- Sunscreen / Burn Cream
- Digestive Care – Indigestion, stomach ache, nausea, and diarrhoea

SPECIAL INFANT AND ELDERLY CARE ITEMS

- Maintaining hygiene may be difficult – plan accordingly

PERSONAL HYGIENE CARE ITEMS

- All personal hygiene products including toilet paper
- Hand sanitizer gel / Wet Wipes

BOTTLED WATER

HIGH ENERGY SNACKS AND NON PERISHABLE FOOD

Energy Bars / Nuts / Chocolates

- Any special dietary need products
- Appropriate food for infants and children
- Basic eating utensils and tools to open containers

DUST MASKS

RE-SEALABLE PLASTIC BAGS

MULTI-FUNCTION UTILITY TOOL

- Leatherman / Swiss Army Knife

STRONG, SHARP KNIFE

DUCT TAPE / PARA CORD

LIGHTER / MATCHES (Waterproof) / FIRE STARTERS

LIGHTING / TORCH (High power LED, Waterproof) & Batteries

WHISTLE : To attract attention when lost or trapped

MULTI CHANNEL EMERGENCY RADIO

BEDDING

- Sleeping bags or blanket (Fleece blankets are warmer and lighter to carry)
- Space blankets

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