

Polish American Social Services "PASS"

PolishAmericanSocialServices.com



**From the Desk of
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Polish American Social Services

Next year in 2008, Polish American Social Services will mark its 100th anniversary of providing a variety of social services for the Polish American community and community-at-large in the Philadelphia area. PASS's philosophy over the last century has been, and will continue to be, to provide as many preventative services as possible to keep people independent and self-sufficient.

Staying true to our philosophy, I draw your attention to the article in this edition of "P.A.S.S. the News" about being ready in case there is an emergency such as a house fire, power outage, hurricane or even a terrorist attack. It is good to know what to do or what your options are when something goes wrong as opposed to trying to figure things out under pressure. It's more important than ever to have a plan and a contact person, especially if you are elderly.

I also invite the adult children of senior citizens to check out our web site to see if any of the services or programs listed there could be helpful to their parents. Also, I encourage children and parents to discuss emergency plans and different ways to remain in contact should there be an emergency. This may mean reaching out to friends and neighbors to assist in times of need.

What to have in your hand Be Ready to Evacuate

If officials tell you to evacuate, you must leave.

Here is what you need to do:

- Stay calm. Do exactly what officials tell you to do.
 - If there is time, secure your home. Close and lock windows and doors. Unplug appliances before you leave. Officials will tell you if you need to turn off utilities.
 - Let friends and relatives know where you are going.
 - Wear sturdy shoes and comfortable, protective clothing such as long pants and long-sleeved shirts.
 - Grab your Go Bag.
 - Do NOT use an elevator during a fire or other emergency.
- Stay tuned to KYW 1060 AM for the latest evacuation routes and other information.
- Get to the nearest shelter or safe place as soon as you can.

Whether officials tell you to Shelter in Place or evacuate will depend upon the conditions expected in your area. If you do not receive specific instructions to evacuate, you should Shelter in Place.

Grab your Family GO BAG

Prepare a Go Bag for your household - things you'll need if officials tell you to evacuate. Your Go Bag should be easy to carry - a backpack or small suitcase on wheels. Keep your Go Bag in a place where you can get to it easily, in case you have to leave in a hurry.

Items for your Go Bag:

- Copies of your important documents, such as insurance cards, photo IDs, birth certificates, deeds, and proof of address, in a waterproof and portable container
- Extra set of car and house keys
- Credit and ATM cards
- Cash, especially in small bills like ones, fives and tens.
- Bottled water and food that will not easily perish, such as energy or granola bars
- Flashlight and extra batteries
- Battery-operated radio and extra batteries (You can also buy wind-up radios that do not require batteries.)
- Medication: be sure to refill medications before they expire. Keep a list of the medications each member of your household takes, why they take them, and their dosages. Also keep copies of all prescriptions, and your doctors' and pharmacist's contact information.
- First-aid kit
- Sturdy, comfortable shoes, lightweight, and a mylar blanket
- Contact and meeting place information for your household.
- A small regional map
- Personal care items: hand sanitizer, feminine products, toothbrush and toothpaste, and wipes
- Child care supplies or other special care items

What to have in your head - Your Emergency Plan

Talk with your family about emergencies: what to do, how to find each other, and how to stay in contact during an emergency. Be ready to Shelter in Place for at least 72 hours. If officials tell you, be ready to evacuate.

Decide on two places where household members should meet after an emergency - one right outside or close to your home, and one outside your neighborhood.

Practice getting out of your home using different doors. Practice getting to your meeting places.

Ask a friend or relative who lives out of state to be your family's emergency contact. If Philadelphia phone circuits are busy, long-distance calls may be easier to make.

Plan for everyone in your family - especially seniors, people with disabilities, and non-English speakers.

Give everyone in your house a copy of your emergency plan and emergency contact information to keep in their wallets and backpacks.

Twice a year:

- Change your smoke alarm batteries.
- Make sure your emergency plan and emergency contact information are correct.
- Check that the food and batteries in your kits are still good.



Emergency Preparedness Exercise

Or Not?

ReadyPhiladelphia.org

1-877-READY11

What to have in your home Be ready to Shelter in Place

If officials tell you to Shelter in Place, you must stay indoors.

Put together a Shelter in Place kit.

Include enough supplies for at least three days, in case you cannot leave your home.

How to Shelter in Place:

- Stay calm and go indoors immediately.
- Go to a room with few doors or windows. Ideally, the room should be above street level, allow room for everyone in your family, have access to water and bathroom facilities, and have a phone jack.
- Lock all windows and doors, and close fireplace dampers.
- Only seal doors and windows when told to do so by emergency officials. If instructed, cover cracks along doors and windows with tape, wet rags, or towels.
- Turn off all heating and cooling systems such as air conditioners and window exhaust fans, if instructed.
- Listen to KYW 1060 AM radio for updates.
- Keep your pets with you. If you have a medical emergency, call 9-1-1 to let the Police and Fire Departments know you need special help.
- Keep your phone line available for emergency calls.

Items for your Shelter in Place Kit

- Three gallons of drinking water per person
- Food that will not perish easily; ready-to-eat foods
- Manual can opener and eating utensils (forks, spoons, knives, plates, cups)
- Plastic sheeting to cover windows; scissors and duct tape
- First-aid kit - Flashlight and extra batteries
- Battery-operated radio and extra batteries (You can also buy wind-up radios that do not require batteries.)
- A whistle to signal for help
- Iodine tablets or one quart of unscented bleach and an eyedropper. (Disinfect water ONLY if directed to do so by health officials. To disinfect water with bleach, add 8 drops of bleach per gallon of water.)
- Personal care items: soap, toothbrush and toothpaste, feminine products, toilet paper and wipes
- Phone that does not need electricity (plugs into a phone jack)
- Child care supplies or other special care items

Officials will notify you on KYW 1060 AM when the emergency is over. Only then should you open all doors and windows to let fresh air into your home.