

A Time to Remember.
A Time to Prepare.

Ready.

NATIONAL
PREPAREDNESS MONTH

September 2011 | ready.gov



other agencies

NATIONAL PREPAREDNESS MONTH 2011—WEEK 2



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The Arapahoe County Sheriff's Office is now on Twitter. Follow us at **ArapahoeSO** for updates and important community information.

Preparedness Tips:

- Designate an out-of-town contact for emergencies.
- Keep enough cash to rent a hotel room overnight in your car for trips.
- Make sure to include some comfort items in emergency kits.
- Consider having extra, charged batteries for electronic devices.
- Too hot or too cold, don't ignore the dangers of extreme temperatures.
- Always listen to evacuation warnings in your area, and follow the directions of local authorities to minimize risk.
- Know where pet-friendly hotels are located before you evacuate.
- Change the contents of your kit when you check batteries in smoke detectors, or twice a year.
- Join your local Citizen's Council for more training and education opportunities and events.

PACK A KIT: 10 COST-SAVING TIPS

An emergency 72-hour kit is a fundamental part of any preparedness plan. These kits are tools to help individuals and families survive the first 72 hours of a disaster or emergency event with minimal outside assistance. Kits should reflect the individual nature of each owner, and therefore contents will vary between families. The costs of compiling and maintaining a kit can feel overwhelming, so here are a ten useful tips to keep the kits on a budget.

Tip 1: Pack only what is really needed. Careful pre-planning about the contents of a kit will help eliminate impulse buys or speculative contents, which can quickly add up. Taking a few days to seriously consider the contents of the kit will help keep the list concise but complete. A sample contents list is included in this newsletter. Don't forget to include a few luxury or comfort items though! **Tip 2:** Plan to buy the kit in stages. Work the kit into the household budget by expanding regular shopping trips to include a few items for the kit at a time. This spreads

the cost of the kit out over the year, rather than lumping it all into a single session. **Tip 3:** Fill the contents of the kit with items that are enjoyed. If the owner doesn't care for baked beans, but puts several cans of baked beans into the kit, those supplies are likely to be wasted, which can also be expensive. **Tip 4:** Use the items in the kit. Even non-perishable goods such as canned foods, paper products, or bottled water come with "best if used by" dates. Plan to use the items in the kit on a semi-annual basis to prevent them from expiring. Just remember to replace the items as they are used. (See Tip 2.) **Tip 5:** Shop the sales, off-brand, or discount stores, rather than paying full-price retail for items. **Tip 6:** Look for inexpensive but durable containers such as backpacks or plastic storage bins to minimize cost. Most members of the family should easily be able to lift the kit and carry it around. Pack multiple containers for family groups and remember to break up the contents of the kit so each container could be a stand-



alone kit if necessary. **Tip 7:** Keep a mind on scope. 72-Hour Kits are focused on providing immediate needs following an evacuation or shelter in place order, not for long-term survival. **Tip 8:** Prescription medications are sometimes less expensive when ordered in 3 month doses. This also allows for an extra supply to be on-hand for a quick addition to the kit. **Tip 9:** Buy in bulk to save money. Shop with friends or neighbors to use up the supplies and share costs. **Tip 10:** Be creative about solutions, such as making home-made slings or bandages.

KITS FOR KIDS



Emergency situations are stressful on everyone but may seem especially frightening, to children. Special preparation of emergency kits for children may help assuage

some of the fears and doubts during a time of crisis. When packing kits for children, remember to include items that bring some sense of familiarity to the child, such as a small stuffed animal. In addition, think about diversionary items, such as coloring books or travel-sized board games.

Remember to pack extra batteries for those hand-held devices, too! Pack the kit into a small container the child can carry and take ownership of. Most of all, remember to include children in planning and preparation events, to ensure everyone knows what to do in an emergency.

September 2011 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SCHEDULE OF EVENTS

- Every Tuesday and Thursday: Arapahoe County Sheriff's Office Citizen's Academy. Registration is closed, but contact us for future events.
- 9/11: National Day of Remembrance
- 9/16: Final day to register for Community Emergency Response Training (CERT) with Parker Police Department.
- 9/17: Continuing Education Program for CERT Alumni. Special Topic: Terrorism in the Post 9/11 World.
- 9/20: Community Awareness Program Course, Encore Presentation. All members of the public welcome.
- 9/23: Operation Mountain Guardian. Contact your local Emergency Management for volunteer opportunities.

REMEMBER YOUR PETS!

Don't forget to make arrangements for pets in the household before a disaster! Pack an extra kit that contains food, water, a water dish, a spare leash and harness, a clean, soft blanket to sleep on, and other necessities. Make sure pets are accustomed to sleeping in hard-sided kennels to help with evacuation needs. Pets and companion animals are not allowed in public shelters, so if possible, try to make arrangements to stay in a pet-friendly location **before** a disaster strikes. Pet-friendly rooms may be limited and in short supply in the aftermath of an emergency. Make sure to get pets micro-chipped and to keep that information current. This may assist in reunification in the event pets and owners are separated. After a disaster, remember never to

approach stray animals without training. Remember that stress may affect the behavior of an animal. Large animals such as horses or livestock require even more advance planning and warning for evacuation events, so make sure to plan early and keep information current. For more information on how to safely address animal concerns during emergencies, visit the Colorado Veterinary Medical Foundation (CVMF) online at www.coaemp.org



SAVE THE DATE

National Pharmaceutical Drug Take Back Day for Colorado is October 29, 2011. The event will take place at:

- The Streets at Southglenn
- Centennial Medical Plaza.

Last year, this effort collected more than 14,000 pounds of expired or extra prescription drugs for safe disposal. This effort helps keep these unwanted medications out of waterways and landfills, and from being abused. We'll see you there!

For Questions, or to Register, Contact:

Arapahoe County Sheriff's Office
Emergency Management
13101 East Broncos Parkway
Centennial, Colorado 80112

Phone: 720-874-4186

Fax: 720-874-4158

E-mail: cstelter@co.arapahoe.co.us



Committed to quality service with an emphasis on integrity, professionalism, and community spirit.



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.



Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its *Ready Campaign*, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.


Prepare. Plan. Stay Informed.®



Federal Emergency Management Agency
Washington, DC 20472



THE CELL
THE COUNTERTERRORISM
EDUCATION LEARNING LAB

September 20, 2011 at 6:00 pm
Arapahoe County Sheriff's Office
13101 E. Broncos Pkwy
Centennial, CO 80112
RSVP: cstelter@co.arapahoe.co.us