

# ECHO Phone

*Emergency, Community and Health Outreach*



FINAL/Approved  
April 28, 2009

## **"Shelter In Place"**

**READERS: Only 90 seconds of recording space is available. Please read clearly and quickly, to make sure everything fits in 90 second space.**

[1]

Disasters can strike anywhere at any time. Tornadoes, floods, chemical spills, even nuclear power accidents and acts of terrorism are real possibilities. There are simple steps you can take to help prepare for emergencies.

[2]

First, make a plan. Then, make a kit. Taking a First Aid class will help you care for others in an emergency.

[3]

Plan an evacuation route for your home, and a place to meet if you are separated. Keep emergency contact phone numbers with you. Make sure your family knows how and when to dial 9-1-1 for help.

[4]

Make a survival kit. It should include first aid supplies, flashlights, tools, clothing and bedding and enough drinking water, nutritious snacks and food and medicines to last for 3 days. Include a battery powered radio, so you will know when it's safe to come out.

[5]

There are many possibilities to consider when making an emergency plan and survival kit. These are basic guidelines to get you started.

[6]

Contact your County emergency manager or Red Cross office to make sure your plan covers all types of emergencies.

[7]

Take time now to make a plan and a kit, take a first-aid class, and practice your plan.

[8]

To hear this information again, press #1. To return to the previous choices, press #2.

[word count: 211]