

# ECHO Q&A

*Emergency, Community and Health Outreach*



FINAL

April 10, 2009

## **ECHO Questions and Suggested Answers**

### **10 Minute Conversational Interview**

#### **"Shelter In Place"**

*[Hosts, before beginning Q&A, remind viewers that we are discussing this important subject not to wish upon our audiences any harm, but to make sure that you and your family have this information so that everyone can be safe and prepared in case of a disaster].*

#### **1. What does "Shelter in Place" mean – and why is it important?**

##### ***Suggested Answer:***

- Shelter-In-Place means to choose a place to go to **SAVE YOUR LIFE** when there is an emergency.
- It means having all of the materials that you need to care for yourself and your family so you can be ready if an emergency happens.
- When you shelter in place, to stay safe, you must ***stay in one place*** and:
  - Close and lock doors and windows
  - Shut off fans and heaters, and
  - Go to an interior room where there are no windows.
- In a crisis, there won't be time to figure out what to do, but if you prepare in advance you and your family will have comfort in knowing what to do to survive.

## 2. What kinds of disasters might require me to Shelter-in-Place?

### *Suggested Answer:*

- For most emergencies, you will need to shelter-in-place, but sometimes, you may need to evacuate.
- Nature made disasters caused by tornados, infectious disease outbreaks or snowstorms – would require you to Shelter-in-Place.
- People who might intentionally cause a disaster may require you to Shelter-in-Place like dams or bridges breaking, infectious disease outbreaks, chemical spills, and terrorism.
- The 9/11 terrorist attacks taught us that we never know how or when disaster will strike – that's why it is **important to be prepared for an emergency.**

## 3. What can I do to prepare myself and my family for a disaster ?

### *Suggested Answer:*

- There are two ways to prepare for disasters: Make a Plan AND Make a Kit
- Make a Plan means talking with your family about what to do BEFORE a disaster.
  - **Ask yourself:** “What would I do if a tornado was approaching and the children were in school and the parents were at home?”
    1. Make a plan means knowing where a safe place is to go if you had only minutes to find shelter.
    2. Keep a current list of friends’ and relatives’ names and phone numbers with you.
    3. Arrange a location where relatives can meet AFTER the disaster is over.
- PRACTICING your emergency preparedness plans with your family regularly helps everyone know what to do and where to go in a crisis.

#### 4. Can you give me some ideas on how to make a kit?

***Suggested Answer:***

- Set aside supplies that would help you and your family survive for 3 days.
- *You don't need to spend a lot of money, or buy a fancy kit.* In fact, you probably have almost everything you need in your house already. It's just a matter of getting them together in one place.
- **(Show and tell the kit on the set)**
- For example:
  - A small duffle bag or container that can easily be carried.
  - A first aid kit,
  - A set of clothes for each person,
  - Medications and prescriptions for up to 3 days,
  - Candles or flashlights and extra batteries or matches,
  - Water and dried foods that can be stored for months at a time. If you have a baby, make sure to include baby formula, and
  - **Battery operated radios and extra batteries.**
- Keep copies of birth certificates, passports, or other important papers in a waterproof, portable container, in case you need them and can't find the originals.
- If you have small children, you might pack games or toys to occupy them while they are sheltered in place. If you have pets you might pack some of their food.

**5. If disaster strikes, what should I do?!**

***Suggested Answer:***

- Stay calm. Stay patient.
- If disaster strikes around you, check for injuries and try to help.
- Pay very close attention to media reports for information and instructions.
- In a disaster-- police, fire and medical resources won't be able to help everyone at the same time that's why it's good to know what you can do to help yourself and others until help arrives.

**6. Where should I go to hear instructions and news?**

***Suggested Answer:***

- NOAA Radio broadcasts Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.
- Radio and television stations will offer updates and instructions.
- ECHO has emergency information for limited English proficiency audiences available on TV, ECHO web, and a toll free phone line.  
(**WWW.ECHOMINNESOTA.ORG**)

**7. What else can I do to prepare myself and my family?**

***Suggested Answer:***

- Children practice fire drills at school. Parents should ask your child's teacher, or a school official about school emergency plans including where to pick up children if there is an emergency and children are sheltering in place.
- If you have a job, ask about emergency plans so that you know how to stay safe at work.
- Get involved! Contact your local CERT (pronounced: SERT) program to become emergency certified or take a First Aid Class.
- Contact the Red Cross, public health, police, and fire departments; they can help you get prepared.

**8. Anything else you'd like to add?**

***Suggested Answer:***

- ***(Guest experts please reinforce your discussion about the importance of this topic and how it impacts everyone and in particular, your ethnic community)***