

*READINESS
BEGINS WITH ME™*

*A Readiness Booklet
for Libraries*

Catastrophe Readiness Clearinghouse
Middle Country Public Library

Introduction

With the support of the Allstate Foundation, the Catastrophe Readiness Clearinghouse was developed at Middle Country Public Library to help the public get the information they need to be prepared at home or at work in advance of an emergency. Guided by our theme, “Readiness Begins with Me,” a resource collection of materials for both adults and children, a comprehensive website, and a variety of programs were organized as part of this project.

We have compiled this booklet to share what we have learned over the past two years. We hope that libraries will use the resource information and program ideas included to stimulate library activities, programs, displays and collections that promote awareness and readiness in their own communities. We hope you will consider setting up a “Readiness Corner” in your library or offering one or more of the programs described. The Catastrophe Readiness Clearinghouse website is a great resource and we hope you will put a link to it on your website to facilitate access to much more information than we could ever include in this booklet.

Both September 11th and recent hurricane disasters have demonstrated the importance of a prepared citizenry and libraries, as information centers for their communities, have an important role to play. While many citizens are reluctant to prepare because it is frightening to face the possibility of a catastrophic event, libraries are in a unique position to supply much needed information and programming in a safe, familiar and comfortable environment. By advancing the preparedness of families and businesses in the Long Island region, communities will be safer and stronger and residents will gain a sense of empowerment that will make them better able to cope and respond in the face of a catastrophic event. We invite you to join with us in our effort to promote readiness, because we believe that a prepared community will mean lives saved, homes and businesses protected, and a less traumatic road to recovery for all of Long Island.

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Create a Readiness Corner @ Your Library

Creating your own Readiness Corner can be as simple or extensive as you like. The idea is to reach the public to assure they are as informed as possible and to stimulate them to take action in advance of a catastrophic event.



The “Sources and Samples of Free Materials” list that follows is a great place to start, or you can contact your local government offices, elected representatives, and disaster agencies (contact information is included at the end of this booklet). There are some excellent resources available that can be obtained simply by making a phone call. The agencies are incredibly generous and will send you a continuous supply of materials. You can receive checklists, pamphlets addressing a variety of special needs and issues, and booklets that provide details for creating safe spaces or go-kits. You may want to include some or all of the items we include in the suggested core

collection included in this booklet. These items are of interest to a variety of audiences, from businesses to families, from older adults to young children.

While having a physical space to display conveniently assembled resources is beneficial, we have found that one of the most effective and useful elements of any Readiness Corner is access to the many resources available on the Internet. In an effort to help patrons find the best information on the Internet, we created the Catastrophe Readiness Clearinghouse website:

www.CatastropheReadinessClearinghouse.org

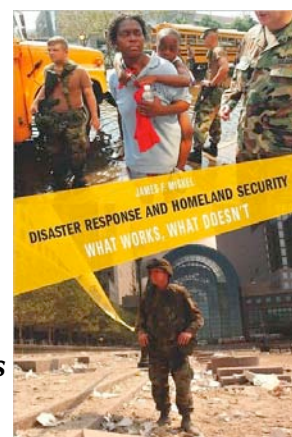
with links to all of the important sites and a great deal of information organized for quick access by the user... there’s even a great section for kids. We encourage you to link to the Clearinghouse from your Library’s homepage and share this valuable resource with your patrons. A supply of Clearinghouse brochures is available for your use, so let us know if you need more.

With just a little time and effort, and minimal cost, your Library can create a Readiness Corner for your community. We wish you great success!



Core Collection for Adults and Businesses

- Are You Ready? : An In-Depth Guide to Citizen Preparedness.*** Washington, DC: FEMA: Citizen Corps, 2004.
- Be Prepared: Plan Now.*** (DVD) Uniondale, NY: LIPA, 2004.
- Birkland, Thomas A. ***Lessons of Disaster: Policy Change after Catastrophic Events.*** Washington, DC: Georgetown University Press, 2006.
- Business Continuity Planning: Protecting Your Organization's Life.*** Boca Raton: Auerbach, 2001.
- Childs, Donna R. ***Contingency Planning and Disaster Recovery: a Small Business Guide.*** Hoboken, NJ: John Wiley, 2002.
- Contingency Planning & Recovery Journal: CPR-J.*** Wellesley Hills, MA: Contingency Planning & Recovery Institute, 1988-
- Disaster Management & Response: DMR: an Official Publication of the Emergency Nurses Association.*** St. Louis, MO: Mosby, 2003-
- Edwards, Aton. ***Preparedness Now: an Emergency Survival Guide for Civilians and Their Families.*** Los Angeles, CA: Process Media, 2006.
- Forest, James. ***Homeland Security: Protecting America's Targets.*** Westport, CT: Praeger Security International, 2006.
- Greene, R. W. ***Confronting Catastrophe: a GIS Handbook.*** Redlands, CA: ESRI Press, 2002.
- Home Health Care Services Pandemic Influenza Planning Checklist.*** Washington, DC: Dept. of Health and Human Services, 2006.
- Levy, Barry S. and Victor W. Sidel. ***Terrorism and Public Health: a Balanced Approach to Strengthening Systems and Protecting People.*** Oxford; New York: Oxford University Press, 2003.
- Maiden, R. Paul, PhD, Rich Paul and Christina Thompson. ***Workplace Disaster Preparedness, Response, and Management.*** New York: Haworth Press, 2006.
- Miskel, James F. ***Disaster Response and Homeland Security: What Works, What Doesn't.*** Westport, CT: Praeger Security International, 2006.
- Moehsmer, L. R. ***Disaster Survival: a Common Sense Guide to Catastrophe Preparedness.*** New York: iUniverse, 2006.
- Molino, Louis N. ***Emergency Incident Management Systems: Fundamentals and Applications.*** Hoboken, NJ: Wiley-Interscience, 2006.
- Murphy, Colum. ***Flu Action Plan: a Business Survival Guide.*** Chichester: John Wiley, 2006.
- National Strategy for Pandemic Influenza: Implementation Plan.*** Washington, DC: Homeland Security Council, 2006.
- New York State Department of Health. ***Pandemic Influenza Plan.*** Albany, NY: New York State Department of Health, 2006.



New York State Senate Committee on Veterans, Homeland Security and Military Affairs.

After the Storm – New York's State of Readiness: a Report of the New York State Senate Committee on Veterans, Homeland Security and Military Affairs. Albany, NY: NYS Senate Committee on Veterans, Homeland Security and Military Affairs, 2006.

Nikolopoulos, Daphne. ***The Storm Gourmet: a Guide to Creating Extraordinary Meals without Electricity.*** Sarasota, FL: Pineapple Press, 2005.

O'Brien, Nora. ***Emergency Preparedness for Older People.*** New York, NY: International Longevity Center-USA, 2003.

Preparacion para Casos de Desastre. Washington DC: Federal Emergency Management Agency, 2004.

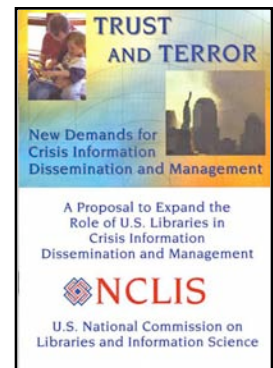
Preparing for Disaster. Washington, DC: Federal Emergency Management Agency, 2004.

Seeds of Disaster, Roots of Response: How Private Action Can Reduce Public Vulnerability. Cambridge; New York: Cambridge University Press, 2006.

Skinner, J. C. ***Disaster Management: a Guide to Issues Management and Crisis Communication.*** Oxford; New York: Oxford University Press, 2002.

Toigo, Jon William. ***Disaster Recovery Planning: Preparing for the Unthinkable.*** Upper Saddle River, NJ: Prentice Hall, 2003.

Trust and Terror: New Demands for Crisis Information Dissemination and Management. Washington, DC: U.S. National Commission on Libraries and Information Science, 2002. This document can also be found at <http://www.docstoc.com/docs/855247/Trust-and-Terror-New-Demands-for-Crisis-Information-Dissemination-and-Management>



Valverde, L. James. ***Hurricane Risk in New York City and Long Island: Towards a More Realistic Appraisal of Extreme Weather Risk in the Northeast United States.*** New York, NY: Insurance Information Institute, 2006.

Wallace, Michael. ***The Disaster Recovery Handbook: a Step-by-Step Plan to Ensure Business Continuity and Protect Vital Operations, Facilities, and Assets.*** New York: American Management Association, 2004.

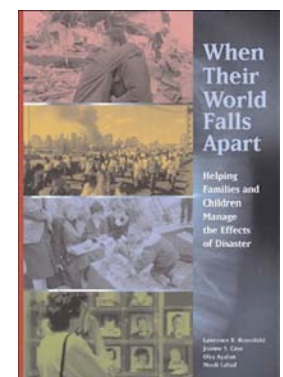
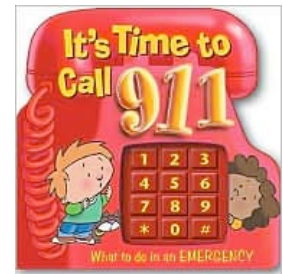
Williams, J. E. ***Beating the Flu: he Natural Prescription for Surviving Pandemic Influenza and Bird Flu.*** Charlottesville, VA: Hampton Roads Pub Co, 2006.

Woodson, Grattan. ***The Bird Flu Preparedness Planner: What is it, How it Spreads, What You Can Do.*** Deerfield Beach, FL: Health Communications, 2005.

Core Collection for Children and Parents

- Beren, Norris L, ***When Disaster Strikes Home!: 101+ Ways to Protect Your Family From Unthinkable Emergencies***, Arlington Heights, IL : Emergency Preparedness Educational Institute, 2004.
- Binns, Tristan Boyer, FEMA: ***Federal Emergency Management Agency***, Chicago, IL: Heinemann Library 2003.
- Bradford, Marlene and Robert S. Carmichael, ***Notable Natural Disasters Vol. 1 Overviews***, Pasadena Calif.: Salem Press, 2007.
- Bradford, Marlene and Robert S. Carmichael, ***Notable Natural Disasters Vol. 2 Events to 1970***, Pasadena Calif.: Salem Press, 2007.
- Bradford, Marlene and Robert S. Carmichael, ***Notable Natural Disasters Vol. 3 Events 1970-2006***, Pasadena Calif.: Salem Press, 2007.
- Bunnell, Steve, ***Stress Management for Teens***, Portland, ME : J. Weston Walch, 1998.
- Child Magazine Editors, ***Feeling Safe: Talking to Children about War and Terrorism***, New York: Barnes & Noble, 2003.
- Cole, Joanna, ***The Magic School Bus Inside a Hurricane***, New York: Scholastic Inc., 1995.
- Cole, Michael D, ***Three Mile Island: Nuclear Disaster***, Berkeley Heights, NJ : Enslow, 2002.
- Dorn, Micahel, et.al, ***Jane's School Safety Handbook***, Alexandria, VA.: Jane's Information Group, 2004.
- Duda, Rita, ***Jane's Teachers' Safety Guide***, Coulsdon, Surrey, UK: Jane's Information Group, 2004.
- Edwards, Aton, ***Preparedness Now: An Emergency Survival Guide For Civilians and their Families***, Los Angeles, Calif.: Process Media, 2006.
- FDNY, ***Crisis Counseling: Innovative Responses to 9/11 Firefighters, Families, and Communities***, Hoboken, NJ: Wiley 2006.
- FEMA, ***Taking Shelter from the Storm: Building a Safe Room inside Your House***, Washington, D.C.: Federal Emergency Management Agency, Mitigation Directorate, 2004.
- Gellman, Marc, ***Bad Stuff in the News: A Guide to Handling the Headlines***, New York: Seastar Books, 2002.
- Greenman, James T., ***What Happened to My World? : Helping Children Cope with Natural Disaster and Catastrophe***, Watertown, MA: Comfort for Kids, 2005.
- Gordon, Norma, ***Children & Disasters***, Philadelphia, PA: Brunner/Mazel, 1999.
- Halley, Ned, ***The World of Disasters***, Boston: Kingfisher Publications, 2005.
- Hurst, Carol Otis, ***Terrible Storm***, New York: Greenwillow Books, 2007.
- Jessup, MD, ***Como Ayudar A Los Ninos A Confrontar Una Catastrophe***, FEMA, August 2004.
- Kelly, Kate, Living ***Safe in an Unsafe World: The Complete Guide to Family Preparedness***, New York: New American Library, 2000.
- Lamb, Nancy, ***One April Morning: Children Remember The Oklahoma City Bombing***, New York: Lothrop, Lee & Shepard Books, 1996.
- Layton, Peggy, ***Emergency Food Storage & Survival Handbook: Everything you Need to Know to Keep your Family Safe in a Crisis***, Roseville: Prima 2002.

- Lite, Lori, ***A Boy and a Bear: the Children's Relaxation Book***, Plantation, Fla.: Specialty Press, 1996.
- London, Jonathan, ***Hurricane***, New York, N.Y. : Lothrop, Lee & Shepard, 1998.
- Martin-Rouse, Nancy, ***Storm of Spirit: a Child's Story of Surviving and Sharing***, St. Peter, MN: Rainbow Ridge Kids, 1998.
- Mell, Julie, ***It's Time to Call 911: What to Do in an Emergency***, Carlsbad, CA: Smart Kids, 2002
- Moses, Lisa. ***Children's Fears of War and Terrorism: a Resource for Teachers and Parents***, Association for Childhood Education International, 2003.
- Murphy, Jim, ***Blizzard!: The Storm that Changed America*** New York: Scholastic Pres, 2000.
- Peter, Val J, ***Parenting After September 11, 2001***, Boys Town, Neb.: Boys Town Press, 2002.
- Reed, Jennifer, ***Earthquakes: Disaster & Survival***, UK; Berkeley Heights, NJ: Enslow Publishers 2005.
- Reiss, Fern, ***Terrorism and Kids: Comforting Your Child***, Boston: Peanut Butter and Jelly Press, 2001.
- Roberts, Cheryl, ***Coping with Post-Traumatic Stress Disorder: A Guide for Families***, Jefferson, N.C.: McFarland & Co., 2003.
- Ronan, Kevin, ***Promoting Community Resilience in Disasters: The Role for Schools***, Youth, and Families, New York: Springer, 2005.
- Rosenbloom, Dena, ***Life After Trauma: A Workbook For Healing***, New York: Guilford Press 1999.
- Rosenfeld, Lawrence, et.al., ***When Their World Falls Apart: Helping Families and Children Manage the Effects of Disasters***, Washington, DC: NASW Press, 2005.
- Sandler, Martin, ***America's Great Disasters***, New York: HarperCollins, 2003.
- Scavuzzo, Wendy, ***Tornado Alert!***, New York : Crabtree Pub., 2004.
- Speier, Anthony H, ***Psychosocial Issues for Children and Adolescents in Disasters***, Rockville, MD: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, 2000.
- Stevens, James Talmage, ***Making the Best of Basics: Family Preparedness Handbook***, Carson City, NV: Gold Leaf Press, 1997.
- Thompson, Luke, ***Tsunamis***, New York: Children's Press, 2000.
- Tierney, Kathleen J, ***Facing the Unexpected: Disaster Preparedness and Response in the United States***, Washington D.C.: Joseph Henry Press, 2001.
- U.S. Department of Justice's Bureau of Alcohol, Tobacco, Firearms, and Explosives, ***Bomb Threat Response : An Interactive Planning Tool For Schools***, United States: Stonehouse Media, 2002.
- Wheeler, Jill, ***September 11, 2001: The Day That Changed America***, Edina, MN: Abodo Pub., 2002.
- Winter, Jeanette, ***Mama: A True Story in Which A Baby Hippo Loses his Mama During the Tsunami, But Finds a New Home and a New Mama***, Orlando: Harcourt, 2006.



Sources and Samples of Free Materials

Suffolk County Department of Fire, Rescue & Emergency Services

<http://www.co.suffolk.ny.us/Home/departments/firerescue.aspx>

Long Island Hurricane Preparedness Guide

http://www.co.suffolk.ny.us/upload/sections/pdf/en_guide.pdf

Wildfires Guide <http://www.co.suffolk.ny.us/upload/fres/pdfs/wildfires.pdf>

Nassau County Office of Emergency Management

<http://www.nassaucountyny.gov/agencies/oem/index.html>

Hurricane Readiness

<http://www.nassaucountyny.gov/agencies/OEM/Docs/PDF/2008HurricaneBrochure.pdf>

New York State Government <http://www.semo.state.ny.us/index.cfm>

After the Storm: New York's State of Readiness

http://www.senate.state.ny.us/sws/sd07/Homeland_Security_Report-mb.pdf

Don't Be Left in the Dark! <http://www.health.state.ny.us/publications/7064.pdf>

US Department of Homeland Security <http://www.dhs.gov/index.shtm> or <http://www.ready.gov/>

Ready Kids! <http://www.ready.gov/kids/index.html>

Preparing Makes Sense for Older Americans

http://www.ready.gov/america/_downloads/older_americans.pdf

Every Business Should Have a Plan

http://www.ready.gov/business/_downloads/readybusiness-brochure.pdf

FEMA (Federal Emergency Management Administration) <http://www.fema.gov/>

Are You Ready? <http://www.fema.gov/areyouready/>

Helping Children Cope with Disaster <http://www.fema.gov/pdf/library/children.pdf>

PandemicFlu.gov <http://www.pandemicflu.gov/>

Business Pandemic Influenza Planning Checklist

<http://www.pandemicflu.gov/plan/pdf/businesschecklist.pdf>



These are but a few of the materials available upon request. All of these items can also be downloaded and reproduced. Visit the above websites for more selections, or visit www.catastrophereadinessclearinghouse.org for even more choices.

Readiness Programs

As part of your library's effort to help your community prepare, you may want to try one of the following programs, all geared to providing readiness information to a variety of different audiences. Each of the programs suggested has been presented at Middle Country Public Library, and we include them here with some recommendations based on our experience.



If you have questions regarding Adult/Business readiness programming, contact Lori Abbatepaolo at 631-585-9393 x295 or abbatepaolori@mcpl.lib.ny.us.



For questions concerning Child/Parent readiness programming, contact Kristen Todd at 631-585-9393 x212 or toddkristen@mcpl.lib.ny.us.

Program: Insurance Made Simple

ADULTS

Audience: Adults/General Public

Purpose: To provide current, relevant information for adults on all areas of insurance coverage (i.e. homeowner's/renter's, automobile, personal property, life and health) as it relates to emergency preparedness.

Description/Program Overview:

This program calls for partnering with a reputable, local insurance agent. The presenter and cooperating librarian should meet beforehand to address issues such as program content, space and audio/visual needs, and pertinent library policy issues related to maintaining an "information only" environment.

The presenter will provide a program that covers all facets of insurance, while stressing local insurance issues related to emergency preparedness (flooding, hurricane, earthquake, etc.). We partnered with a local Allstate Insurance agent very willing to provide this type of workshop for patrons. You may identify other agents or companies willing to do the same.

Contact:

Allstate Insurance
100-25 South Jersey Avenue
East Setauket, NY 11733
Contact: Jeff Freund
631-689-3100
jeff.freund@allstate.com

Program: Creating a Home Inventory

ADULTS

Audience: Adults/General Public

Purpose: To provide current, relevant information for adults on all aspects of creating a home inventory, especially as it relates to emergency preparedness.

Description/Program Overview:

This program requires partnering with a reputable, local home inventory expert. The presenter and cooperating librarian should meet beforehand to address issues such as program content, space and audio/visual needs, and pertinent library policy issues related to maintaining an “information only” environment – no “sales pitches” permitted.

The presenter will provide a program that explains, in-depth, how to create and maintain a complete home inventory (collecting and storing photographs, video-recording and assembling receipts for all possessions), stressing the requirements related to insurance claims.

Contact:

Long Island Home Inventory
Contact: Dennis Cole, President
516-768-1210
lihi1@optonline.net



Program: Developing an Effective Disaster Plan for Your Agency

ADULTS

Audience: Adults/Non-Profit Agency Administrators and Others

Purpose: To provide current, relevant contingency planning and emergency preparedness information to administrators, managers and others working with at risk populations in the business and not-for-profit sector in order to encourage them to develop their own preparedness plan.

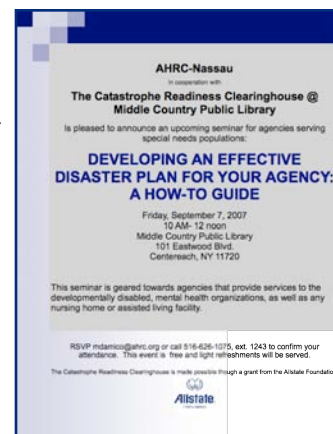
Description/Program Overview:

This program requires partnering with a reputable, local organization with an expertise in contingency planning. One Long Island agency that has developed a particular strength in this area and a willingness to provide this type of workshop on a regular basis is AHRC, Nassau County Chapter. They have created and maintain a comprehensive contingency plan for their own organization which serves large numbers of persons with disabilities and they have an interest in sharing their knowledge with other organizations and businesses. The presenter and cooperating librarian should meet beforehand to address issues such as program content, space and audio/visual needs, and coordinating publicity to assure reaching the maximum appropriate audience.

The presenter will provide a program that covers how to create and maintain a contingency plan for agencies and businesses working with at-risk populations, one that minimizes risks due to unforeseen emergencies or disaster related events. This program provides information on moving to secure locations as well as sheltering in place.

Contact:

AHRC, Nassau County Chapter
189 Wheatley Road, Brookville, NY 11545-2699
Contact: Mary Damico
516-626-1000
www.ahrc.org



Program: Is Your Business Prepared If Catastrophe Strikes?

Audience: Adults/Small Business Owners

ADULTS

Purpose: To provide current, relevant contingency planning and emergency preparedness information to business owners, administrators, managers and others working in the business and not-for-profit sector.

Description/Program Overview:

This program calls for partnering with a reputable individual, business or organization with an expertise in contingency planning for the business sector. Potential partners may include the Contingency Planning Exchange, a group of business continuity experts who meet regularly to share ideas and update their knowledge of the field through the use of mock disasters and table top exercises in which they go through the planning, implementation and regular refinement of a continuity plan.

The presenter will provide a program that covers the key elements of creating a contingency plan for a business or agency, one that minimizes risks due to unforeseen emergencies or disaster related events. It should include consideration of staff, emergency closing, communication, service and supply interruption, maintenance of technology and computer systems, etc.

We have identified Tom Abruzzo, President of TAMP Systems and member of the Contingency Planning Exchange, as an excellent resource for this type of programming. You may identify others in the field or through the Contingency Planning Exchange who can provide a similar program for businesses in your community.

The presenter and cooperating librarian should meet beforehand to address issues such as program content, space and audio/visual needs, and pertinent library policy issues related to maintaining an "information only" environment.

Contact:

Tom Abruzzo
TAMP Systems
1732 Remson Avenue
Merrick, New York 11566
516-623-2038
www.drsbytamp.com

Program Variation:

Business Contingency Fair

Although admittedly a labor intensive addition, this program can be made even more of an "event" by adding a "Fair" component; inviting companies and organizations that represent a variety of emergency preparedness and response products and services to set up a display and be available to discuss their goods and services. The Contingency Fair allows small businesses a time-saving, one-stop opportunity to connect with local companies and services that they might be otherwise unaware of. The Library will either need a second (large) room to house the resource tables and displays brought by these companies or this can be done on the Library's public floor.



Program: Preparedness Fair for Children and Families ~A Girl Scout Badge Project~

CHILDREN

Audience: Families with School-Age Children

Purpose:

To help a local Girl Scout troop earn an emergency preparedness badge or work toward an award (i.e. Girl Scout bronze award) and provide a fun, informative, emergency preparedness program for parents and kids as well.

Description/Program Overview:

The library can partner with a local Girl Scout troop that may be working toward an award or badge. It is essential that the Girl Scout troop leaders and cooperating librarian meet beforehand to plan the event, discuss publicity, activities, room set-up, supplies needed, etc.

In our case, the Girl Scout Troop organized approximately six different activities around the idea of preparedness (e.g. creating a family disaster kit, creating a “pet pack” disaster preparedness safety bag for your pets, a wheel of questions for children to test their knowledge and win prizes, etc.) Each program will differ based on ideas that the librarian and Girl Scouts come up with.



The program should be set up as stations in the designated program room or on the library floor. A station (table) is set up for each activity; parents and children visit each station and at the completion of all stations, children can receive a prize. Prizes were disaster preparedness related (i.e. a whistle, mini address book for emergency contact phone numbers, mini back packs, etc.) The Girl Scouts supplied all prizes and planned and organized their own activities as required to earn their badge/award. The Library added a story time component, created the flyer and advertised the program.

Program Tips:

Meet with the Girl Scout troop a few times before running the fair to plan the logistics and activities of the day. Be sure that activities aren't too difficult, as there will be some younger school-age children that attend.



Program: Be Ready! Get Ready! Story Time and Craft

CHILDREN

Audience: Children in grades K-2nd, but can be adapted to different age groups.

Purpose:

To engage children (and their parents) in stories and activities that will teach them about preparing for possibly emergency situations, presented in a fun and friendly way that can help children realize that “preparedness” is the key to staying safe.

Description/Program Overview:

This program is set up as a traditional library story time/craft program. Books are chosen around the topic of disaster preparedness and safety. The librarian will select and read 2-3 stories to the children, as done in a regular story time. After the stories are done, children can sit at tables for a craft related to safety and preparedness. At the end of the program, children were given emergency contact cards, a family plan action sheet, and an activity book from FEMA. As parents picked up their children from the program, they were given a folder of checklists and disaster preparedness information.

Books We've Used:

- ❖ ***A Boy and a Bear: the Children's Relaxation Book*** by Lori Lite
- ❖ ***Hurricane*** by Jonathan London
- ❖ ***Mama : A True Story in Which a Baby Hippo Loses His Mama During the Tsunami, But Finds a New Home and a New Mama*** by Jeanette Winters
- ❖ ***It's Time to Call 911: What to Do in an Emergency*** by Julie Mell.



Craft Ideas:

The one craft that seems to work really well is creating a representation of an emergency “go bag” backpack. We used a large backpack (see template at end of booklet) made out of card stock for the children to start with. Pictures of items that should be found in a “go bag” are cut out and kids can discuss what items would need to go in the backpack. This backpack serves as a model for the type of “go-bag” their family should begin putting together. It also shows children that not only should they think about taking food, water and other necessities, but maybe adding something comforting, like a favorite toy or stuffed animal.

Program Tips:

A backpack/go-bag template is included in the sample handout section of this guide. (Note: Enlarge the template on a copy machine.) There are also sheets of sample graphics to paste into the bag. This simple craft can be used in many other health, safety, and preparedness programs as well.

Program: Pet Safety During Catastrophes

PARENT
& CHILD

Audience: This program is for families (parents and children) who own pets.

Purpose: To educate adults and children on preparing for their pets in advance of a disaster.

Description/Program Overview:

This program calls for partnering with a reputable organization that works to ensure pet safety and preparedness. We have had success with the Pet Safe Coalition, Inc. The program should cover how to prepare your pets in advance of a disaster, where to bring your pet for shelter, what your pet will need, shelter locations and guidelines, pet supplies, as well as safety and emotional issues.

Program Tips: The backpack craft from the story time can be utilized in this program too, but children will create a backpack for their pets' needs. This will allow for the children to have an activity to work on, while parents discuss more logistical concerns with the presenter. A sheet of pet supply pictures is included at the end of the booklet.

Contact:

Pet Safe Coalition, Inc.
P.O. Box 288, Locust Valley, NY 11560
516-676-0808
www.petsafecoalition.org
petsafe2@hotmail.com



Program: Storm Watch

CHILDREN

Audience: School-Age Children

Purpose: To encourage children to explore and learn about the adventures of weather.

Description/Program Overview: The Long Island Science Center offers the Storm Watch program, allowing children to watch a cloud form in a portable weather tank and see a tornado evolve. Children learn how to track a hurricane by plotting latitude and longitude, measure wind speed and direction and predict the pattern of a storm. Participants make a working meteorological instrument to take home.

Program Tips: This is a great program to use as a standalone or as a kick-off to starting a weather club at the Library. This program will allow the librarian to reach children especially interested in the topic. Preparedness information for the parents can also be given to the children to take home.

Contact:

Long Island Science Center
11 West Main Street, Riverhead, NY 11901
(631) 208-8000
www.lisciencecenter.org
Email: programs@lisciencecenter.org



Important Local Agencies & Organizations

* **American Red Cross – Nassau**

195 Willis Avenue
Mineola, NY 11501
(516) 747-3500
www.nassauredcross.org

* **American Red Cross – Suffolk**

95 Horseblock Road
PO Box 745
Yaphank, NY 11980
Contact: DJ Rosenthal
(631) 742-2445
www.suffolkcounty.redcross.org

Contingency Planning Exchange

11 Hanover Square, Suite 501
New York, NY 11005
Contacts: Greg Tellone or Terri Dillman
(516) 942-7900
www.cpeworld.org

* **LIPA – Long Island Power Authority**

333 Earle Ovington Boulevard
Uniondale, NY 11553
(800) 490-0025
www.lipower.org

Long Island VOAD

(Voluntary Organizations Active in Disaster)

c/o Health and Welfare Council of L I
One Helen Keller Way, 4th Floor
Hempstead, NY 11550
Contact: Amy Carroll
(516) 483-4422
www.hwcli.com

Nassau County Office of Emergency Management

100 Carman Avenue
East Meadow, NY 11554
(516) 679-0080
www.nassaucountyny.gov

Suffolk County Fire, Rescue & Emergency Services

PO Box 127
Yaphank, NY 11980
(631) 852-4851
www.co.suffolk.ny.us

* *These agencies provide excellent programs upon request. Their preparedness experts are happy to come to your library to provide community education free of charge.*

Sample Handouts

The following handouts are some of the items that we have created through the Catastrophe Readiness Clearinghouse. We encourage you to reproduce these resources and hope you will feel inspired to create your own. All of the handouts included in this booklet, and the booklet itself, will be available for downloading at www.catastrophereadinessclearinghouse.org.

Samples included:

Family Disaster Supplies Kit Checklist

Be Ready! Get Ready! Story Time Craft Templates

Go Bag

Items for Child's Go Bag

Items for Pet's Go Bag

Book Marks

Family Disaster Supplies Kit

Essentials:

- Battery operated radio or TV
- Cash or traveler's checks, change
- Flashlight and extra batteries
- Full tank of gas
- Important papers in sealed plastic bag

Water:

- At least 5 gallons per person, in a food-grade plastic container or carton
- Additional water for sanitary purposes [Clean and fill bathtub(s)]

Food:

- At least 5 to 7 days supply of nonperishable food with no preparation
- Dry cereal
- Peanut butter
- Canned or prepackaged fruits
- Canned vegetables
- Canned juice
- Canned tuna
- Quick energy snacks

First-Aid Kit:

- Scissors
- Sunscreen
- Thermometer
- Needle
- Soap
- Latex gloves
- Moistened towelettes
- Assorted safety pins
- Two-inch sterile gauze pads (4-6)
- Two-inch sterile roller bandages (3 rolls)
- Triangular bandages (3)
- Tube of petroleum jelly
- Sterile Band-Aids
- Laxative
- Antacid
- Eye drops
- Antihistamine
- Travel size tissues
- Thread
- Tourniquet
- Aspirin or non-aspirin pain reliever
- Antibiotic ointment (Benadryl or Neosporin)

Sanitation:

- Disinfectant
- Household chlorine bleach
- Soap, liquid detergent
- Personal hygiene items
- Feminine supplies
- Plastic bucket with tight lid
- Toilet paper, towelettes, paper towels
- Plastic garbage bags, ties

Clothing and Bedding:

- Sunglasses
- Rain gear
- Sturdy shoes or work boots (waterproof)
- Blankets, pillows or sleeping bags
- Socks
- Hat and gloves

Tools and Supplies:

- Whistle
- Compass
- Medicine dropper
- Crowbar
- Plastic sheeting
- Matches in a waterproof container
- Assorted nails, wood screws
- Pliers, screwdrivers, hammer
- Plastic water-tight storage containers
- Heavy cotton or hemp rope
- Map of the area (for locating shelters)
- Non-electric can opener, utility knife
- Paper plates, plastic cups and plastic utensils
- Masking tape, duct and plumber's tape
- Patch kit and can of seal-in-air for tires
- Wrench (to turn off gas and water)
- Aluminum foil
- Paper, pencil
- Signal flare
- Axe

For Infants:

- Formula
- Diapers
- Bottles
- Medication
- Baby food
- Baby wipes
- Baby ointment
- Powdered milk

For Pets:

- Food, water and treats
- Leash, harness and carrier/crate
- Records of vaccinations and licenses
- Non-tippable food and water bowls

Family Medical Needs:

- Insulin (have cooler pack available)
- Prescription drugs (1 week supply)
- Dentures and denture needs
- Extra eyeglasses and hearing-aid batteries
- Contact lenses and supplies
- Physician, pharmacy and dental contacts

Important Phone Numbers:

My **water** provider is _____

Phone number is _____

My **electric** provider is LIP A

Phone number is 1-800-490-0075

My **gas** provider is _____

Phone number is _____

Catastrophe Readiness Clearinghouse
www.catastrophereadinessclearinghouse.org

Go Bag for Storytime Craft



SUPPLIES FOR CHILDREN TO PLACE IN THE "GO BAG"



SUPPLIES FOR CHILDREN TO PLACE IN THE "PET GO BAG"



SAMPLE BOOKMARKS & BOOK LISTS

Downloadable versions of these bookmarks are available at the website:
www.catastrophereadinessclearinghouse.org.

Helping Your Child Cope with Disasters

Books For Parents/Caregivers



Editors of "Child" Magazine, **Feeling safe: talking to children about war and terrorism**. New York : Barnes & Noble, 2003.

The Editors of Child Magazine present a collection of essays and advice columns on how to reassure and educate children about war, terrorism, and other disasters.

Location: J Catastrophe Clearinghouse - 649.1 Feeling

Kelly, Kate. **Living Safe in an Unsafe World : the Complete Guide to Family Preparedness**. New York : New American Library, 2000.



This guide will help you and your family be prepared in advance of a disaster.

Location: J Catastrophe Clearinghouse - 613.69 Kelly

Layton, Peggy Diane. **Emergency food storage & survival handbook: Everything You Need to Know to Keep Your Family Safe in a Crisis**. Roseville, Calif. : Prima, 2002.



With this guide by your side, you and your family will learn how to plan, purchase, and store a three-month supply of all the necessities—food, water, fuel, first aid supplies, clothing, bedding, and more—simply and economically.

Location: J Catastrophe Clearinghouse - 641.4 Layton



List of Important Websites To Help Children Prepare for a Disaster

American Academy of Family Physicians.

[Stress: Who Has time for It?](http://www.familydoctor.org/278.xml)
 Help for youth to deal with the stresses in life, including natural disasters.



www.familydoctor.org/278.xml

American Red Cross. Masters of Disaster.

Activities for children related to emergency preparedness.

[www.redcross.org/services/disaster/](http://www.redcross.org/services/disaster/0,1082,0_503_00.html)



Federal Emergency Management Agency (FEMA) for Kids.

Provides information which allows children to help prepare for emergencies.

www.fema.gov/kids/



National Mental Health Association.

[Coping With Disaster: Tips for Young Adults.](http://www.nmha.org/reassurance/youngadults.cfm)
 Provides basic tips to teens for dealing with their emotions after a disaster.

www.nmha.org/reassurance/youngadults.cfm

Kid's Activity Survival Kit

In case of an emergency, your family may have to leave home and sleep somewhere else for a few days. It is a good idea to have an Activity Survival Kit in a backpack to take with you.

Some suggested items include:

- Your favorite stuffed animal
- A few of your favorite books
- Crayons, pencils or markers and paper/notebook
- A deck of cards
- A puzzle
- Favorite blanket or pillow
- A "keep safe" box with a few treasures that make you feel special
- Handheld Games



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www.catastrophereadinessclearinghouse.org

Readiness Begins With Me *Materials for Children*

- *Natural Disasters*



Branley, Franklyn Mansfield. **Tornado Alert**, 1988. Describes the origin and nature of tornadoes and how to stay safe. *J Catastrophe Clearinghouse* 551.533 Branley

Murphy, Jim. **Blizzard! : The Storm That Changed America**, 2000. Presents a history, based on personal accounts and newspaper articles, of the massive snowstorm that hit the Northeast in 1888. *J Catastrophe Clearinghouse* 974.7 Murphy

Reed, Jennifer. **Earthquakes: Disaster & Survival**, 2005. Describes earthquakes and safety measures. *J Catastrophe Clearinghouse* 363.3495 Reed

Simon, Seymour. **Hurricanes**, 2003. Discusses how hurricanes are formed, and the possible destruction and the precautions to take. *J Catastrophe Clearinghouse* 551.52 Simon

Thompson, Luke. **Tsunamis**, 2000. Defines tsunamis as well as the damage they can inflict. *J Catastrophe Clearinghouse* 551.47024 Thompson

- *Be Prepared*

Mark, Bonnie S. **I'll Know What To Do : A Kid's Guide to Natural Disasters**, 1997. Provides facts about earthquakes, hurricanes, tornadoes and floods. *J Catastrophe Clearinghouse* 155.935 Mark

Mellie, Julie. **It's Time to Call 911: What to do in an Emergency**, 2002. Offers a children's book about being prepared in an emergency. *J Catastrophe Clearinghouse* 613.6 ITS

Tierney, Kathleen J. **Facing the Unexpected: Disaster Preparedness and response in the United States**, 2001. An Allstate Foundation Grant. *J Catastrophe Clearinghouse* 363.348 Tierney

- *Learning To Cope*

The Allstate Foundation. **Project Liberty: Coloring and Activity Book**. Activities for children to help alliviate their stress and fear. *J Catastrophe Clearinghouse* 155.4124

Bunnell, Steve. **Stress Management for Teens**, 1988. Geared for teens, provides information on managing stress. *J Catastrophe Clearinghouse* 155.9042

FEMA and the American Red Cross. **Helping Children Cope With Disaster**, 2004. How to help children's fears after a disaster. *J Catastrophe Clearinghouse* 649.1

Gellman, Marc. **Bad Stuff in the News: A Guide to Handling the Headlines**, 2002. Discusses such problems as terrorism and natural disasters. *J Catastrophe Clearinghouse* 302.23

La Greca, Annette Marie. **Helping America Cope: A Guide to Help Parents and Children Cope with September 11th Terrorist Attacks**, 2001. Guide to help children cope with September 11th attack. *J Catastrophe Clearinghouse* 649.1

Schiller, Greta. **I Live At Ground Zero**, 2002. A film about 9/11 and its aftermath from a child's eyeview. *J Catastrophe Clearinghouse* 649.11



Catastrophe Readiness Clearinghouse
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(631)585-9393 Ext. 212 or 295
www.catastrophereadiness
clearinghouse.org



Catastrophe Readiness Clearinghouse

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