



LAMBDA THETA ALPHA
— *foundation* —

Stay Prepared Toolkit

Taking action now may give you and your family the power to protect yourselves and your property.

THE LAMBDA THETA ALPHA FOUNDATION'S MISSION IS TO ADVANCE THE COMMUNITY. OUR EFFORTS PROMOTE ENRICHMENT OF OUR COMMUNITIES THROUGH OUR PILLAR APPROACH, FOCUSING ON EDUCATION AND NATURAL DISASTER PREPAREDNESS AND RELIEF.



LAMBDA
THETA
ALPHA
foundation

Stay Prepared Toolkit

02

Know The Risks

03

Make A Plan

04

Other Action Steps

06

Recovering from
Disaster



Visit [Ready.gov](https://www.ready.gov) for more information

Stay Prepared Toolkit

Know The Risks

CONNECT

with neighbors to learn how they prepare.

SIGN UP

for local alert and warning systems.

RESEARCH

common disasters in your area via your state and local government's emergency management websites.

WIRELESS EMERGENCY ALERTS (WEA)

Wireless Emergency Alerts (WEAs) are short emergency messages from authorized federal, state, local, tribal and territorial public alerting authorities that can be broadcast from cell towers to any WEA-enabled mobile device in a locally targeted area. WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children and the President of the United States.

EMERGENCY ALERT SYSTEM (EAS)

The Emergency Alert System (EAS) is a national public warning system that allows the president to address the nation within 10 minutes during a national emergency. State and local authorities may also use the system to deliver important emergency information such as weather information, imminent threats, AMBER alerts and local incident information targeted to specific areas.

Stay Prepared Toolkit

Create A Plan

KNOW THE NUMBERS

store them in all mobile devices

DECIDE ON LOCATIONS

- Phone Numbers and Email Addresses for all Household Members
- Phone Numbers for Translation Services (if needed)
- Directions to Connect to Relay Services on a Device (if needed)

Disasters and emergencies can happen at any moment - know your response plans, discuss these plans with everyone in your family. Decide on safe, familiar places where your family can go for protection or to reunite.

Identify the following meeting places:

- Indoor
- In your Neighborhood
- Outside of your Neighborhood
- Outside of your Town or City

EVACUATION VS. SHELTER

Deciding whether to evacuate or to shelter in place depends on many factors

Evacuation: Local officials declare when a mandatory evacuation will occur.

Local officials may also advise, but not require, evacuations.

Shelter: The best protection in high winds, tornadoes, and many other events is to find shelter in an interior room away from windows, doors, and flood waters

Other Action Steps

GATHER EMERGENCY SUPPLIES

Gathering emergency supplies for an emergency supply kit is an essential component to disaster preparedness. You should store emergency supplies in different places, such as your home, office, and vehicle.

Identify the following meeting places:

- Water. Keep one gallon of drinking water, per person, per day in your kit. Depending on where you live, you may wish to keep 3, 7, or even 14 days of water on hand.
- Food. Keep as much non-perishable food, like cans and dry goods, as your family will need to survive a major disaster.
- Cash. Keep enough cash on hand to buy food, fuel, and a few nights in a hotel in case you need to evacuate.
- Battery-powered or hand crank radio and a National Oceanic and Atmospheric Administration (NOAA) All Hazards-Weather Radio with tone alert—keep extra batteries for both.
- Flashlight and extra batteries.
- First aid kit.
- Whistle.

Since you do not know where you will be when an emergency happens, prepare supplies for home, work, and vehicles. Have separate, smaller sets of emergency supplies for your vehicle and workplace to last at least 24 hours in case you need to stay where you are. Include any essential medications in all supply kits.

The protective actions that you should take differ depending on the emergency and disaster.

PROTECT NOT ONLY YOURSELF BUT YOUR PROPERTY

Depending on the area(s) you live in and the disasters that may occur, stay ahead and consider the following:

- Know Your Insurance Options
- Document Your Property
- Understand Your Insurance Policy
 - Some things like Flood Insurance are separate policy
- Protect Your Property
 - Prior to a disaster there are actions that you can take that can mitigate (i.e., to make less severe) the impact that a potential disaster might have on your home or property.

Mitigation techniques that strengthen your home are often beneficial for more than one type of disaster. While a professional must complete most structural mitigation, there are many do-it-yourself mitigation techniques as well (i.e. trimming trees, installing working shutters, anchoring your manufactured home, or creating a tornado safe room

Visit [ItaFoundation.org/resources](https://www.itafoundation.org/resources)
& [Ready.gov](https://www.ready.gov) for more information

Building a Prepared Home



Practice Your Disaster Plans

Make a schedule to practice, update, and tailor your plans. Take the following actions regularly:

- Test your evacuation and shelter plan.
- Test your communication plan.
- Refresh your emergency supplies (at least every six months).
- Hold an emergency response drill.
- Keep your critical documents safe and updated.
- Review your inventory (update as your belongings change).
- Have an insurance checkup.

The following is a proposed one-year timeline for implementing your disaster plan:

MONTH 1: Sign up for CPR and first aid training, as well as other hazard-specific training offered in your area or online.

MONTH 2: Make and document a customized plan for your family. Consider the impact to your plan if multiple hazards occur at the same time, such as a pandemic and hurricane or an earthquake and tsunami.

MONTH 3: Build your financial savings, and keep a small amount of cash at home in a safe place.

MONTH 4: Test your evacuation and shelter plan. Participate in a preparedness drill.

MONTH 5: Test your Family Emergency Communication Plan.

MONTH 6: Safeguard your important documents.

MONTH 7: Plan with your neighbors and community leaders.

MONTH 8: Find ways to make your home safer.

MONTH 9: Make sure that everyone in your household knows where to go during different types of disasters.

MONTH 10: Assemble or update supplies.

MONTH 11: Get involved in your community.

MONTH 12: Document and insure property. Purchase flood insurance or other relevant coverage.

Ready.gov

Get access to the get ready guide from [ready.gov](https://www.ready.gov).

Recovering from Disaster

Recovering from a disaster is a gradual process.

EVALUATE ANY DAMAGES

Once local officials deem it safe to return to the premise, evaluate any damages.

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.
- Walk carefully around the outside and check for loose power lines, gas leaks and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering

If you have insurance, contact your insurance agent to file a claim.

- Make sure to document all your damages – before you clean up, take photos and make a list.
- Save all your receipts for post-damage repair and clean up.
- If you have insurance and damages, you must file a claim with your insurance company.

DAMAGES GO BEYOND THE PHYSICAL

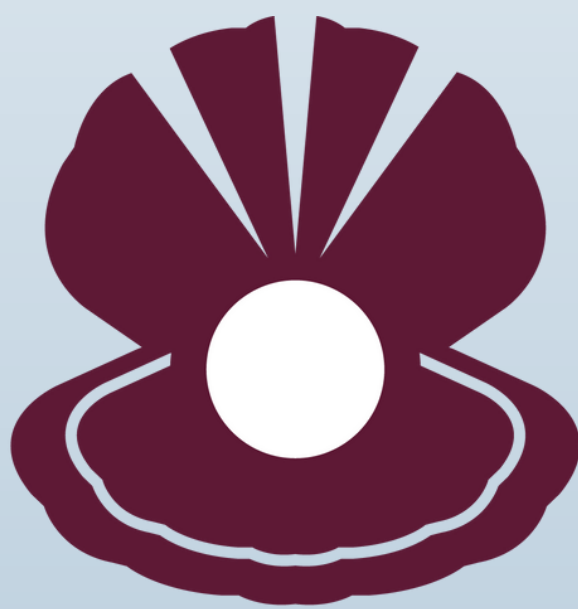
Disasters can have a significant impact on your mental health and that of your family, especially if your home, business, or personal property is destroyed. Seek crisis counseling if you or someone in your family is having issues with disaster-related stress. If assistance is available, knowing how to access it makes the process faster and less stressful.

The LTA Foundation provides financial assistance to those impacted by a natural disaster. Each applicant will be required to complete an assistance application and provide documentation to be considered. Our support will be provided on a rolling basis depending on availability of funds. Learn More at www.ltafoundation.org/humanitarian-relief

We hope that this simple guide helps you and your loved ones begin to plan and prepare for emergencies and disasters.

For more in-depth information on how to prepare you can visit these websites for more disaster guides and tips:

- www.ltafoundation.org/resources
- www.ready.gov/be-informed
- www.fema.gov/disaster
- www.weather.gov/safety
- www.weather.gov/alerts



LAMBDA THETA ALPHA
— *foundation* —