

Resources

This brochure is a very condensed reference offering suggestions for disaster planning when storage space is very limited.

The following websites offer detailed checklists for emergency supplies, home evacuation plans, special populations, etc.

Centers for Disease Control Emergency Preparedness and Response: www.cdc.gov/preparedness/

Department of Homeland Security:
www.dhs.gov/xcitizens/editorial_0711.shtm

American Red Cross: www.redcross.org

Humane Society: www.hsus.org

Federal Emergency Management Agency Emergency Preparedness Checklist:
www.fema.gov/pdf/library/epc.pdf

Your local Emergency Management Office

Three-day emergency food supply:
<http://www.ext.colostate.edu/PUBS/emergency/3day.html>

For survival and clean-up after a flood, consult the brochure: [Cleaning Up After a Flood](#),



Center for Hygiene & Health in the Home and Community

The Center for Health and Hygiene in the Home and Community serves as a national and international resource for information and education, applied research, professional training, and conferences. The Center focuses on issues relating to hygiene and infection control in areas such as:

- Consumer food safety
- Home hygiene
- Daycare
- Preschool
- Homecare
- Sports and leisure activity
- Travel and hospitality

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Plan B: Disaster Planning For Small Spaces



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Disaster planning when storage space is limited can seem impossible. However, there are many basic emergency preparations that can be implemented by anyone living in a small apartment or dorm room. As a first step, know what emergencies and natural disasters are most likely to occur in your area (fire, flood, hurricane, earthquake, blizzard) and during which season. Your local Emergency Management office has information on: most likely disasters, assistance for the elderly and disabled, and community evacuation routes.

The Family Plan



Whether you live alone or have a small family living in an apartment, all members of the household should decide together how to communicate and where to go in case of an emergency:

- Designate 2 meeting places: one outside your building and one away from your neighborhood (in case the area is unsafe.)
- Make an emergency contact card for each person. Include the phone numbers for one local contact and one out-of-state contact (in case local phone lines are out of service). Download and fill out sample cards from the Federal Emergency Management Agency (FEMA) or American Red Cross websites.
- Make plans for your pets. Most emergency shelters will not take animals. Visit the Humane Society website for information.
- Plan to assist elderly and disabled family members. If they live in a long-term care facility, ask about the facility's disaster plan. Talk with elderly and disabled members of the apartment complex to check whether they need assistance in case of an emergency.
- Gather the disaster plans for children's schools and your workplace; discuss them with family members.

The Home Plan



In case of an emergency or disaster, you may have to "shelter-in-place" or evacuate your building. In either case, teach children how and when to call 911.

In case you need to evacuate:

- Know the evacuation routes from your apartment. They should be posted in the hallways.
- Check the building regulations about when and how to turn off the water, gas, and electricity at main switches.
- Review the 2 meeting places discussed under "The Family Plan."
- Practice your fire drill and evacuation plan twice a year with the whole family.

In case you need to shelter-in-place, you must first determine a safe dry spot in your apartment for storage and shelter according to the most likely disaster. The brochure [Disaster Planning](#) has a detailed list of emergency supplies that a household should store, as recommended by the Center for Disease Control and the Department of Homeland Security (DHS).



The Supplies

The following list is a suggestion for storing supplies for a small household (one or two people) when space is very limited. These supplies would only last for three days, which is the minimum number of days of emergency supplies recommended by DHS. A small, safe, and dry closet should hold all of the following:

- 1 gallon of water per person per day. For a single person, that equates to three 1-gallon bottles. Having separate bottles helps you pace your consumption each day.
- A large plastic bucket with a tight-fitting lid. It should hold all the other supplies, and can be used as an emergency toilet.
- High calorie, compact food for 3 days. Though protein bars will not equate to a nutritionally balanced diet, they utilize very little space. 24 bars containing 240 kcal and 8 g of protein each can last 3 days; eight bars per day would provide 1920 kcal/day and 64 g of protein.

- Powdered milk is also easily stored and nutritious. One ounce of powder will usually make 1 cup of milk; 10 oz of powder should provide one adult a 3 day supply of milk.
- Powdered infant formula should be stored if there is a baby in the household. Store an unopened can containing enough powder to last a minimum of 3 days, as well as the water needed to dissolve the formula.
- These food supply recommendations are not adequate to cover the nutrient and caloric needs of children. Also, food requirements for children will change as they grow. Guidelines can be found at www.mypyramid.gov. Consult the brochure [Disaster Planning](#) for more shelf-stable food ideas.
- A flashlight, radio, and batteries (or a windup radio-flashlight).
- A roll of large trash bags and duct tape. The bags can be used in the bucket for personal waste, as raingear, or to cover a broken window.
- A soap bar, small plastic box, and hand sanitizer. The box can be used as a small sink, and the hand sanitizer will prevent wasting water.
- A Swiss Army knife containing scissors, a can opener, and a screw driver.
- A toilet paper roll of good quality that can be used as paper towels too.
- A rolled-up fleece blanket or very compact sleeping bag.
- A large self-sealing plastic baggie with an ID, emergency contact card, cash, any necessary medication, and a copy of its prescription.

