

# BE PREPARED FOR AN EMERGENCY WITH GUIDE 1, 2, 3

1, 2, 3



**Cruz Roja  
Americana**

**MCS** en alerta

The American Red Cross Puerto Rico Chapter and MCS, along with the meteorologist Deborah Martorell, have joined forces to develop this guide that will help you prepare for an emergency by following 3 steps.

## Steps to help you be prepared, no matter the disaster or natural emergency!

# 1

## PREPARE SUPPLY KITS

Prepare two (2) supply kits and remember to renew them every six (6) months. Each member should have his or her own kit or backpack.

### Home emergency kit

It includes what you need for at least two (2) weeks at home, such as

- Non-perishable food (that do not need preparation or cooking)
- Water (one gallon per person per day)
- Cleaning supplies and disinfectants
- Personal hygiene products

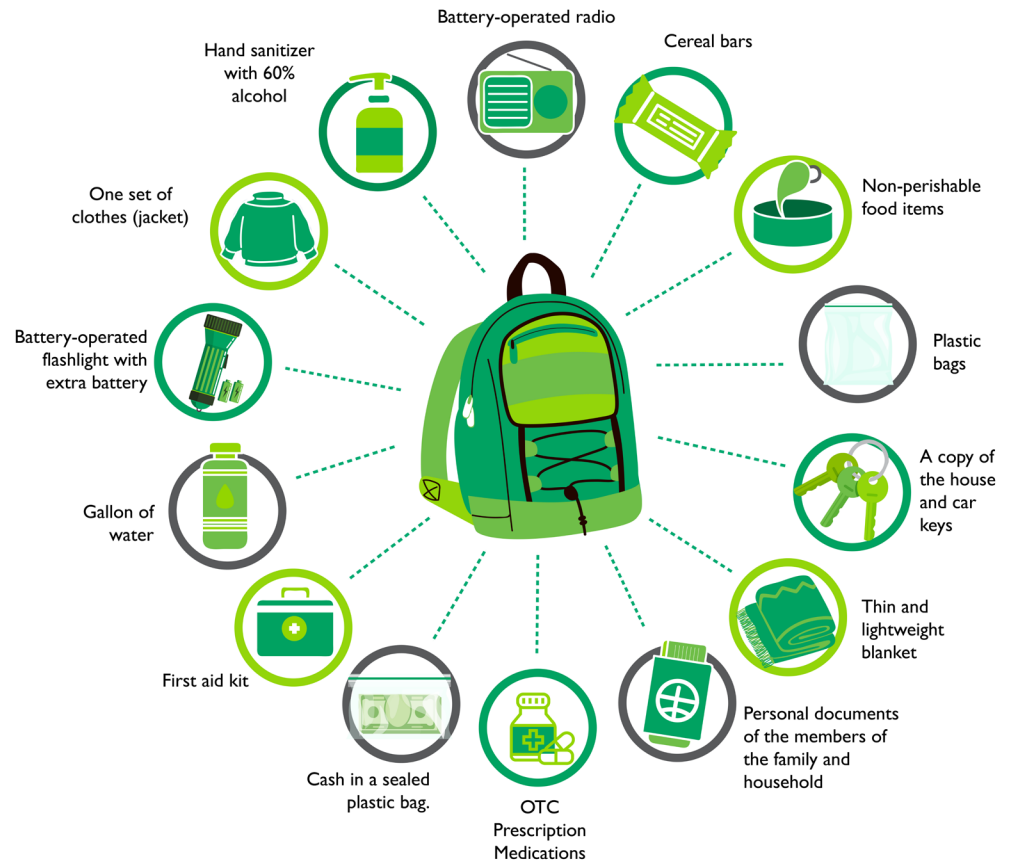


Customize kits according to your family's needs and common disasters in your area. Other items you can include are:

- flashlights
- first aid equipment
- radio
- multipurpose tools
- clothing
- manual can opener
- contact information
- mosquito repellent
- blanket
- supplies for older adults (include your medications and equipment necessary for your treatment)
- eyeglasses
- map

### Emergency kit in case of evacuation

Light and small backpack to carry if you need to leave home quickly. Include what you will need for three (3) days:



# 2

## MAKE A PLAN

PLANNING AHEAD WILL HELP YOU RESPOND BETTER IN THE EVENT OF A DISASTER.

### Communicate

- Talk to your family about disasters that could happen in your area.
- Assign responsibilities to each person in the household and prepare a plan to work as a team.
- Designate a substitute in case someone is absent. If a family member is in the Armed Forces, also plan how you would respond in case a mobilization is ordered. Remember to include the contact information of your local military base.
- Adjust any previous plans you have made. If authorities advise you to evacuate, be prepared to leave immediately with your supply kit.
- Identify which shelters are close to your home.

### Practice

- Practice the plan to evacuate at least twice a year.
- Travel the exit roads you have planned and mark alternate routes on a map in case main roads are blocked or impassable.

### Don't forget your pets

- Do not abandon your pet. If the place is dangerous for you, it will also be dangerous for pets.
- Remember to bring a copy of your pet's vaccination record.

### Plan

Choose two (2) places to meet after a disaster:

- Close to your home, for sudden emergencies such as fires.
- Out of your neighborhood, if you cannot return home or are ordered to leave the area.

### Learn

- Every adult can learn how and when to disconnect the electricity, water and gas.
- Ask someone from the fire department to show you how to use a fire extinguisher.

### Inform

- Inform household members where contact information and supplies are located.
- Make copies of the list of telephone numbers for each person to carry with them and remember to update the information.



# 3

## BE INFORMED

### KNOW WHAT COULD HAPPEN AND HOW YOU CAN HELP

#### Know your community's response plan

- Keep yourself informed about warnings and restrictions from the authorities, as this may affect your actions and available resources.
- Research how authorities will provide warnings during a disaster and how you will receive important information (radio, local television, National Oceanic and Atmospheric Administration -NOAA- weather radio stations).
- Make sure at least one person in your household is trained in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) use. Learning first aid gives you skills and confidence to help at home, in the neighborhood or at work.
- Contact the American Red Cross Puerto Rico Chapter for information on disaster preparedness training and education. Share what you have learned with your family, people who live with you and your neighbors. Encourage them to learn more.

#### Download the American Red Cross Emergency app

Get instant access to safety and preparedness tools. Customize different weather alerts with quick notifications. It's free, easy to use and can be downloaded from the app stores on your smartphone or other devices.

Scan the QR Code with your cell phone camera and download the app.



#### Help your community

- Collaborate with your neighborhood's plans.
- Volunteer with the American Red Cross Puerto Rico Chapter to serve your community. They help people in emergencies and offer disaster preparedness and first aid courses. They also help members of the Armed Forces overseas communicate with their families in case of major events. Community services are essential and exist because of people like you. Contact the American Red Cross Puerto Rico Chapter to offer your help.

For more information, contact the American Red Cross Puerto Rico Chapter at 787.758.8150 or visit [cruzrojapr.net](http://cruzrojapr.net).

#### Take care of your mental health at all times

Disasters can be stressful and we must take steps to cope with the stress.

- Make sure you and your loved ones are safe.
- Eat well and stay hydrated.
- Get enough rest.
- Maintain regular communication with your loved ones.
- Be patient with yourself and with those around you.
- Establish priorities and divide tasks into smaller parts.
- Gather information about available help and resources.
- Help others when you can.
- Have stress-reducing activities or items with you.

If the stress continues or worsens, or if you or someone you know is feeling overwhelmed or distressed, seek help immediately. You can contact the PAS Hotline at 1-800-981-0023 ext. 988 or 787-615-4112.



Deborah Martorell,  
Meteorologist

## Do you know the difference between a hurricane watch and a warning?

The **watch** indicates that hurricane conditions (sustained winds of 74 mph or greater) are possible. It is announced 48 hours before it is expected to occur.

A **hurricane warning** means that hurricane force winds are expected. This warning is issued 36 hours before winds are expected to begin in the area.

Know the categories of hurricanes, according to the intensity of winds:

1	2	3	4	5
74-95 mph	96-110 mph	111-129 mph	130-156 mph	157 mph o más

Scan the QR Code with your cell phone camera and learn more about how to stay safe before, during and after a hurricane.



### Emergency Telephones

Emergency Services	9-1-1
Puerto Rico Police	787.793.1234
Fire Department Emergency Line	787.725.3434
State Agency for Emergency and Disaster Management	787.724.0124
American Red Cross Puerto Rico Chapter	787.758.8150
AEROMED Medical Center (air ambulance)	787.756.3480
National Weather Service	787.253.4586
PAS Line	1.800.981.0023
FEMA	1.800.621.3362
LUMA ENERGY	1.844.888.5862
AAA	787.620.2486



# Complete Health

**787.758.2500**

[mcs.com.pr](http://mcs.com.pr)

For additional information on disaster preparedness, you can contact:



**Cruz Roja  
Americana**

**787.758.8150**

[cuzrojapr.net](http://cuzrojapr.net)

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