

Are You Ready?

Keeping your loved ones safe

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Today's Session

- **NLM disaster health information and other emergency preparedness resources for family, friends and caregivers**
- **Resources for special populations and those with special needs**

Is this you?

- CDC blog - *Public Health Matters*, July 25, 2012 posted these results from a poll conducted by Adlephi University Center for Health Innovation – surveyed 1,000 Americans
- **Results of personal preparedness questions**
 - More than 50% have not prepared copies of crucial documents
 - 48% lack emergency supplies
 - More than 50% of parents **Do Not** have designated meeting places ins case of a disaster
 - 42% cell phone users do not know immediate family members **phone** numbers

Disaster Information Management Research Center

<http://sis.nlm.nih.gov/dimrc.html>



U.S. Department of Health & Human Services

www.hhs.gov

Disaster Information Management Research Center

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[SIS Home](#) > [DIMRC Home](#) > [Disasters](#) > [Coping with Disasters](#)

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Coping with Disasters, Violence and Traumatic Events

- ▶ [Overview](#)
- ▶ [Lead Organizations](#)
- ▶ [Mental Health and Emotional Response to Traumatic Events](#)
- ▶ [Intervention and Treatment](#)
- ▶ [Substance Abuse Issues](#)
- ▶ [Pre-Existing Behavioral Health and Mental Health Conditions](#)
- ▶ [For Emergency Responders, Healthcare Workers, and Volunteers](#)
- ▶ [For Professionals, Teachers, Parents and Others Working with Children](#)
- ▶ [For the Public](#)
- ▶ [Apps and Widgets](#)
- ▶ [Training Courses and Instructional Materials](#)
- ▶ [Multi-Language Resources](#)
- ▶ [Disclaimer](#)

Featured Sites

[Disaster Distress Helpline](#)
Phone: 1-800-985-5990
Text: "TalkWithUs" to 66746
Substance Abuse and Mental Health Services Administration,
U.S. Department of Health and Human Services

Overview



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For the Public

- [Coping with Disasters](#)
Also available in Spanish
MedlinePlus, National Library of Medicine, National Institutes of Health
- [Coping With a Disaster or Traumatic Event: Information for Individuals and Families](#)
Centers for Disease Control and Prevention, U.S. Department of Health and Human Services
- [Disaster Preparation and Recovery](#)
Also available in Spanish
MedlinePlus, National Library of Medicine, National Institutes of Health
- [Post-Traumatic Stress Disorder](#)
Also available in Spanish
MedlinePlus, National Library of Medicine, National Institutes of Health
- [Recovering Emotionally](#)
American Red Cross
- <http://sis.nlm.nih.gov/dimrc.html>

MedlinePlus Home Page

<http://www.nlm.nih.gov/medlineplus/>



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NIH National Institutes of Health

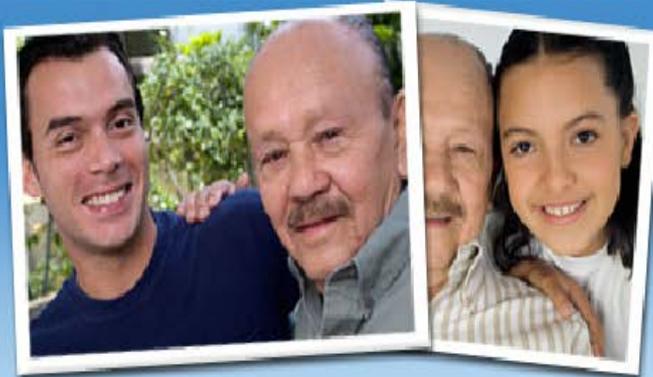
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GO

- 1
- 2
- 3
- 4
- ▶



Donate the gift of life.
Learn about organ donation.

→ Health Topics

→ Drugs & Supplements

→ Videos & Cool Tools



MEDICAL DICTIONARY

About Your Health

General

Seniors

Men

Women

Children



Health News

Alzheimer's to Triple by 2050 As Baby



Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Find your topic by first letter:

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Health Topics



Read about symptoms, causes, treatment and prevention for over 900 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Body Location/Systems

-  [Blood, Heart and Circulation](#)
-  [Bones, Joints and Muscles](#)
-  [Brain and Nerves](#)
-  [Digestive System](#)
-  [Ear, Nose and Throat](#)
-  [Endocrine System](#)
-  [Eyes and Vision](#)
-  [Immune System](#)
-  [Kidneys and Urinary System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Population Groups](#)
- [Seniors](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)



<http://www.nlm.nih.gov/medlineplus>

Disaster Preparation and Recovery



Preparing for a disaster can reduce the fear, anxiety and losses that disasters cause. A disaster can be a natural disaster, like a [hurricane](#), [tornado](#), [flood](#) or [earthquake](#). It might also be man-made, like a [bioterrorist attack](#) or [chemical spill](#). You should know the risks and danger signs of different types of disasters. You should also have a disaster plan. Be ready to evacuate your home, and know how to treat basic medical problems. Make sure you have the insurance you need, including special types, like flood insurance.

No matter what kind of disaster you experience, it causes [emotional distress](#). After a disaster, recovery can take time. Stay connected to your family and friends during this period.

Federal Emergency Management Agency

Get Disaster Preparation and Recovery updates by email

GO [What's this?](#)

Start Here

- [Are You Ready? An In-Depth Guide to Citizen Preparedness](#) (Dept. of Homeland Security) - PDF
Also available in [Spanish](#)
- [Recovering After a Disaster or Emergency](#) (American Red Cross)



Related Topics

- [Biodefense and Bioterrorism](#)
- [Chemical Emergencies](#)
- [Coping with Disasters](#)
- [Earthquakes](#)
- [Fires](#)
- [First Aid](#)
- [Floods](#)
- [Heat Illness](#)
- [Hurricanes](#)
- [Post-Traumatic Stress Disorder](#)
- [Radiation Emergencies](#)

Specific Conditions

- [Drought](#) (Dept. of Homeland Security)
- [Explosions](#) (Dept. of Homeland Security)
Also available in [Spanish](#)
- [Home Use Devices: How to Prepare for and Handle Power Outages for Medical Devices That Require Electricity](#) (Food and Drug Administration) - PDF
- [Nuclear Blast](#) (Dept. of Homeland Security)
Also available in [Spanish](#)
- [Returning Home After a Disaster: Be Healthy and Safe](#) (Centers for Disease Control and Prevention)
- [Thunderstorms and Lightning](#) (Dept. of Homeland Security)
Also available in [Spanish](#)

Related Issues

- [Build a Kit](#)  (Dept. of Homeland Security)
- [Caring for Animals](#)  (Federal Emergency Management Agency)
- [Clean Hands Save Lives: Emergency Situations](#) (Centers for Disease Control and Prevention)
Also available in [Spanish](#)
- [Emergency Disinfection of Drinking Water](#) (Environmental Protection Agency, Office of Water)
Also available in [Spanish](#)
- [Emergency Supply List](#) (Dept. of Homeland Security) - PDF
- [FAQs about Building Evacuation](#) (National Fire Protection Association)
- [Getting Medical Care and Prescription Drugs in a Disaster or Emergency Area](#) (Centers for Medicare & Medicaid Services) - PDF
Also available in [Spanish](#)
- [Health Recommendations for Relief Workers Responding to Disasters](#) (Centers for Disease Control and Prevention)
- [Individuals with Access and Functional Needs](#) (Federal Emergency Management Agency)
- [Insulin Storage and Switching between Products in an Emergency](#) (Food and Drug Administration)

Disaster Preparation & Recovery

Videos

- [Blackouts](#) (Healthy Roads Media)
Also available in [Spanish](#)
- [Disasters and Mental Health Research](#) *NIH* (National Institute of Mental Health)
- [Downed Power Lines](#) (Healthy Roads Media)
Also available in [Spanish](#)
- [Evacuation and Community Shelters](#) (Healthy Roads Media)
Also available in [Spanish](#)
- ➔ [How to Assemble a Disaster Preparedness Kit](#) (Federal Emergency Management Agency)
- [Lightning and Thunderstorms](#) (Healthy Roads Media)
- [Make an Emergency Plan](#) (Healthy Roads Media)
- [Pets and Disaster](#) (Healthy Roads Media)
- [Safe Water in an Emergency](#) (Healthy Roads Media)
Also available in [Spanish](#)
- [Sheltering in Place](#) (Healthy Roads Media)
Also available in [Spanish](#)
- [Watches and Warnings](#) (Healthy Roads Media)
Also available in [Spanish](#)
- ➔ [What to do in an Emergency: A Checklist](#) (Healthy Roads Media)
Also available in [Spanish](#)

[Return to top](#)

English - What to do in an Emergency, A Checklist



1 min 5 sec

To Listen to the Audio or Read/Print/Save the Handout, Click on a Picture Below

Audio



Handout



To Download These Files, Right Click the Mouse and Choose "Save link as...."

Mobile Video



Audio



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Special Populations

- Older Adults/ Seniors
- Pregnant women
- Children

Special Needs

- Disabled
- Hearing Impaired
- Visually Impaired

Disaster Types and Topics

[Emergency Response Tools](#)

[Disaster Health Literature](#)

[Disaster Information Specialist](#)

[Librarians & Disasters](#)

[NLM Projects & Research](#)

[Search TOXNET® Databases](#)

[Health Organizations](#)

Disaster Types

- ▶ Bioterrorism
- ▶ Chemical Emergencies
- ▶ Fires & Wildfires
- ▶ Geological: Earthquakes...
- ▶ Pandemic Disease Outbreaks
- ▶ Radiation Emergencies
- ▶ Weather & Storms: Floods...

Disaster-Related Topics

- ▶ Community Preparedness
- ▶ Coping with Disasters
- ▶ Disaster Apps and Mobile Resources
- ▶ Disaster Competencies
- ▶ Personal Preparedness
- ▶ Special Populations
- ▶ Specific Disaster Events
- ▶ U.S. Government Sources of Disaster Health Information

[More Links...](#)

In the Spotlight

- ▶ Resources about Coping with Disasters, Violence and Traumatic Events
- ▶ 2012 Disaster Health Information Outreach & Collaboration Projects
- ▶ Disaster Apps and Mobile Web Sites

New Documents from the Resource Guide

- ▶ Emergency Risk Communication
- ▶ More...

New in PubMed

- ▶ The use of systematic reviews and other research

Search Our Web Pages

A to Z Index of Resources

isasters.html

Disaster Medicine and Public Health Literature

Resource Guide

Resource Guide for Disaster Medicine and Public Health

Guide to disaster medicine and public health literature and related information.



U.S. Department of Health & Human Services

Outreach & Resources

SPECIALIZED INFORMATION SERVICES

[SIS Home](#) > [Outreach Activities & Resources](#) > [Special Populations and Disasters](#)

Special Populations: Emergency and Disaster Preparedness

- ▶ [Disabled](#)
- ▶ [Older Adults](#)
- ▶ [Hearing Impaired](#)
- ▶ [Visually Impaired](#)
- ▶ [Health Care Providers and First Responders](#)
- ▶ [Women and Gender](#)
- ▶ [Pregnancy](#)
- ▶ [Children](#)
- ▶ [Diabetes](#)
- ▶ [American Indians](#)
- ▶ [Latino Communities](#)
- ▶ [Foreign Language Materials](#)
- ▶ [Información en Español](#)
- ▶ [Training and Education](#)
- ▶ [Guidance for Organizations and Governments](#)
- ▶ [Guidance for Employers](#)
- ▶ [Law and Policy](#)
- ▶ [Lessons Learned from Prior Disasters](#)
- ▶ [Searches from the National Library of Medicine](#)
- ▶ [Disclaimer](#)

Special Populations

- Older Adults/ Seniors
- Pregnant women
- Children



Caregivers/Older Adults

Older Adults

- [Emergency Preparedness for Older Adults](#)
U.S. Centers for Disease Control and Prevention
- [Disaster Planning Tips for Older Adults and their Families \(PDF, 105 KB\)](#)
U.S. Centers for Disease Control and Prevention
- [Disaster Preparedness for Seniors](#)
State of Florida, Department of Elder Affairs
- [Disaster Preparedness for Seniors by Seniors \(PDF, 521 KB\)](#)
American Red Cross
- [Emergency Assistance Guide \(PDF, 81 KB\)](#)
U.S. Administration on Aging
- [Emergency Preparedness Tips for Older Adults](#)
American Geriatrics Society
- [Guidelines for Mainstreaming the Needs of Older Persons in Disaster Situations in the Caribbean \(PDF, 1.5 MB\)](#)
-  [Just In Case: Emergency Readiness for Older Adults and Caregivers \(PDF, 874 KB\)](#)
U.S. Administration on Aging
- [Nursing Home Emergency Preparedness and Response During Recent Hurricanes \(PDF, 1.2 MB\)](#)
Office of the Inspector General, Department of Health and Human Services
- [Older Adults and Fire \(PDF, 131 MB\)](#)
U.S. Fire Administration, FEMA
- [Older Americans \(PDF, 545 KB\)](#)
FEMA

Administration on Aging



Home > [Emergency Preparedness](#) > Resources For Individuals



[Home](#)

[About AoA](#)

[Press Room](#)

[Elders & Families](#)

[Emergency Preparedness](#)

[News and Information](#)

[Resources For Individuals](#)

[Resources For The Aging Services Network](#)

[H1N1 and Seasonal Influenza](#)

[Other Useful Links](#)

[Aging Statistics](#)

[AoA Programs](#)

[Program Results](#)

[Grant Opportunities](#)

[AoA Funded Resource Centers](#)

Resources for Individuals, Families and Caregivers

In order to respond to an emergency or disaster in a community, every individual, family, caregiver, and aging services network professional must have a well-developed personal preparedness and response plan. These resources and links can assist you in developing plans suited to your individual needs, across a wide variety of disaster and emergency situations, as well as provide information about possible sources of assistance following a disaster. Resources for The Aging Services Network and Other Professionals All segments of the national Aging Services Network have important roles and responsibilities in emergency preparedness and response activities. The information in this section is intended to provide tools and resources that will assist you in developing and establishing priorities, best practices and actions in preparing for, and responding to, an emergency or disaster.

- [Preparing for an Emergency or Disaster](#)
- [Seeking Assistance Following an Emergency or Disaster](#)

Preparing for an Emergency or Disaster

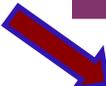
The following resources can assist individuals, families and their caregivers in preparing and planning for an emergency or disaster.

- [Tips for Preventing Illness during Hot Weather](#)
- [Just in Case: Emergency Readiness for Older Adults and Caregivers.](#)
This fact sheet provides step-by-step information on how older adults should prepare for a disaster/emergency. It includes helpful checklists, contact lists, and a medication list that can be filled in. It is also available in [Spanish](#).
- [Are You Ready? An In-Depth Guide to Citizen Preparedness](#)
This guide is FEMA's most comprehensive source of step-by-step information on individual, family, and community preparedness.
- [Ready American - Older Americans](#)
Advice for older adults in preparing for emergencies including link to the Federal Emergency Management Agency guidelines for meeting special needs.
- [Family Emergency Planning](#)
- [Emergency Preparedness and Response, Centers for Disease Control.](#)
This website contains consumer information pertaining to all kinds of natural, public health and man-made disasters.
- [Emergency Preparedness for Seniors and People with Disabilities, American Red Cross.](#)



Special Populations

Pregnancy

- 
- [How Midwives Can Prepare Their Practice for Disaster](#)
American College of Nurse-Midwives
 - [Prepare for a Disaster: Pregnancy](#)
March of Dimes
 - [Prepare for a Disaster: Information for anyone caring for a newborn](#)
March of Dimes

[Return to top](#)

Children

- [2010 Report to the President and Congress](#)
National Commission on Children and Disasters
- [Children and Disasters](#)
American Academy of Pediatrics
- [Coping with Crisis - Helping Children with Special Needs](#)
National Association of School Psychologists
- [Emergency Preparedness for Children with Special Health Care Needs](#)
American Academy of Pediatrics
- [Helping Children Cope with Crisis: A Guide for African American Parents](#)
U.S. National Institute of Child Health and Human Development
- [Ready Kids](#)
U.S. Department of Homeland Security
- [National Child Traumatic Stress Network](#)
National Child Traumatic Stress Network
- [Trinka and Sam: The Rainy Windy Day \(PDF, 1.54 MB\)](#)
National Child Traumatic Stress Network

[Return to top](#)

Diabetes

- [Diabetes: Tips for Emergency Preparedness](#)
American Diabetes Association



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Children

Pregnancy

- [How Midwives Can Prepare Their Practice for Disaster](#)
American College of Nurse-Midwives
- [Prepare for a Disaster: Pregnancy](#)
March of Dimes
- [Prepare for a Disaster: Information for anyone caring for a newborn](#)
March of Dimes

[Return to top](#)

Children

- [2010 Report to the President and Congress](#)
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- [Helping Children Cope with Crisis: A Guide for African American Parents](#)
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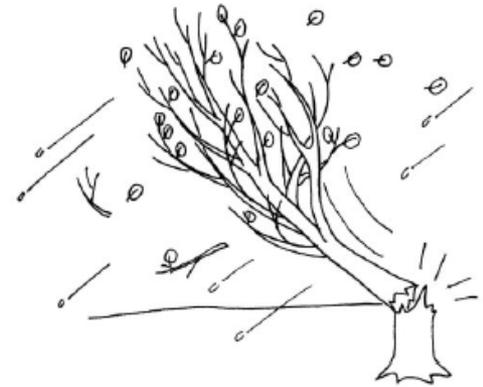
[Return to top](#)

Diabetes

- [Diabetes: Tips for Emergency Preparedness](#)
American Diabetes Association

Trinka and Sam: The Rainy Windy Day (PDF) National Child Traumatic Stress Network

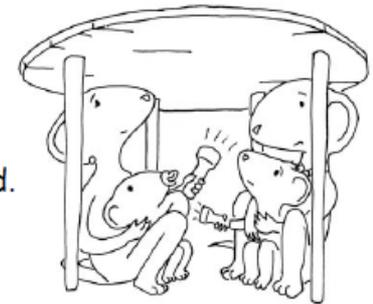
Trees fell down.



Houses were hurt.



They were scared.



Welcome to Disaster Hero





Disaster Hero

www.disasterhero.com

- American College of Emergency Physicians created *Disaster Hero*, an [online game](#), to help kids learn what to do before, during and after earthquakes, floods, hurricanes and tornadoes.
- The high-tech holographic simulation game show was in development for over 3 years
- *Disaster Hero*, was funded by a \$1.5 million grant from the Federal Emergency Management Agency
- To learn more about other great learning tools check out the resource page

Disaster Hero

<http://www.disasterhero.com/>

- Do you have the skills needed to prepare, survive and recover from a natural disaster? Join Dante Shields, the internationally famous disaster specialist, and his genius prodigy, Mika, in the high-tech holographic simulation game show, Disaster Hero.
- Certificate available - click on one of the Hero Badges to print a certificate showing successful completion of that disaster scenario.
- Disaster Hero is a free online game designed to teach children (grades 1 through 8), parents, and teachers/caregivers how to prepare for disasters. The overall goals are to ensure that players know what to do before, during, and after a disaster. Parents and teachers are included so that the family and school are familiar with the main concepts of disaster preparedness. Emphasis is placed on three steps – make a plan, get a kit, and be informed.
- Disaster Hero covers four main topic areas: (1) basic preparedness steps – including get a kit, make a plan, and be informed – to be accomplished to protect the participant and family before, during, and immediately following a disaster or large-scale emergency event, (2) common disasters (earthquakes, floods, hurricanes, and tornadoes), their associated danger signals, typical effects, common injuries, and appropriate responses, (3) basic quick-care tips and techniques for specific common injuries, and (4) basic information about geographic-specific disasters.

Special Needs

- Visually impaired
- Hearing impaired
- Disabled



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[SIS Home](#) > [Outreach Activities & Resources](#) > [Special Populations and Disasters](#)

Special Populations: Emergency and Disaster Preparedness

- ▶ [Disabled](#)
- ▶ [Older Adults](#)
- ▶ [Hearing Impaired](#)
- ▶ [Visually Impaired](#)
- ▶ [Health Care Providers and First Responders](#)
- ▶ [Women and Gender](#)
- ▶ [Pregnancy](#)
- ▶ [Children](#)
- ▶ [Diabetes](#)
- ▶ [American Indians](#)
- ▶ [Latino Communities](#)
- ▶ [Foreign Language Materials](#)
- ▶ [Información en Español](#)
- ▶ [Training and Education](#)
- ▶ [Guidance for Organizations and Governments](#)
- ▶ [Guidance for Employers](#)
- ▶ [Law and Policy](#)
- ▶ [Lessons Learned from Prior Disasters](#)
- ▶ [Searches from the National Library of Medicine](#)
- ▶ [Disclaimer](#)



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Hearing Impaired

- [Emergency Warnings for People Who Are Deaf or Hard of Hearing](#)
National Weather Radio
- [Special-needs NOAA Weather Radio for deaf and hard-of-hearing persons](#)
National Oceanic and Atmospheric Administration
- [What to Do In an Emergency](#)
American Association of the Deaf-Blind

[Return to top](#)

Visually Impaired

- [Emergency Preparedness and People Who are Blind and Visually Impaired: A Handbook for the Consumer](#)
(Microsoft Word document)
American Council of the Blind



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National Library of Medicine
National Institutes of Health
SPECIALIZED INFORMATION SERVICES

Disabled

- [Accessibility Toolkit for People with Disabilities to Use Social Media in Emergencies](#)
Accessibility Reference Group
- [Community Planning Toolkit for State Emergency Preparedness Managers](#)
U.S. Department of Health and Human Services
- [Disability Preparedness](#)
Disability.gov
- [Emergency Evacuation Planning Guide for People with Disabilities \(PDF, 900 KB\)](#)
National Fire Protection Association
- [Emergency Preparedness and Individuals with Disabilities](#)
Departmental Office of Civil Rights, U.S. Department of Transportation
- [Emergency Preparedness: Addressing the Needs of People with Disabilities \(PDF, 900 KB\)](#)
National Center for Disaster Preparedness, Mailman School of Public Health, Columbia University
- [Evacuation Preparedness Guide](#)
Center for Disability Issues and the Health Professions, Western University of Health Sciences
- [Fire Safety for People with Disabilities](#)
U.S. Fire Administration, FEMA
- [Training Program on Emergency Preparedness for Adults with Intellectual Disabilities](#)
Westchester Institute for Human Development
- [Making Community Emergency Preparedness and Response Programs Accessible to People with Disabilities \(PDF, 3,613 KB\)](#)
Civil Rights Division, U.S. Department of Justice
- [Preparing Makes Sense for People with Disabilities and Special Needs](#)
Ready.gov
- [People with Disabilities](#)
National Fire Protection Association
- [Preparing for Disaster for People with Disabilities and Other Special Needs \(PDF, 731 KB\)](#)
American Red Cross

Disability.gov

Disability★gov

Home > Emergency Preparedness

Find Information on  **Emergency Preparedness**

**SEARCH
BOTH**
NATIONAL & STATE

**SEARCH
STATE**
RESOURCES ONLY

**SEARCH
NATIONAL**
RESOURCES ONLY

QUICK LINKS

[Preparing for an Emergency or Disaster](#)

[Find Emergency Housing or Shelters](#)

[Get Help after a Disaster](#)

[ADA Emergency Management Checklist](#)

[SafeKids Safety Guides](#)

NEWS & EVENTS

[FEMA Offers Assistive Technology to Help People with Disabilities Access Disaster Information](#)

[More News & Events »](#)

Ready.gov



Build a kit

- Water/1 gal. per person
- Food -3 day supply (non-perishable)
- Battery-powered radio/extra batteries
- Flashlight
- First aid kit
- Whistle for help
- Dust mask
- Moist towelettes, garbage bags for personal sanitation
- Wrench or pliers for turning off utilities
- Can opener



American
Red Cross

Safe and Well web site

Safe and Well

<https://safeandwell.communityos.org>

- Allows people inside a disaster area to post messages about their status for loved ones
- Register yourself as "Safe and Well"
- Search for "loved ones" - registrants

Safe And Well

[Safe and Well Home](#)

[List Myself As Safe and Well](#)

[Enter Confirmation Code](#)

[Search](#)

[FAQ](#)

[Help](#)

[Administrative Login \(NHQ staff only\)](#)

Language/Idioma:

English ▼

Safe and Well

After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. This website is designed to help make that communication easier.

Register Yourself as "Safe and Well"

Click on the "List Myself as Safe and Well" button to register yourself on the site.

Search for Loved Ones

Concerned family and friends can search the list of those who have registered themselves as "safe and well" by clicking on the "Search Registrants" button. The results of a successful search will display a loved one's first name, last name and a brief message.



List Myself as
Safe and Well

Search
Registrants

CDC Health-e-Cards

<http://t.cdc.gov/ecards/default.aspx>



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People.™

SEARCH

A-Z Index [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) <#>

Health-e-Cards

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New eCards

Top 10 eCards

Diseases & Conditions

Emergency Preparedness & Response

Weather

Environmental Health

Holidays, Occasional, & Seasonal

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Injury, Violence & Safety

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For Specific Audience

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Emergency Preparedness & Response

Choose a card to send to someone.



[Caring is Preparing](#)



[Plan for Emergencies](#)



[Ready for Any Emergency](#)



[Calm Before the Storm](#)



[No Pets Allowed](#)



[Stay Informed during Emergencies](#)



[Get a Kit, Make a Plan, Be Prepared](#)



[Prepare for Emergencies](#)



[Cleaning Up After a Disaster](#)

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Contact Us:

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333

800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348

cdcinfo@cdc.gov

How are we doing?

Tell us what you think about Health-e-Cards >>

Winter Weather e-card

Winter Weather

Fill out the information below to personalize and send this eCard.



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Photo of cars driving in snowy weather

Send
“greetings-
on-the-go.”

Try CDC's new
iPhone app &
send eCards to
friends & family
from your
iPhone.



[DOWNLOAD NOW](#)

Stock emergency supplies for your home and car. You may have to cope with power failures and icy roads.

[Stay safe and healthy this winter](#)

www.cdc.gov
Your Source for Credible Health Information



Winter Weather CDC Link

http://emergency.cdc.gov/disasters/winter/?s_cid=ecard_winterweather

Winter Weather

WINTER WEATHER HEALTH AND SAFETY TIP FEBRUARY 4, 2013

Avoid Frostbite

Dress for the weather, especially if you have poor circulation. [LEARN MORE](#)

Winter Weather Health & Safety Tip Widget

The widget provides weekly health and safety tips for your site or blog. [GRAB IT!](#)



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Contact Us:

- Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
- 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
- [Contact CDC-INFO](#)
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WINTER WEATHER AND EXTREME COLD

When temperatures drop significantly below normal, staying warm and safe can be a challenge.

[About Winter Weather](#)

[About Extreme Cold](#)



TAKE STEPS

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions.

[Before a Storm](#)

[During a Storm](#)

[After a Storm](#)



How to Reach Us

Web site: <http://nnlm.gov/mar>

Phone: 1.800.338.7657
1.412.648.2065

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