

In the Name of Allah, Most Gracious, Most Merciful

Emergency Tips (911) for Disasters

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Disasters do happen. How prepared are you? How prepared is your family?
Add emergency contact in your Cell Phone against ICE (In Case of Emergency)

Please take a few minutes to think about your safety and the safety of your family. A few minutes talking and planning with your family this week will mean a lot when an emergency hits.

Emergency Contact Numbers:

Fire 911 or _____

Police 911 or _____

Ambulance 911 or _____

Building Security _____

ICE (in case of emergency) _____ (in your cell phone)

If you are ill, who should be contacted?

Name: _____

Phone: _____

Weather Conditions:

You must be well prepared according to the weather conditions.

COLD-Winter: You might need to bundle up of several layers of warm cloths and jackets/coats etc., in extreme deep freeze cold to avoid frostbite or hypothermia. If you really have to go outside, wool, silk or fleece layers are preferable. Avoid cotton because it doesn't hold body heat well and doesn't dry quickly if it gets wet. Also, be sure the outer layer of your clothing is tightly woven, or wind resistant. Mittens are warmer than gloves. If you really have to use Gas Heater, Coal or Wood for Heating, **make sure** it is safe and you must leave your window enough open for the Carbon Dioxide Carbon Mono Oxide, since it may kill you and your loved one. Alternative option would be to go to those nearest public shelter which really have all the arrangements.

Also make sure all appliances are properly shutdown. It is also advised to have gas stove and gas water heater and mini electric stove, so that if electricity goes off then at least you should be able to cook and have hot water as well and if gas goes off then can prepare foods on mini electric stove at least. Dripping water from hot and cold tap may prevent pipe bursting due to extreme cold up to certain limit if there is no freezing drainage.

HOT-Summer: You might need to have alternate arrangements during extreme hot weather to avoid sun stroke.

Basic kit:

You may have some of these items already, such as a flashlight, battery-operated radio, foods, water and blankets. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front hall closet. Make sure everyone in the household knows where to find the emergency kit.

Basic items you will need to survive for 72 hours:

- Water – at least two liters of water per person per day (include small bottles that can be carried easily in case of an evacuation order)
- Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual can opener
- Flashlight and batteries
- Candles and matches or lighter (remember to place candles in sturdy containers and to put them out before going to sleep)
- Battery-powered or wind-up radio (and extra batteries)

First aid kit:

- Special items such as prescription medications, infant formula and equipment for people with disabilities
- Extra keys for your car and house
- Some cash in smaller bills, such as \$10 bills (travelers cheques are also useful) and change for payphones
- A copy of your Emergency Plan including contact information, escape routes, meeting place

Recommended additional kit supplies:

- It is always a good idea to have extra supplies on hand.
- Here are some recommendations:
 - A change of clothing and footwear for each household member
 - Sleeping bag or warm blanket for each household member
 - A whistle (in case you need to attract attention)
 - Garbage bags for personal sanitation
 - Two additional liters of water per person per day for cooking and cleaning
 - Safety gloves
 - Toilet paper and other personal care supplies
 - Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, work gloves)
 - Small fuel-driven stove and fuel (follow manufacturer's directions and store properly)

Car kit:

- If you have a car, prepare a small kit and keep it in the trunk.
- The basic car kit should include the following items:
 - Food that won't spoil, such as energy bars
 - Water
 - Blanket
 - Extra clothing and shoes
 - Candle in a deep can and matches
 - First aid kit with seatbelt cutter
 - Warning light or road flares
 - Small shovel, scraper and snowbrush
 - List of contact numbers

Recommended additional items to keep in your car:

- It is always a good idea to have extra supplies on hand.
- Here are some recommendations:
 - Sand, salt or cat litter
 - Antifreeze/ windshield washer fluid
 - Tow rope, jumper cables
 - Fire extinguisher
 - Roadmaps, whistle and flashlight

What Disaster?

A disaster is an event that could hurt people and animals as well as cause damage. For example, during a flood, water could damage a house's basement. During an earthquake, a falling object could hurt someone. Floods and earthquakes are therefore disasters.

What is an Emergency Plan?

- An Emergency Plan is a document describing how to respond to an emergency. Reading it will help everyone be prepared for potential disasters. For example, who will warn all people if a flood occurs at your building? Where should people go if your building is not usable? Who should be contacted? An emergency plan is used to answer questions BEFORE a disaster.
- If response actions are planned for every disaster, everyone will be prepared and know what to do. Does your municipality have an emergency plan? Contact municipal authorities to know if there is one in force.

What can I do?

You can prepare an emergency kit and learn how to react in case of a tornado, flood, earthquake or ice storm.

Is your Emergency Kit ready?

- Develop an emergency kit to support you and your family for 72 hours. Everyone should know where the emergency kit is stored. Make it easy to find.
- Do you know which disasters can occur in your region? Know what your municipality has in effect for emergency plans.
- Then, learn what to do in the event of a disaster.

The libraries and municipalities will have books on disasters.

Protect your Home from Disaster:

Disasters happen. There is not much we can do about that. But there are things we can do to protect our homes and reduce the risk that they will be damaged. Reducing the risk is called "mitigation." Although some mitigation is very expensive and complicated -- like moving your home to a different piece of land that is higher or away from a river -- some things are easy. Here are some things you and your family can do to mitigate your risks.

House Fire:

- Check the proximity of electric cords, curtains, tea towels and oven cloths to ensure they are at a safe distance from the stove.
- Be careful of long, flowing sleeves on dressing gowns, Shawl (Dopattaa) etc. contacting gas flames.
- Never leave your kitchen unattended even for a second, if the stove is on.
- Make sure the stove is turned off, if you are leaving the kitchen.
- Make sure nothing is on the stove, if you are leaving the kitchen.
- Don't allow anyone to smoke inside the home. Make your house a NO smoking house.
- Always use a qualified electrician for all electrical wiring work. Never attempt to do it yourself. Double adaptors and power-boards can overload power points. Install safety switches and correct fuses.
- Always use a qualified gas technician for all plumbing work. Never attempt to do it yourself.
- Faulty appliances cause fires. Either have them repaired or discard them. Destroy faulty appliances before disposing of them. Electrical appliances bought at garage sales or markets should be professionally checked before use. Never place cords under carpets or rugs. Faulty plugs and cords should be replaced. If a fire starts, turn off power at power point or switchboard immediately, if safe to do so.
- Avoid electric blankets. Don't sleep with electric blankets on or leave the house without switching them off. Never leave weighty objects on the bed when the electric blanket is on. Have your blanket checked by an authorized repairer or service center if you suspect overheating. Always follow manufacturer's instructions for care and storage. Ensure each blanket is inspected annually at the beginning of the cooler months.
- Store all flammable liquids such as petrol, kerosene or methylated spirits away from heaters, hot water service pilot flames and other naked flames. Check the label before use and storage. Use extreme care when decanting.
- Always clean lint filters after each load. Avoid drying bras in your dryer as the under-wire can get caught and start a fire.
- House fires are also started from cooking. It is easier to start a fire with a gas stove because of actual flames being used. Food that boils over a pot can start a fire. It is also possible to start a fire by having a towel or oven mitt too close to the flame.
- Avoid Deep Fries, since oil may get fire.
- Take special precautions if you are living in the wooden house (not made of full bricks) as in the west due to cold weather, most of the houses are made of wood.

Floods:

- Don't put valuable items and appliances in the basement where they are more likely to be flooded.
- Power and water don't mix! Have the main breaker or fuse box and the utility meters raised above the flood level for your area, that way, if your home floods, water won't damage your utilities.
- Buy flood insurance. To learn more about flood insurance call insurance agencies.

Hurricanes and Tornadoes:

Don't lose your roof to high winds! Have hurricane straps installed to keep the roof attached to the walls. Use storm shutters to protect windows and glass. Use them when severe weather is coming. The storm shutters protect against flying debris like tree trunks or other things carried by strong winds.

Earthquakes:

- Bolt or strap cupboards and bookcases to the walls and keep heavy objects on the lower shelves so they don't fall on people.
- Strap your water heater to a nearby wall. This will keep your gas water heater from falling on someone or starting a fire from a broken gas main.
- Have your home bolted to the foundation. Anchor bolts cost as little as \$2 each. They should be installed every six feet on the outer edges of your house.

Wild Fires:

- Create a safety zone around the house that separates your home from plants and bushes that can burn easily. Clear dead brush and grass from your property. It will act as fuel for a fire.
- Keep branches around your home free of dead or dying wood or moss.
- Put tile or flame-retardant shingles on your roof instead of wood shakes or standard shingles. This will cut the chance that burning debris in the air will catch your roof on fire.

List of Emergency Contacts:

Emergency Contacts:

In the event you or your family members become ill, you may wish to have a relative or friend notified of the situation. They may be able to offer additional information to the health care providers treating you or may be able to help with your care.

Name:	Name:
Telephone Number:	Telephone Number:
Relationship to you (or your family):	Relationship to you (or your family):

Add **ICE** in place of name of the person to contact and his phone number in your CELL Phone.

Hospitals:

Name of Hospital:	Name of Hospital:
Telephone Number:	Telephone Number:

Pharmacy

Name of Pharmacy:
Telephone Number:
Address:

Public Health Hotline

Telephone Number:

If you and/or a family member are ill, you may need others to notify your place of work or any schools your children attend. In addition, during a pandemic, you may need to check periodically to determine if these facilities have closed their operations.

Work

Name of Contact:
Telephone Number:
Name of Contact:
Telephone Number:

Schools

Name of School:
Telephone Number:
Name of School:
Telephone Number:

Family Emergency Health Information Sheet:

During a flu pandemic or other health emergency, you may be required to provide specific health information about yourself and others in your care to those offering health care services. This information is essential to health care providers when considering how best to treat you and your family. Fill in as much information as possible for each family member, using the chart below.

Name:
Date of Birth:
Provincial Health Card Number:
Blood Type:
Allergies:
Existing Medical Conditions:
Medications (include dosage):
Name and Contact Information for Current Health Care Provider(s):

Kid's Corner:

Use some materials to have conversations with your children. Alleviate their fear by involving them in discussions in a fun way.

Health Concern:

Keep your house hygienically clean, as much as possible. Two places where bacteria may grow faster, are Bathroom/Toilet and kitchen as well. In old houses where there might be cracks or gaps between floors and side walls may occur, especially in those houses which are made from woods. Make sure to fill those gaps properly. For filling minor gaps and cracks soft steel wool which is used to clean dishes may be very helpful. Additionally you can get medicines for all types of insects, mice etc. from pest control shops. Make sure to protect these chemicals from children.

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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