



Monthly Newsletter

Tri-County Strong Crisis Counseling Team

June 20, 2022

Why Do You Need A Disaster Supply Kit?

Due to the nature of our great state of Michigan, residents are at a high risk of experiencing a variety of natural disasters every year like flash flooding, severe thunderstorms, severe winter storms, and tornados. It is important to have a disaster supply kit because when disaster events occur, relief workers, local officials, and other members of disaster response teams may not be able to reach you and/or your family immediately (NDEC, 1999). Disaster supply kits are meant to help you and/or your family survive for several days in case you need to evacuate your home with little warning or are trapped in your home by the disaster.

TOP NEWS INSIDE

- Why Have A Disaster Supply Kit
- What to Include in a Disaster Supply Kit
- Creating an Evacuation Plan
- Upcoming CCP Events and Meetings
- Revealing a Resource
- What to Include in Your First Aid Kit



image retrieved from https://twitter.com/Safety_Canada/status/1486096877896482823

What To Include in Your Disaster Supply Kit?

Disaster supply kits are meant to help you and/or your family survive for several days during and after a disaster event. Each family member should have their own mini kit containing an extra set of clothing, 3 days worth of daily medication dosages (if any), a small first aid kit, 3 days of non-perishable food and water supply (1 gallon per day), important documents (e.g. I.D., birth certificate, passport, cash, emergency phone numbers, etc.) sealed in a waterproof container or plastic bag, a flashlight with extra batteries and personal hygiene items (e.g. tampons, 2 rolls of toilet paper, and antibacterial wipes; Disaster Center, n.d.).

Additionally, the house and each car should all have larger kits with additional necessary supplies including a larger first aid kit, disinfectant supplies (e.g. trash bags, rubber gloves, safety eyewear, etc.), a battery-powered radio to receive alerts and warnings, and helpful tools (a multi-tools, an adjustable wrench, a small ax, a small shovel, a map of the area, matches in a waterproof container, and rope; Ready, n.d.).

If you have a baby or toddler in your home, be sure to include a 3-day supply of diapers, formula, and pureed foods in your individual, home, and car kits (Disaster Center, n.d.). Also, make sure to include several changes of clothing and a handful of small toys to help occupy children during and after the disaster event (Ready, n.d.).

Additionally, if you have pets in the home, make sure to include 3 days of supplies for each pet in your home, car, and individual kits (Disaster Center, n.d.). Every pet has their own unique needs so make sure to include a 3-day supply of daily medications, food, and water ($\frac{1}{2}$ -1 gal per day depending on pet size) for every pet (Disaster Center, n.d.). Also, make sure to include a first aid kit for pets.

For additional information please go to <https://www.disastercenter.com/guide/kit.html>

OR

<https://www.ready.gov/kit>

Creating An Evacuation Plan

Tips for creating an evacuation plan specific to your home and family needs

When creating a family evacuation plan, it is best to develop several safe exit routes leading outside of your home in case one or more exits are blocked during the disaster (FEMA, 2018). It is also important to map out several routes to your designated meeting location. Finally, it is important to practice these evacuation plans several times per year to make sure that everyone in the family knows what to do during an emergency event (FEMA, 2018).

In addition to creating a family evacuation plan, you should also consider developing a family communication plan in case you are separated from your loved ones during or after a disaster event. The best form of communication during and after a disaster event is texting because messages will save on your phone and attempt to send every time your phone regains network connection (Ready, n.d.). A portable battery-powered radio is also recommended for receiving disaster updates, warnings, and alerts from local officials. A disaster alert mobile may also be used; however, mobile apps may be impacted by cell phone network overload and disruptions. For additional resources, please visit <https://www.ready.gov/sites/default/files/2021-04/family-emergency-communication-plan.pdf>



Upcoming Events

June 30 12p-1p

*Flood Preparedness and Disaster Trauma
Presentation @ Easterseals MI Facebook
Live event*

July 20 7-8p

*Flood Preparedness and Disaster Trauma
Presentation @ Hazel Park Library*

**If you are interested in future editions of
this newsletter, please send "newsletter"
to**

**tri-county_counselors@essmichigan.org
or text (248) 606-5881**

Additional Resources

Tri- County Strong Crisis Line

Call/Text: 1 (888) 874-1819

Tri- County Strong Website

[https://www.easterseals.com/michigan/our-programs/easterseals-michigan-partners.ht
ml](https://www.easterseals.com/michigan/our-programs/easterseals-michigan-partners.html)

Disaster Distress Helpline

Call: 1(800) 985-5990

TTY: 1(800) 846-8517

Text: "TalkWithUs" ("Hablamos" for espanol)
to 66746

Crisis Text Line

Text: "HOME" to 741741

Common Ground Crisis Line

Call: 1(800) 231-1127



Image retrieved from <https://vectorsfree.com/stock-vector/download/continuous-vector-line-drawing-of-249508574>

Revealing A Resource

Are you struggling to afford healthcare insurance right now? If so, please consider getting your annual check up at a local free healthcare clinic soon. The FernCare Free Clinic located in Ferndale, MI and the HUDA Free Community Health Clinic located in Detroit, MI are two nearby clinics that provide free healthcare to medically uninsured people. You must schedule an appointment with the FernCare Free Clinic in order to be seen. The HUDA clinic offers appointments as well as walk-in hours 8-30-10:30a Tuesday-Thursday. For more information about these two clinics, their hours, and their contact information, please visit:

<https://ferncare.org>

OR

https://www.freeclinics.com/det/mi_48238_hud-clinic-detroit

References

American Red Cross. (2022). Make a first aid kit. *American Red Cross*. Retrieved from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

Disaster Center. (n.d.). Disaster supplies kit. *Disaster Center*. Retrieved from <https://www.disastercenter.com/guide/kit.html>

FEMA. (2018). Creating your family emergency communication plan. *Federal Emergency Management Agency*. Retrieved from <https://www.ready.gov/sites/default/files/2021-04/family-emergency-communication-plan.pdf>

National Disaster Education Coalition. (1999). Talking About Disaster: Guide for Standard Messages. *National Disaster Education Coalition*. Retrieved from [Disaster Supplies Kit \(disastercenter.com\)](https://www.disastercenter.com/Disaster-Supplies-Kit)

Ready. (n.d.). Make a plan. *Ready*. Retrieved from <https://www.ready.gov/plan>

What Should You Have In Your First Aid Kit?

When purchasing or creating a first aid kit, the American Red Cross (2022) recommends including 2 compression dressings, 25 band-aids, 1 roll of medical tape, 5 antibiotic ointment packets, 5 antiseptic wipe packets, 2 packets of aspirin, 1 emergency blanket, 1 breathing barrier, 1 instant cold compress, 2 pairs of gloves, 2 hydrocortisone cream packets, a roll of gauze, 15 gauze pads in varying sizes, an oral thermometer, tweezers, scissors, alcohol-based hand sanitizer, and an emergency first aid guide.

Consider including a first aid kit in every personal disaster kit as well as in each car and home kit. Also, consider replenishing and/or refreshing the supplies in each first aid kit every six months.



TEAM 84



