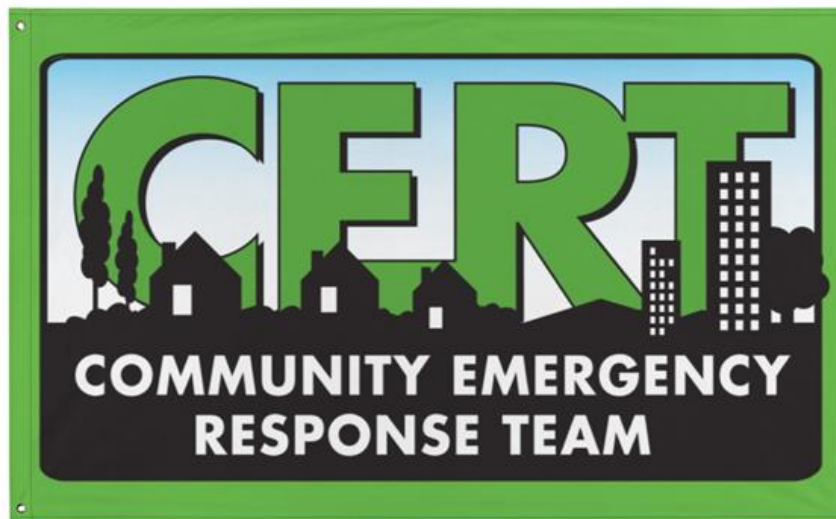


# Emergency Preparedness

2024 Calendar



## Comanche County - Lawton CERT

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# January 2024

## *Resolve to be Ready!*

Preparing for a disaster or emergency may be easier than you think. Begin by taking some small steps each month to help you, your family, and your pets be ready when a disaster strikes. Stay Kits will provide essentials for 2 weeks after a disaster when you remain at home and stores may be inaccessible. Designate a closet, cabinet, or other dry, cool area for storage. Go Bags, Pet Kits, and Car Kits provide 48 hours of essentials if you and your family need to leave quickly. Let's start building your Kits!

### **ACTION ITEMS for January.**

1. Resolve to be ready with Stay Kits and Go Bags. Start building yours now.
2. Make a family emergency plan and include a reunification plan. Discuss a family home evacuation plan and practice a fire drill. Establish and review assembly points.
3. Check emergency plans at your work and your child's school. Establish a family out-of-state contact.
4. Sign up for preparedness training classes this year - **CERT** can help!

### **Stay Kit HARDWARE LIST (1 of 4) Stay Kit GROCERY LIST (1 of 11)**

- adjustable crescent wrench
- duct tape
- bungee cords
- extra phone charger, personal computer charger & cords
- 8 gallons of water (plastic containers should be replaced every 6 months)
- 4 large (32oz) sports drinks
- Hand-operated can opener
- instant coffee, tea, etc.
- pet food and supplies for 1 week

*Preparedness Calendar is for a family of 4 and 1 pet. - adjust to your needs.*

### **Items to Install in January and February**

- ✓ strapping for water heater
- ✓ safety latches for cupboards
- ✓ smoke/CO detectors and batteries
- ✓ "Quake Hold" to secure figurines, vases
- ✓ L-brackets to secure furniture to walls
- ✓ hook-and-loop or other fasteners to secure movable objects

### **ACTION GOAL for the year**

Comanche County warns that water systems may be compromised for 3-7 days after a disaster and recommends storage of a 3-7 day supply of water. CERT recommends storage of at least 1 gallon per person/per day and more for pets for a 30-day supply of water. This calendar plan recommends adding, rotating, and replacing water every 6 months.

# February 2024 *Love Your Life!*

Show your home and your family some preparedness love this month. A few steps can begin to secure your home and avoid bigger problems during a disaster. Let's continue to work on your Stay Kit this month and complete some simple safety tasks.

## **ACTION ITEMS for February.**

1. Build a first-aid kit for your Stay Kit.
2. Strap your water heater - top and bottom - to secure wall studs.
3. Install smoke/ Carbon Monoxide (CO) detectors.
4. Check around your home to ensure that heavy objects are secure and away from beds, couches, and children's play areas.

## **Stay Kit GROCERY LIST (2 of 11)**

- 8 gallons of water (plastic containers should be replaced every 6 months)
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 2 14.5-oz cans vegetables
- family-size box of crackers
- special-needs food for 2 weeks
- 4 large (32oz) sports drinks
- Infant/baby food and supplies for 2 weeks
- toothpaste
- jar of nut butter
- extra reading glasses
- personal toiletry items
- 2 20-oz cans ready to eat soup
- permanent marking pens
- 4 8-packs of 12-fl oz cans
- flavored water

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## **DRUG STORE**

### ***First-Aid Stay Kit***

- aspirin/acetaminophen
- cold compresses
- rolls of gauze
- first aid tape
- adhesive bandages
- thermometer
- tweezers
- antiseptic
- scissors
- all medications needed for 2-4 weeks
- hand sanitizer/wipes

# March 2024

## *It's Not Luck!*

It's not luck – It's being prepared! Understand the risks you and your community may face and prepare now. There are many benefits to preparedness, the most important of which is staying safe and having the tools and resources you and your family will need to recover.

### **ACTION ITEMS for March.**

1. Know your risks: Earthquake. Fire. Flood. Mobility.
2. Do you have renters or homeowners insurance? Does your current policy cover your current situation?
3. Review/Refine your emergency plans.
4. Make it a habit to fill your car's gas tank when it reaches the half-full mark. Gas stations may be inaccessible after a disaster.?

### **Stay Kit GROCERY LIST (3 of 11)**

- 8 gallons of water  
*Plastic containers should be replaced every 6 months*
- 4 20-oz cans ready to eat soup
- liquid dish soap
- unscented liquid bleach
- heavy duty garbage bags
- saline solution and contact case
- 4 large (32oz) sports drinks
- large plastic food bags
- 1 box of 12 energy/protein bars
- 4 rolls of paper towels
- sunscreen
- 2 16-oz cans ready to eat beans
- 4 8-packs of 12-fl oz cans flavored water  
*Preparedness Calendar is for a family of 4 and 1 pet.  
- adjust to your needs.*

### **Stay Kit HOME LIST (2 of 4)**

- portable AM/FM radio and extra batteries
- blanket or sleeping bag for each family member
- portable waterproof plastic container for paper documents and mementos
- battery-powered camping lantern and extra batteries
- extra battery back-up for phone
- large tarp
- camp stove, cook pot, and fuel

# April 2024

## Get Emergency Alerts

Register to receive voice, text, and email alerts free of charge from several agencies—Bookmark reliable websites for timely and accurate local information. Many apps are available free of charge that will provide emergency alerts.

### **ACTION ITEMS for April.**

1. Sign up for the emergency notifications at (<http://tinyurl.com/ReGroupSignup>).
2. Sign up for residential alerts at Everbridge Nixle (<http://www.nixle.com>).
3. Check your emergency portable radio. Set the tuner to KCCU-FM (89.3).
4. Check your emergency portable radio. Set the tuner to KBZQ-FM (99.5).
5. Check your emergency portable radio. Set the tuner to KMGZ-FM (105.5)

### **Stay Kit GROCERY LIST (4 of 11)**

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- paper plates
- quick energy snacks
- eating utensils
- paper cups
- 4 large (32oz) sports drinks
- 4 20-oz cans ready to eat soup
- 4 8-packs of 12-fl oz cans flavored water  
*Preparedness Calendar is for a family of 4 and 1 pet.  
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### **Stay Kit HARDWARE LIST (3 of 4)**

- extra batteries
- whistle
- masking tape
- ABC fire extinguisher
- hammer
- pliers
- vice grips
- assorted nails, wood screws and  
• the correct tools to use them

The Comanche County Emergency Management (CCEM) can alert residents and businesses within Lawton and surrounding areas that are impacted by or are in danger of being impacted by an emergency.

# May 2024

## Wildlife Preparedness Month

Every year, fires threaten homes and properties as a result of combustible debris and vegetation. Every property owner is ultimately responsible for managing their vegetation to meet Fire District requirements.

### **ACTION ITEMS for May.**

1. Identify two alternative routes out of your neighborhood. Practice traveling with them.
2. Assess your home's defensible space. Rake, sweep, and remove combustible fuel from your surroundings.
3. Clear debris around your house, roof, outbuildings, under decks and stairs.
4. Check your wood piles. They should NOT be closer than 30 feet to your home.
5. Can your home's address be seen clearly from the street day and night?

### **Stay Kit GROCERY LIST (5 of 11)**

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
  - plastic containers should be replaced every 6 months
  - quick energy snacks, trail mix, etc.
  - family size cereal
  - safety pins
  - 4 large (32-oz) sports drinks
  - 4 20-oz cans ready to eat soup
  - heavy duty garbage bags
  - facial tissue
  - family-sized box of graham crackers
  - 8 8-packs of 12-fl oz cans of flavored water
  - assorted plastic containers with lids
- Preparedness Calendar is for a family of 4 and 1 pet. -  
- adjust to your needs.*

### **Stay Kit HARDWARE LIST (3 of 4)**

- 2 flashlights with batteries
- extra batteries (Store with silica packs in a plastic bag. Check 2x/yr. for corrosion.)
- camping or utility knife
- purchase emergency escape ladder for second-story bedrooms
- crowbar or pry-bar
- 30' paracord, clothesline, or heavier rope
- N95 masks
- flash drives

# June 2024

## Pet Awareness Month

Pets are important family members too and their needs should be considered in your family's emergency plans. This month we're encouraging you to build a Go Bag for your pet. A little preparation now will avoid stress and critical time delays during an emergency or disaster.

### **ACTION ITEMS for June.**

1. Build your Pet's Go Bag. Don't have a pet? Check with a family member or neighbor who does.
2. Check your Stay Kit for pet supplies.
3. Place a Pet Alert sign by your entry door.
4. Keep an Emergency Pet Wallet Card in your wallet.
5. Practice putting your pet in a carrier.

### **Stay Kit GROCERY LIST (6 of 11)**

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 rolls of paper towels
- 4 large (32-oz) sports drinks
- large plastic food and storage bags
- plastic wrap and aluminum foil
- 8 20-oz cans ready to eat soup
- pet food and supplies for 2 weeks
- 8 8-packs of 12-fl oz canned flavored water  
*Preparedness Calendar is for a family of 4 and 1 pet.  
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### **Stay Kit HARDWARE LIST (4 of 4)**

- GMRS/FRS battery-operated radio for each family member and extra batteries. Practice using your radios!
- utility shut-off tool
- heavy work gloves
- screwdriver
- multi-tool
- portable charger for phone/laptop. Charge it!
- safety goggles

### **WHAT'S IN A PET GO-BAG?**

- ✓ pet carrier
- ✓ water
- ✓ bowl
- ✓ toys
- ✓ medications
- ✓ contact info of the vet
- ✓ current photos of your pet with you/your family

- ✓ leash/halter/harness
- ✓ blanket
- ✓ 3–7-day supply of food
- ✓ waste disposal bags
- ✓ vaccine records
- ✓ pet ID chip info
- ✓ pet first-aid kit  
*Adjust for your pet's specific needs*

### **Summer Pet Safety TIPS**

1. Fireworks. Loud sounds can frighten! Provide a safe, secure, and quiet place for pets.
2. Sun & heat. Look for signs of overheating and thirst. Always provide water.
3. Hot cars. Do not leave your pet in the car – even for a few minutes.

Familiarize yourself with how to shut off your power and water. After a disaster, you may need to turn off your gas as utility professionals may be overwhelmed. If you see a power line down in your area NEVER TOUCH IT. Call 9-1-1. If you smell gas (rotten egg smell) leave the area immediately, call 9-1-1. Always call PSO at 1-833-776-7697 to restore your power and Summit Utilities at 1-866-275-5265 to restore your gas.

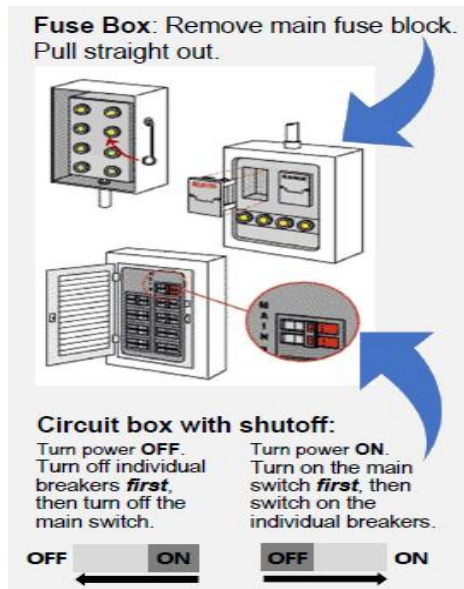
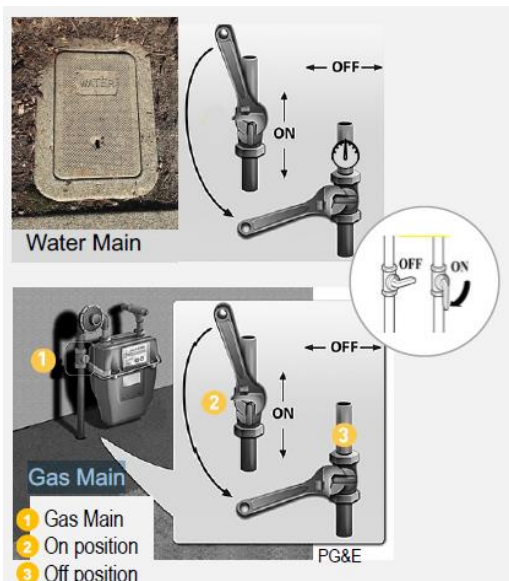
### ACTION ITEMS for June.

#### Familiarize yourself and your family with:

1. Water Service shut off.
2. Gas Service shut off.
3. Electrical Service shut off.

#### Stay Kit GROCERY LIST (7 of 11)

- 4 20-oz cans ready to eat soup
- 4 16-oz cans of ready-to-eat beans
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables



#### REMINDERS

- ✓ Check batteries in all smoke and CO detectors. Perform a test on each one to ensure they all work.
- ✓ Check your battery cache – replace or replenish. Store with silica bags.
- ✓ Replenish your first-aid kit.



# August 2024

## Digital Preparedness

Rebuilding your life after a disaster will be stressful and challenging. Personal financial, insurance, medical, and other records are crucial for starting the recovery process quickly and efficiently. Take steps now to prepare for your recovery.

### **ACTION ITEMS for August.**

Copy all items to a flash drive and up to the cloud. Put the flash drive on your key ring, in your Go Bag, or ask someone out of the area you trust to hold in case of emergency. Perhaps all three?

1. Gather and scan your financial and legal records (or save the digital files).  
Examples: Mortgage payments, bank records, retirement accounts, estate planning, tax documents, titles to house and autos, etc.
2. Collect your personal and medical papers (pet info too!) Examples: Driver's license, Social Security cards, passports, birth certs, military ID, pet tags, list of medications, marriage/divorce papers, etc. Scan and save.
3. Pull together your insurance and household documents. Examples: residence address and list of occupants, mailing address, employment info, and insurance policies. Scan, and/or save digital files.
4. Prepare and save a list of all contacts including an out-of-state contact. Examples: Names and contact info of children, spouses, family, and out-of-state contacts. Photos of you, your spouse, family, and pets. Keep a paper printout of your contacts in your Stay Kit and Go Bag.

### **Stay Kit GROCERY LIST (8 of 11)**

- 8 16-oz cans fruit
- 8 13-oz cans ready to eat meat
- 8 14.5-oz cans vegetables
- 8 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans
- 4 cartons of 8-pack (12-fl oz cans) flavored water

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# September 2024

## Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month let's build your Go Bag, so you are prepared!

### **ACTION ITEMS for September.**

1. Talk with family about emergency, evacuation, and reunification plans.
2. Involve your family in preparing your Go Bags: A Go Bag should have supplies for at least 48 hours; use a backpack or duffle bag. Store your bags in an easily accessible place.
3. Have extra water in your vehicles.

### **Go Bag List**

- list of emergency contacts – include your out-of-state contact
- important papers etc. Keep papers in the water-proof pouch or on a flash drive
- warm weather-resistant jacket
- pair of sturdy shoes and warm socks
- energy bars, trail mix, jerky, etc.
- phone charger and cord
- money in small denominations: \$1s, \$5s, \$10s.
- a hat and gloves
- long sleeve shirt.

### **FIRST AID KIT**

- aspirin/acetaminophen
- adhesive bandages
- medications needed for 2-4 weeks
- hand sanitizer & disinfecting wipes
- roller bandages
- tweezers

### **What items to grab and go**

- ✓ personal computer, cord/charger
- ✓ FMS radios and extra batteries
- ✓ your pet's Go Bag
- ✓ portable charger – keep it charged!
- ✓ your keys, wallet, and cell phone

### **Stay Kit 'Camp-at-Home' LIST**

- long pants
- a knife/multi-tool
- a lighter or waterproof matches
- extra house and car keys
- water (store extra in your vehicles)
- small flashlight, extra batteries
- emergency blankets
- first-aid kit
- books, stuffed toys for children
- battery-powered AM/FM radio and extra batteries
- whistle

- exam gloves
- cold compress
- absorbent dressing
- antiseptic ointment
- personal toiletry items

# October 2024

## Earthquake Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month let's build your Go Bag, so you are prepared!

### ACTION ITEMS for October.

1. Practice Drop, Cover, and Hold On! Practice with your household.
2. Identify safe spots in every room – such as desks or tables.
3. Secure your space! using tips from Earthquake Country.org. Secure bookcases, TVs, artwork, top-heavy items, and secure smaller items with museum wax or Quake Hold.
4. Participate in National Shake Out Day – the third Thursday in October.

### Stay Kit GROCERY LIST (9 of 11)

- 8 16-oz cans fruit
- 8 13-oz cans ready to eat meat
- 8 14.5-oz cans vegetables
- 8 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans
- 8 16-oz cans ready to eat beans

*Preparedness Calendar is for a family of 4 and 1 pet. - adjust to your needs.*

### REMINDERS

Offshore winds happen in Fall and Winter in Oklahoma. Be alert to Red Flag Warnings. A Red Flag Warning means warm temperatures, very low humidity, and stronger winds are expected to combine to produce an increased risk of fire danger. Check your Go Bags now. Stay alert. Stay safe.



# November 2024

## Holiday Safety

If you plan to travel during the holidays, be sure to check weather forecasts, avoid driving in bad weather, and be sure to have your Emergency Car Kit. When cooking, be mindful of fire risks.

### **ACTION ITEMS for November.**

1. Prepare an Emergency Car Kit.
2. Check expiration dates on your perishable items and replenish your food cache.
3. Test your smoke alarms and review your home fire escape plan.
4. Practice safe kitchen habits: Stay in the kitchen when using the stovetop. Use timers to remind you of cooking times for the oven and stovetop. Never use water to put out a cooking fire. Cover, use an extinguisher or baking soda to put out a fire.

### **Stay Kit GROCERY LIST (10 of 11)**

- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- 4 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans

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### **EMERGENCY KIT FOR YOUR CAR**

In addition to the items you used to build your Go Bag, add these:

- Flares, blinking safety lights, or reflective triangle
- Cat litter or sand for better traction in snow and ice
- Jumper cables or portable battery pack
- Car cell phone charger
- Maps
- Blanket
- Ice scrap

# December 2024 *Be Merry and Safe*

Winter holidays are a fun time in our communities but may pose additional risks. Following a few simple tips will help us all have a safe holiday season.

## **ACTION ITEMS for December.**

1. Put a fire extinguisher in your kitchen.
2. Build a support network. Talk with your neighbors about their needs and yours.
3. Discuss disaster plans with household, family, and caregivers. If you or a household member have special needs, plan for skilled helpers to assist with evacuations.
4. Share keys with trusted friends to rescue your pets.

## **Stay Kit GROCERY LIST (11 of 11)**

- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- 4 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans

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- ✓ Choose decorations that are flame-resistant or flame-retardant. CERT Basic Training
- ✓ Replace any string of lights with worn cords. Check for indoor or outdoor use.
- ✓ Make sure that indoor holiday trees do not block exits and are at least three feet from any heat sources such as fireplaces, radiators, space heaters, candles, or vents.
- ✓ Ask smokers to smoke outside.
- ✓ Keep matches and lit candles away from children and pets.
- ✓ Use clips, not nails, to hang cords so the cords do not get damaged.
- ✓ Always sleep with your bedroom door closed. This simple act may buy you and your household time to escape a house fire.

In less than 30 seconds a small flame can turn into a major fire. “Today, with the prevalence of synthetic materials in the home, occupants have roughly 2 to 3 minutes to get out. Plan—what are your escape routes out of your home? Practice using them.