

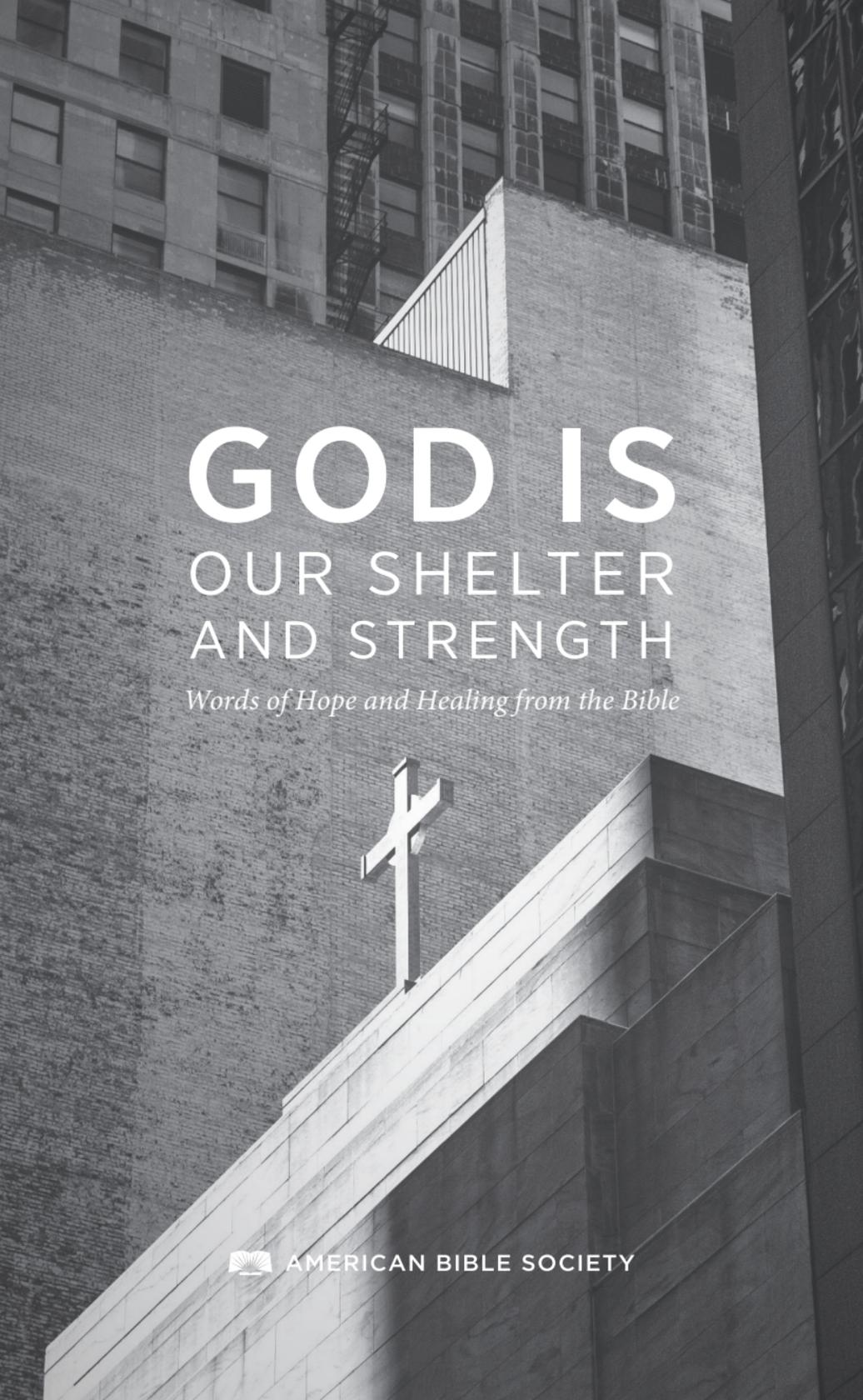


# GOD IS OUR SHELTER AND STRENGTH

*Words of Hope and Healing from the Bible*



AMERICAN BIBLE SOCIETY



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## **God Is Our Shelter and Strength**

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## Introduction

Natural disasters—such as hurricanes, earthquakes, floods, fires, tornadoes—often strike without warning. Acts of political terrorism can be just as surprising, changing your life in an instant. The shock, fear and sense of outrage can be overwhelming, leaving you feeling completely helpless and abandoned.

In the midst of devastation and loss, be assured that God is with you—loving you and caring for you, “always ready to help in times of trouble” (Psalm 46.1). This Scripture booklet contains passages from the Bible—words of comfort, hope and assurance—from which you can draw strength as you begin the process of rebuilding your life and community. Trust in the Lord for help and find your strength renewed.



## Practical Tips

You've just been through a terrible disaster. Right now you probably have an overwhelming number of questions and feelings running through your mind. The following tips will help you address the practical questions you have about what steps you need to take now to recover. Remember that God is with you:

I am the LORD your God.  
I am holding your hand, so don't be afraid.  
I am here to help you.

*Isaiah 41:13*

### During the first 72 hours

- Assemble your family and stay together.
- Check your family for injuries. Apply first aid. **Do not move seriously injured people unless they are in immediate danger.**
- Evaluate your situation and begin taking appropriate actions.
- Put on hard-soled shoes and work gloves to protect yourself from debris.
- Look for hazards such as gas and water leaks, damaged wiring, and broken glass.
- Use flashlights, not candles and matches, since flammables may be present.

- Inspect building for damage and structural hazards. Do not go in if it appears unsafe.
- Assess what emergency supplies you have on hand and determine priority needs.
- Turn off the power to building at the main breaker.
- Turn off the gas supply, if one exists.
- Listen to the radio or TV and stay tuned for advice.
- Follow safety instructions for drinking water, driving, evacuating.
- Check on your neighbors and lend others a hand (elderly, etc.).
- Avoid power lines and broken gas lines.
- Report these immediately so they can be serviced.
- Use your phone only for emergency. Call emergency services (911, police, hospital, etc.) **only** if you actually need assistance.
- Do not go sight-seeing in disaster areas.
- Do not enter restricted areas.

911 may be busy or out of service due to the disaster. Stay calm and try again. Public pay phones may work.

If your home is not severely damaged, make provisions to stay there.

Pay close attention to weather conditions. Be aware of your body in weather, stay dry, and try to prevent hypothermia or overheating.

## Water

Boiling water is the preferred way to purify water. Let water fully boil for one minute. Cool before drinking.

If boiling is not an option, use pure chlorine bleach. Add ¼ teaspoon (1.5 ml) or 16 drops to each gallon. Shake or stir, then let stand for 30 minutes. A slight chlorine taste and smell is normal. If you don't have running water, water heaters are a good source for water. You can use the drain valve to fill containers; this should give 30-60 gallons of water.

## Food

Cook and use all perishable foods first. Use a hand can opener for canned goods. **Do not use gas grills indoors.**

## Housing

Make temporary repairs to the house to prevent further damage. Cover the roof with plastic to stop leaks.

### **Within 3–5 Days After the Disaster**

Remember to contact the following people/ organizations to make them aware of your situation.

- Insurance companies
- Loved ones
- Local or federal agencies
- Your church

**Be mindful of your medical needs. Make sure you gather or replace needed medical items right away, including:**

- Prescriptions
- Oxygen
- Nebulizer
- Etc.

**Begin to locate or replace:**

- Birth certificates
- Photo ID's
- Medical records
- Prescriptions
- Ownership (property) documents
- Banking information (account numbers, credit card numbers, etc.)
- Insurance papers
- Wills

Volunteer with relief organizations to help pass the time. Lean on God for comfort, healing, and strength. In the same way God comforts you, you can give comfort and help to those who are experiencing similar hardships. You can share what you are feeling with others. Giving and receiving comfort can ease your burden and provide you and others in your community with hope, encouragement, and the strength to endure.

The apostle Paul, in writing to the Corinthians, said:

Praise God, the Father of our Lord Jesus Christ! The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share this same comfort with others in trouble. We share in the terrible sufferings of Christ, but also in the wonderful comfort he gives. We suffer in the hope that you will be comforted and saved. And because we are comforted, you will also be comforted, as you patiently endure suffering like ours. You never disappoint us. You suffered as much as we did, and we know that you will be comforted as we were.

*2 Corinthians 1:3-7*



God  
Understands  
Your **Fears**  
and Your  
**Anger**

*Many psalms express the fear, anger, sense of helplessness and abandonment that you may be feeling now.*

## **Why Have You Rejected Me, Lord God?**

I pray to you, Lord God,  
and I beg you to listen.  
In days filled with trouble,  
I search for you.  
And at night I tirelessly  
lift my hands in prayer,  
refusing comfort.  
When I think of you,  
I feel restless and weak.  
Because of you, Lord God,  
I can't sleep.  
I am restless  
and can't even talk.  
I think of times gone by,  
of those years long ago.  
Each night my mind  
is flooded with questions:  
"Have you rejected me forever?  
Won't you be kind again?  
Is this the end of your love  
and your promises?  
Have you forgotten  
how to have pity?  
Do you refuse to show mercy  
because of your anger?"  
Then I said, "God Most High,  
what hurts me most

is that you no longer help us  
with your mighty arm.”

*Psalm 77:1-10*

## **Do Something, Lord!**

Wake up! Do something, Lord!  
Why are you sleeping?  
Don't desert us forever.  
Why do you keep looking away?  
Don't forget our sufferings  
and all of our troubles.  
We are flat on the ground,  
holding on to the dust.  
Do something! Help us!  
Show how kind you are  
and come to our rescue.

*Psalm 44:23-26*

## **I Call Out to You, Lord, for Mercy**

Our LORD, you are the friend  
of your worshipers,  
and you make an agreement  
with all of us.  
I always look to you,  
because you rescue me  
from every trap.  
I am lonely and troubled.  
Show that you care  
and have pity on me.  
My awful worries keep growing.  
Rescue me from sadness.  
See my troubles and misery

and forgive my sins.  
Look at all my enemies!  
See how much they hate me.  
I come to you for shelter.  
Protect me, keep me safe,  
and don't disappoint me.  
I obey you with all my heart,  
and I trust you, knowing  
that you will save me.

*Psalm 25:14-21*

## **I Call Out to You, Lord, for Guidance**

Please hurry, LORD,  
and answer my prayer.  
I feel hopeless.  
Don't turn away  
and leave me here to die.  
Each morning let me learn  
more about your love  
because I trust you.  
I come to you in prayer,  
asking for your guidance.  
Please rescue me  
from my enemies, LORD!  
I come to you for safety.  
You are my God.  
Show me what you want me to do,  
and let your gentle Spirit  
lead me in the right path.

*Psalm 143:7-10*

## The Lord Will Fill You with Hope

*Like the people of Judah, whose homes and cities were destroyed, put your hope and trust in the Lord.*

I tell myself, "I am finished!  
I can't count on the LORD  
to do anything for me."  
Just thinking of my troubles  
And my lonely wandering  
makes me miserable.  
That's all I ever think about,  
and I am depressed.  
Then I remember something  
that fills me with hope.  
The LORD 's kindness never fails!  
If he had not been merciful,  
we would have been destroyed.  
The LORD can always be trusted  
to show mercy each morning.  
Deep in my heart I say,  
"The LORD is all I need;  
I can depend on him!"

*Lamentations 3:18-24*

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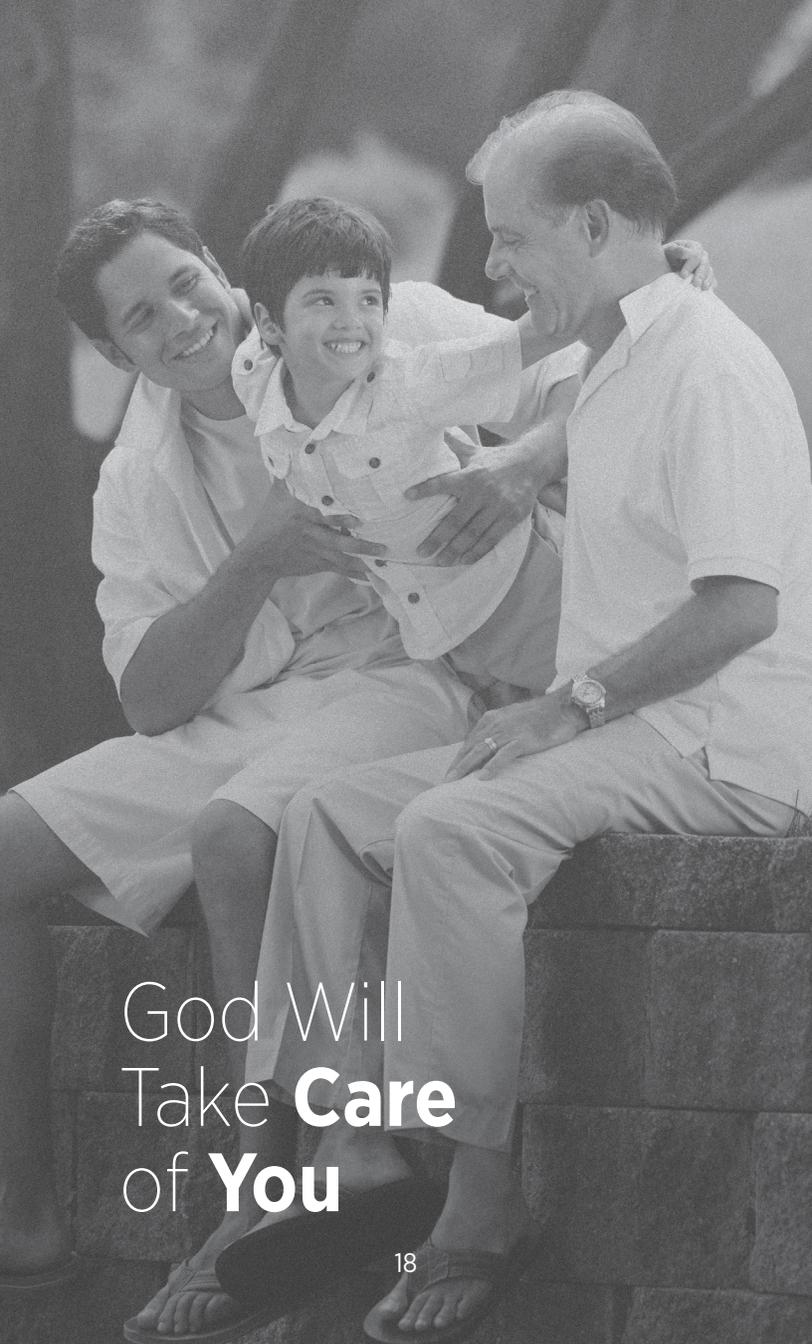
## WORDS OF ASSURANCE

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The LORD's kindness never fails!  
If he had not been merciful,  
we would have been destroyed.

*Lamentations 3:22*

*What are your fears? What are you praying for right now? Do you feel that God is protecting you? What do you and your family need most from God? Have you shared all your feelings with God in prayer?*



# God Will Take Care of You

*In the midst of your worries, God understands your needs. Jesus assured his disciples with these words,*

I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns. Yet your Father in heaven takes care of them. Aren't you worth much more than birds?

Can worry make you live longer? Why worry about clothes? Look how the wild flowers grow. They don't work hard to make their clothes. But I tell you that Solomon with all his wealth wasn't as well clothed as one of them. God gives such beauty to everything that grows into the fields, even though it is here today and thrown into a fire tomorrow. God will surely do even more for you! Why do you have such little faith?

Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" Only people who don't know God are always worrying about such things. Your Father in heaven knows you need all of these. But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well.

Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

*Matthew 6:25-34*

## The Lord Will Give You Strength

You people of Israel, say,  
“God pays no attention to us!  
He doesn’t care if we are treated unjustly.”

But how can you say that?  
Don’t you know?  
Haven’t you heard?  
The LORD is the eternal God,  
Creator of the earth.  
He never gets weary or tired;  
his wisdom cannot be measured.

The LORD gives strength  
to those who are weary.  
Even young people get tired,  
then stumble and fall.  
But those who trust the LORD  
will find new strength.  
They will be strong like eagles  
soaring upward on wings;  
they will walk and run  
without getting tired.

*Isaiah 40:27-31*

## The Holy Spirit Is Here To Help You

*The apostle Paul writes,*

I am sure what we are suffering now cannot compare with the glory that will be shown to us. In fact, all creation is eagerly waiting for God to show who his children are. Meanwhile, creation is confused, but not because it wants to be confused. God made it this way in the hope that creation would be set free from decay and would share in

the glorious freedom of his children. We know that all creation is still groaning and is in pain, like a woman about to give birth.

The Spirit makes us sure about what we will be in the future. But now we groan silently, while we wait for God to show that we are his children. This means that our bodies will also be free. And this hope is what saves us. But if we already have what we hope for, there is no need to keep on hoping. However, we hope for something we have not yet seen, and we patiently wait for it.

In certain ways we are weak, but the Spirit is here to help us. For example, when we don’t know what to pray for, the Spirit prays for us in ways that cannot be put into words. All of our thoughts are known to God. He can understand what is in the mind of the Spirit, as the Spirit prays for God’s people. We know that God is always at work for the good of everyone who loves him. They are the ones God has chosen for his purpose, and he has always known who his chosen ones would be. He had decided to let them become like his own Son, so his Son would be the first of many children. God then accepted the people he had already decided to choose, and he has shared his glory with them.

*Romans 8:18-30*

## The Lord Will Teach You To Pray

*Jesus taught about prayer and trusting in God for daily needs.*

When you pray, don’t talk on and on as people do who don’t know God. They think God likes to hear long prayers. Don’t be like them. Your Father knows

what you need even before you ask. You should pray like this:

Our Father in heaven,  
help us to honor  
your name.

Come and set up  
your kingdom,  
so that everyone on earth  
will obey you,  
as you are obeyed  
in heaven.

Give us our food for today.  
Forgive us for doing wrong,  
as we forgive others.

Keep us from being tempted  
and protect us from evil.

*Matthew 6:7-13*

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## WORDS OF ASSURANCE

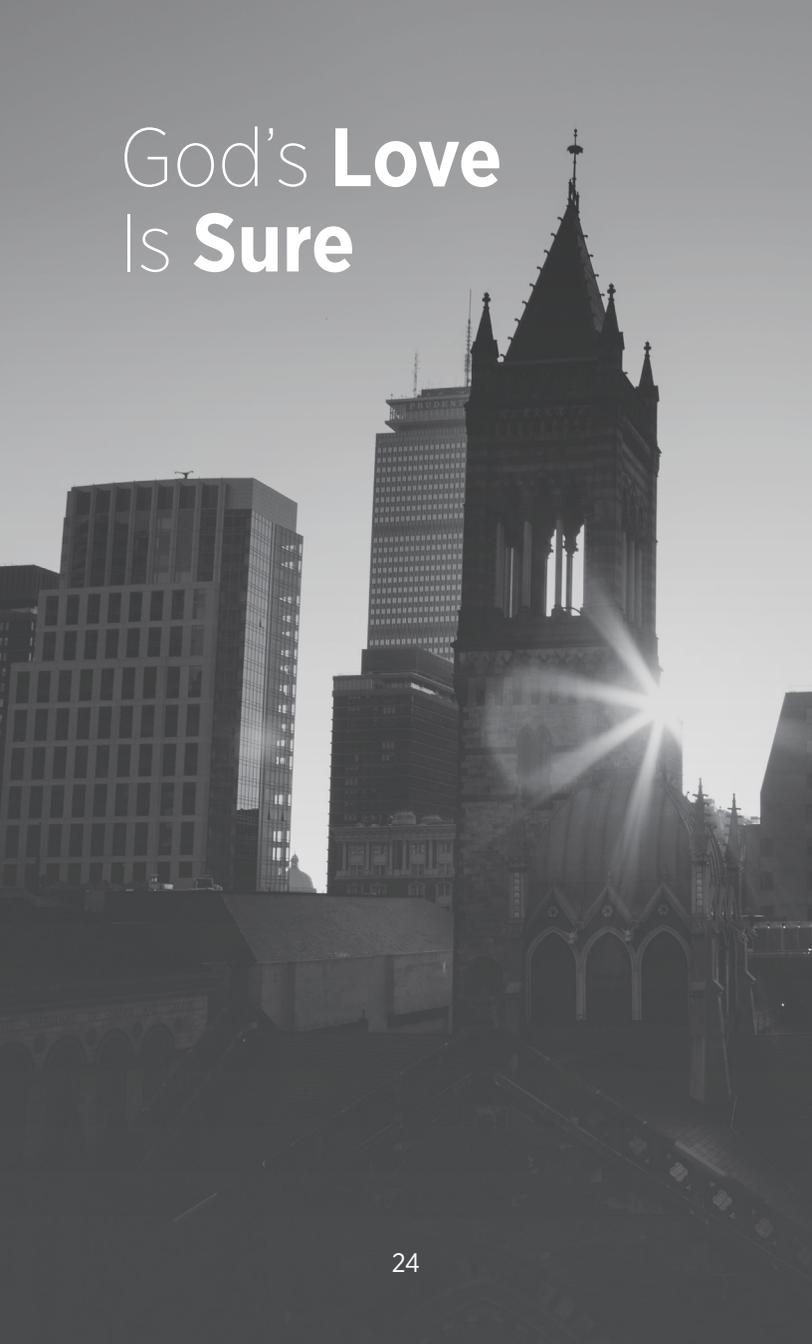
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We hope for something we have not yet seen, and we patiently wait for it.

*Romans 8:25*

*What do you need to help you get through today?  
Do you truly believe that God cares for you more than  
for the birds in the sky? In what do you place your  
hope? Is this an easy time for you to pray to God?*

# God's Love Is Sure



*Many psalms are songs of praise and thanksgiving for the assurance of God's steadfast love.*

## **God Is with You**

God is our mighty fortress,  
always ready to help  
in times of trouble.

And so, we won't be afraid!

Let the earth tremble  
and the mountains tumble  
into the deepest sea.

Let the ocean roar and foam,  
and its raging waves  
shake the mountains.

A river and its streams  
bring joy to the city,  
which is the sacred home  
of God Most High.

God is in that city,  
and it won't be shaken.

He will help it at dawn.

Nations rage! Kingdoms fall!

But at the voice of God  
the earth itself melts.

The LORD All-Powerful  
is with us.

The God of Jacob  
is our fortress.

Come! See the fearsome things  
the LORD has done on earth.

God brings wars to an end  
all over the world.

He breaks the arrows,  
shatters the spears,  
and burns the shields.  
Our God says, "Calm down,  
and learn that I am God!  
All nations on earth  
will honor me."  
The LORD All-Powerful  
is with us.  
The God of Jacob  
is our fortress.

*Psalm 46*

## **God Keeps You Safe**

Only God gives inward peace,  
and I depend on him.  
God alone is the mighty rock  
that keeps me safe,  
and he is the fortress  
where I feel secure.  
God saves me and honors me.  
He is that mighty rock  
where I find safety.  
Trust God, my friends,  
and always tell him  
each one of your concerns.  
God is our place of safety.

*Psalm 62:5-8*

## **God Is Your Provider**

Our LORD you keep your word  
and do everything you say.  
When someone stumbles or falls,  
you give a helping hand.  
Everyone depends on you,  
and when the time is right,  
you provide them with food.  
By your own hand you satisfy  
the desires of all who live.

*Psalm 145:13B-16*

## **God's Love Is Faithful**

Your love is faithful, LORD,  
and even the clouds in the sky  
can depend on you.  
Your decisions are always fair.  
They are firm like mountains,  
deep like the sea,  
and all people and animals  
are under your care.  
Your love is a treasure,  
and everyone finds shelter  
in the shadow of your wings.  
You give your guests a feast  
in your house,  
and you serve a tasty drink  
that flows like a river.  
The life-giving fountain  
belongs to you,  
and your light gives light  
to each of us.

*Psalm 36:5-9*

## Nothing Can Separate Us from God's Love

*The apostle Paul tells those facing hardships,*

If God is on our side, can anyone be against us? God did not keep back his own Son, but he gave him for us. If God did this, won't he freely give us everything else? If God says his chosen ones are acceptable to him, can anyone bring charges against them? Or can anyone condemn them? No indeed! Christ died and was raised to life, and now he is at God's right side, speaking to him for us. Can anything separate us from the love of Christ? Can trouble, suffering, and hard times, or hunger and nakedness, or danger and death? It is exactly as the Scriptures say,

“For you we face death all day long.  
We are like sheep on their way  
to be butchered.”

In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love—not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord!

*Romans 8:31B-39*

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## WORDS OF ASSURANCE

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Our LORD, you keep your word  
and do everything you say.  
When someone stumbles or falls,  
you give a helping hand.

*Psalm 145:13B,14*

*Reflect on all the images of God and God's love you can find in these passages (such as mighty fortress, a treasure) as well as words that describe God (such as faithful, loving). How do these images and descriptions make you feel toward God? Do you feel God is helping you now? How and in what ways? At what times do you feel most separated from God? Can you claim God's promise that nothing can separate you from his love?*



# God Makes All Things New

*Like the people of Judah who had lost their homes,  
you can draw hope and comfort from the words of the  
prophet Isaiah.*

## **Watch for Something New**

Forget what happened long ago!

Don't think about the past.

I am creating something new.

There it is! Do you see it?

I have put roads in deserts,  
streams in thirsty lands.

Every wild animal honors me,  
even jackals and owls.

I provide water in deserts—  
streams in thirsty lands

for my chosen people.

I made them my own nation,  
so they would praise me.

*Isaiah 43:18-21*

## **God's New Creation Awaits You**

I am creating new heavens

and a new earth;

everything of the past

will be forgotten.

Celebrate and be glad forever!

I am creating a Jerusalem,

full of happy people.

I will celebrate with Jerusalem

and all of its people;

there will be no more crying

or sorrow in that city.

No child will die in infancy;  
everyone will live  
a very long life.  
Anyone a hundred years old  
will be considered young;  
and to die younger than that  
will be considered a curse.

My people will live  
in the houses they build;  
they will enjoy the grapes  
from their own vineyards.

No one will take away  
their homes or vineyards.

My chosen people will live  
to be as old as trees,  
and they will enjoy  
what they have earned.

Their work won't be wasted,  
and their children won't die  
of dreadful diseases.

I will bless their children  
and their grandchildren.

I will answer their prayers  
before they finish praying.

Wolves and lambs  
will graze together;

Lion and oxen  
will feed on straw.

Snakes will eat only dirt!  
They won't bite or harm anyone  
on my holy mountain.

I, the LORD, have spoken!

*Isaiah 65:17-25*

## **God Will Comfort and Heal You**

*Lean on God for comfort, healing and strength. In the same way God comforts you, you can give comfort and help to those who are experiencing similar hardships. You can share what you are feeling with others.*

*Giving and receiving comfort can ease your burden and provide you and others in your community with hope, encouragement and the strength to endure.*

Praise God, the Father of our Lord Jesus Christ! The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share this same comfort with others in trouble. We share in the terrible sufferings of Christ, but also in the wonderful comfort he gives. We suffer in the hope that you will be comforted and saved. And because we are comforted, you will also be comforted, as you patiently endure suffering like ours. You never disappoint us. You suffered as much as we did, and we know that you will be comforted as we were.

*2 Corinthians 1:3-7*

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## WORDS OF ASSURANCE

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I am creating new heavens  
and a new earth;  
everything of the past  
will be forgotten.

*Isaiah 65:17*

*What new things do you see happening around you?  
What gives you hope? Can you sense God's presence in  
what is taking place?*



Trust  
in **God**

## **The Lord Is Our Fortress**

The LORD is my fortress!

Don't say to me,

"Escape like a bird  
to the mountains!"

You tell me, "Watch out!

Those evil people have put  
their arrows on their bows,  
and they are standing  
in the shadows,

aiming at good people.

What can an honest person do  
when everything crumbles?"

The LORD is sitting  
in his sacred temple  
on his throne in heaven.

He knows everything we do  
because he sees us all.

The LORD tests honest people,  
but despises those  
who are cruel  
and love violence.

He will send fiery coals  
and flaming sulfur  
down on the wicked,  
and they will drink nothing  
but a scorching wind.

The LORD always does right  
and wants justice done.

Everyone who does right  
will see his face.

## The Lord Is Our Fortress

Live under the protection  
of God Most High  
and stay in the shadow  
of God All-Powerful.  
Then you will say to the LORD,  
“You are my fortress,  
my place of safety;  
you are my God,  
and I trust you.”

*Psalms 91:1,2*

In times of trouble he will shelter me;  
he will keep me safe in his Temple  
and make me secure on a high rock.

*Psalms 27:5*

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## WORDS OF ASSURANCE

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I am creating something new.

There it is! Do you see it?

*Isaiah 43.19*

*Even at our most difficult times, God promises never to leave us. In fact, he assures us that even out of the rubble something new can emerge. The question is, do you see it?*

*What places around you do you see signs of hope? Where do you see God's hand at work bringing hope and healing?*

*God is at work all around you. Take a moment to consider your journey and look for the budding signs of growth and change. It is those things- small as they may be- that are the evidence of a God who always keeps his promises!*



## Practical Applications for Future Emergencies

Disasters can happen suddenly, without warning. There are things you can do now and in the coming weeks and months to help protect yourself in the event that another disaster should strike in your area. Following these few simple tips will help you survive. Trust in God who is watching over you.

You are my hiding place! You protect me from trouble,

and you put songs in my heart

because you have saved me.

You said to me, “I will point out the road

that you should follow.

I will be your teacher and watch over you.”

Your kindness shields those who trust you, Lord.

*Psalm 32:7, 8, 10b*

### Extreme Heat

- Drink plenty of water regularly.
- Slow down. Avoid strenuous activity. If you must be active, do it during the coolest part of the day.
- Stay indoors as much as possible. If you have no air conditioning, stay on the lowest floor out of the sun or visit a public building with air conditioning or a cooling station.

## Lightning

- Go inside for protection immediately.
- Stay away from windows, water, faucets, bathtubs, and telephones.
- Turn off and unplug televisions, computers, and other appliances.
- If outside, stay away from tall trees, open fields or water, bicycles, golf clubs, tractors, fences, and other metal objects.
- If in a hardtop car, stay put.

## Emergency weather watches and warnings

Emergency **WATCH** means a major emergency is possible.

- Listen to local radio or TV for advice.
- Have a disaster supply kit ready.
- Meet with family and discuss your emergency plan.
- Be prepared to act if an Emergency **WARNING** is issued.

Emergency **WARNING** means a major emergency is approaching.

- Stay tuned to local radio or TV.
- Keep family together and review emergency plan.

- Take appropriate action immediately (e.g., take shelter, evacuate, etc.)

## Winter Storms

### If indoors

- Listen to local radio or TV.
- Stay indoors and dress warmly.
- Close off unused rooms.
- Conserve fuel.
- If pipes freeze, remove insulation and wrap pipes in rags.
- Completely open all faucets and pour hot water over pipes.

### If outdoors

- Dress in warm, loose fitting, layered, light-weight clothing.
- Outer garments should be tightly woven and water repellent.
- Mittens are warmer than gloves.
- Stretch before you go out.
- Protect lungs from extreme cold air by covering your mouth and nose.
- Watch for frostbite and hypothermia. Keep dry. If wet, change clothes.

## Hurricanes

### For hurricane **WATCH**

- Listen to local radio or TV for information.
- Prepare to board up all your windows.
- Install pre-made shutter panels.
- Bring objects inside that could fly around (trash cans, toys, lawn furniture, etc.).
- Check disaster supply kit.
- Check manufactured home tie-downs.
- Keep emergency phone numbers handy.
- Fill your car with gasoline.
- Identify places where you can go if told to evacuate (i.e., friend or family's home, shelter).
- Mark a road map with two alternative routes.
- If told to evacuate, do so immediately.

### For hurricane **WARNING**

- Keep disaster kit close by.
- Stay indoors and away from windows if you are advised not to evacuate
- Be aware of the "eye of the hurricane" (calm center). This only lasts a short time. The more severe part of the storm comes just after the eye passes.

## Tornadoes

### During a Tornado

- Go to the basement, storm cellar, or the lowest level of the building. If there is no basement, go to an inner room without windows, such as a bathroom or closet.
- Listen to local radio or TV.
- Get under sturdy furniture, heavy table, or desk. Hold on to it.
- Protect head, neck and arms.
- Get away from windows.
- If in a mobile home, get out. Find safer shelter elsewhere.

### If outdoors

- If possible, get inside.
- If there is no time to get indoors, lie in a ditch or low-lying area, or crouch near a strong building.
- Be aware of flooding potential.
- Use arms to protect head and neck.

### If in a car

- Never try to out-drive a tornado. Tornadoes change direction suddenly and can lift a car up in the air.

- Get out of the car immediately and take shelter in a nearby building.
- If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the car.
- Be aware of potential flooding.

### **Chemical or Biological Agents**

Biological agents are organisms or toxins. They may cause illness, be difficult to detect, take time to grow, and cause a disease. Chemical agents are poisonous gases, liquids, and solids that cause injuries.

#### **Before an emergency**

- Determine possible hazards in your community and learn about ways you can deal with them.
- Assemble and store an emergency supply kit to have on hand in the event of the presence of chemical or biological agents.
- For more information, visit your local library or the web site for the Center for Disease Control: [www.cdc.gov](http://www.cdc.gov)

#### **During an emergency**

- If you hear a siren, turn on your radio or TV.
- Follow instructions of local officials carefully.
- Your life may depend on it.

- Do not touch, smell, or move a potential agent if found. Call 911 or the fire department.
- Move away from the area and help others leave.
- Stay upwind, uphill, and upstream.

#### **If exposed**

- After leaving the area, remove all clothing, jewelry, and eyeglasses. Seal these items in a bag.
- Wash hands, and then wash your body with soap, if available. Avoid hard scrubbing. Blot dry; don't rub.
- Minimize exposure through time by moving away quickly; distance by moving uphill, upwind, or upstream; shielding by finding shelter. Protective clothing will reduce exposure.
- Obtain medical attention immediately if affected by a chemical or biological agent.
- Some biological agents are contagious.

#### **Shelter-in-Place**

This is a method to help keep contaminated air out of your home. When advised, immediately follow these steps.

- Go inside; bring pets in, if possible.
- Seal house so contaminants cannot enter. (Close and lock windows, doors, fireplaces.

- Turn off ventilation systems such as heating, air conditioning, fans, stoves, dryer, etc. Use duct tape and plastic to seal windows, doors, vents, electrical outlets, and holes around pipes and fixtures.)
- Go to an above-ground room (not basement) with the fewest windows/doors.
- Listen to radio or TV.
- Avoid using phone, if possible.
- Unless in immediate danger, do not leave unless instructed.
- If evacuating, use routes suggested by authorities. If possible, go uphill, upwind.

### **Pet and service animal safety**

- Keep license and I.D. tags current with your telephone and out-of-town contact number.
- Make arrangements with neighbors to rescue or care for pet.
- For evacuation: keep pet on a leash and pack supplies that include food, water bowl, blanket and plastic bags for disposing of feces.
- Plan how pet will be cared for after evacuation. Pets, in contrast to service animals, may not be allowed in shelters due to health regulations.

### **Emergency Supplies Check List**

Create a disaster supply kit. Plan at least 3 days to be without water, gas, and electricity. Include:

- Flashlight with batteries
- Portable radio with batteries
- Extra batteries
- First aid handbook
- First aid kit: gauze, bandages, aspirin, tape scissors, disinfectants, antiseptics, latex gloves, nonprescription medications.
- Prescription medications for at least 7 days
- Medical/special needs equipment (identify and keep handy)
- Plastic garbage bags, chlorine, shovel for personal waste
- Important documents. Keep together in a safe place. Store originals in a safety deposit box
- Household inventory, ownership, birth certificates
- Important numbers (credit cards, banking, licenses, etc.)
- Nonperishable food for 3 days—1 to 3 pounds per person per day of dried fruit, boxed (long shelf life) milk, canned tuna, stew, soup, beans, canned fruit juice, nuts, and graham crackers

- Water—3 to 6 gallons per person (1 to 2 gallons per person per day for at least 3 days)
- Manual can opener and utensils
- Cooking tools: camp stove or grill, fuel, charcoal, matches
- Fire extinguisher (ABC Type)
- Smoke detector and fire alarms
- Whistle to blow if trapped or threatened
- Adjustable wrench for gas valve (10")
- Other tools: duct tape, signal flare, knife, axe, shovel, crowbar (30" – 36"), etc.
- Special needs equipment (e.g., oxygen tank, manual wheelchair, etc.)
- Money: small bills, quarters (ATMs may not work)
- Special items for infants, pets, people with disabilities
- Warm clothing: sturdy shoes, gloves, and rain gear
- Bedding: blankets, sleeping bags, tarp, tent, etc.

Store supplies in a sturdy trash barrel, box, suitcase, storage box. Keep it in a closet, garage, or other safe place. Have a bag or backpack to carry items if you need to evacuate.

It is advisable to pack your emergency supplies in the following order:

### **Top**

- Flashlight
- Batteries
- First aid kit
- Gloves

### **Middle**

- Food

### **Bottom**

- Clothing
- Bedding

Keep water in a separate container. Label your containers.

### **Emergency items for car/work**

- Walking shoes
- Food (nonperishable)
- Water (at least 1 gallon)
- First aid kit
- Radio, flashlight and batteries
- Backpack for supplies
- Money (small bills; quarters)

- Scissors or knife
- Flares, fire extinguisher
- Car fuel (keep car at least 1/4 full)
- Emergency blanket
- Important phone numbers

## Emergency Organizations

### Federal Emergency Management Agency (FEMA)

- **Disaster Recovery Center (DRC) Locator:**  
Allows disaster survivors to search for hours, services and locations of nearby DRCs. A DRC is a readily accessible facility or mobile office where applicants may visit for information about FEMA or other disaster assistance programs, or for questions related to their cases, call 800-621-FEMA (3362) or visit <https://asd.fema.gov/inter/locator/home.htm>
- **National Emergency Family Registry and Locator System (NEFRLS):** Helps reunite families separated by a disaster. NEFRLS allows displaced individuals to register and provide information about their current location and situation, and then allows them to designate individuals (called designees) who may view their information. To register with NEFRLS or check someone's status, call 800-588-9822 or visit <https://egateway.fema.gov/inter/nefrls/home.htm>
- **Applying for Disaster Assistance:** This page provides information and guidance for disaster survivors who want to apply for assistance related to a federally declared disaster. It includes a link to complete an application for FEMA assistance,

a list of items you need when you apply for FEMA assistance, and the phone number for FEMA if you cannot complete an application online. If you need immediate assistance call 911. Visit <https://www.fema.gov/apply-assistance>

- **Contributions Hotline:** Coordinates donations of goods and services. Call 1-800-440-6728

### **American Red Cross**

Provides a variety of emergency services from temporary shelters to relief supplies, food, first aid and mental health services. Call 1-800-HELP-NOW or visit [www.redcross.org](http://www.redcross.org)

### **Salvation Army**

Disaster relief efforts focusing on seven core services: training, food service, emotional/spiritual care, communications, social services and disaster recovery support. Call 1-800-SAL-ARMY or find your local disaster director by visiting <http://disaster.salvationarmyusa.org/aboutus/?contactus>

## Notes



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