



TOWN OF HARRISBURG FIRE DEPARTMENT

6450 Morehead Road, Harrisburg North Carolina 28075

Phone: 704-455-3574 Fax 704-455-6391

www.harrisburgfd.com



Harrisburg Fire Department Emergency & Disaster Preparedness Tips

Family Emergency Preparedness & Disaster Plan helpful tips & suggestions

Hello and thank you for your interest in emergency and disaster preparedness. Everyone here at Harrisburg Fire Department hopes that this information will aid you and your family whenever an incident may arise.

If you have any questions or would like to speak to a Fire Life Safety Educator please feel free to call or visit us. We are here to serve and assist you

Harrisburg Fire Station #1 is located at 6450 Morehead Rd in Harrisburg NC
Harrisburg Fire Station # 2 is located at 9650 Rocky River Rd in Harrisburg NC

Important phone numbers:

911 - Emergency only

704-920-3000 – Cabarrus County Sheriff Department (Fire & Police Communications)

704-920-2121 – Cabarrus County Emergency Management & Fire Marshall Office

704-455-3574 – Harrisburg Fire Department (Information Only)

800-222-1222 - Poison Control Center

You may not have much time to act when a disaster or an emergency strikes. Now is the time to prepare in case of an emergency or disaster.

Learn how to protect yourself and your family and cope with disaster by planning ahead. Here are some ideas and suggestions that will help you get started. Discuss these ideas with your family, and then prepare and emergency plan. It would be helpful to post the plan where everyone will see it and make sure everyone is familiar with the plan.

For additional information about how to prepare for emergency or disaster in your community contact your local Emergency Management Office, Fire Department or your local American Red Cross chapter.

- Find out which disasters could occur in your area and ask how to prepare for each type of disaster.
- Ask how you would be warned of an emergency and learn your community's evacuation routes.



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- Ask about special assistance for elderly or disabled persons
- Also ask your employer about emergency plans also learn about emergency plans for your children's school or day care center.

Emergency Planning

Where will you and your family be when disaster strikes? They could be anywhere – at work, school, or in the car.

How will you find each other? Will you know if your children and other family members are safe?

Families can and do cope with disaster by preparing in advance and working together as a team. Follow the steps outlined below to create your family's emergency plan. Knowing what to do is your best protection and your responsibility.

Helpful Hints for creating an Emergency Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and other emergencies to children.

Plan to share responsibilities and work together as a team.

- Discuss the types of disaster that are most likely to happen. Explain what to do in each case.
- Find the safe spots in your home for each type of disaster.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off utilities when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how to call 911.
- Instruct household members to turn on the radio for emergency information.
- Take a basic first aid and CPR class.
- Keep family records and other important records in a water / fireproof container.
- Pick two places to meet:
 - Right outside your home in case of sudden emergency such as a fire



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- Outside your neighbors house or neighborhood in case you can't return home
- Make sure everyone knows the address and phone number.
- Ask and out of state friend or relative to be your family contact. After a disaster, it is often easier to call long distance. Other family members should call this person and tell them where they are and how they are. Everyone must know your family contact's phone number.
- Discuss what to do in an evacuation.
- Plan how to take care of your pets.

Create a Escape Plan

In a fire or other emergency, you may need to evacuate you house, apartment or mobile home on a moment's notice, so you must be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence Use a black or blue pen to show the location of doors, windows, stairways and large furniture.

Indicate the location of emergency supplies (disaster supply kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points.

Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire or other incident; this will be your "meeting place".

In your escape plan be sure to include important points outside, such as garages, patios, stairways, elevators, driveways and porches. If you home has more than two floors, use an additional sheet of paper for each floor.

Practice emergency evacuation drills with all household members at least two times each year.

Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Have defective electrical wiring and leaky gas connection's repaired.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang picture and mirrors away from beds and walkways.



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- Secure or strap the water heater to wall studs.
- Have cracks in ceilings or foundations repaired.
- Store weed killer, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in cover metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

If an Evacuation is needed

Should you need to evacuate your home please consider the following:

- Listen to a battery powered radio for the location of the emergency shelters.
- Follow the instructions of local officials.
- Wear protective clothing and sturdy shoes.
- Take your disaster supply kit.
- Lock your home.
- Secure your pets.
- Use travel routes specified by local officials.

If you are sure you have time

- Shut off water, gas, and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

Disasters happen anytime and anywhere. When a disaster strikes, you may not have much time to respond.

A highway spill of hazardous material could mean instant evacuation.

A winter storm could confine your family at home. A flood, tornado or any other disaster could cut off basic services – gas, water, electricity and telephones for days.

After a disaster, local officials and relief workers will be on the scene, however they can't reach everyone immediately **SO BE PATIENT!**



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You could get help in minutes, hours or it may take days depending on the severity, but be assure and also be aware local officials are working diligently to get to your home or area **SO BE PATIENT!**

Once a disaster hits, you won't have time to shop or search for supplies, but if you've gathered supplies in advance you are one step ahead of the game and your family can endure an evacuation or home confinement.

Neighbors Helping Neighbors

Cabarrus County , especially in the Harrisburg Community, are always willing to help out a neighbor when the time arises by working together to save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives.

If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. It would be beneficial for your neighborhood to invite the local authorities (Fire, Police, EMS, and Emergency Management) to your meetings. These agencies are trained for different types of incidents and can offer suggestions to your disaster plan.

Know your neighbors special skills (medical, technical) and consider how you could help neighbors who have special needs, such as any disabled and/or elderly persons. Make plans for childcare in case parents can't get home.

Children and Disaster

Children may respond to disaster by demonstrating increased anxiety or emotional and behavioral problems.

Some younger children may return to earlier behavior patterns, such as bed-wetting and separation anxiety. Older children may react to physical and emotional disruptions with aggression or withdrawal. Even children who have only indirect contact with the disaster may have unresolved feelings.

In most cases, such responses are temporary. As time passes, symptoms usually ease. However, high winds, sirens or other reminders of the emotions associated with the disaster may cause anxiety to return.

Children imitate the way adults cope with emergencies. They can detect adults' uncertainty and grief. Adults can make disasters less traumatic for children by maintaining a sense of control over the situation. The most assistance you can provide a child is to be calm, honest and caring.

A Child's Reaction to disaster by age

Below are some common physical and emotional reactions in children after a disaster or traumatic event:



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- **Birth - two years:** When children are pre-verbal and experience a trauma, they do not have the words to describe the event or their feelings. However, they can retain memories of particular sights, sounds or smells. Infants may react to trauma by being irritable, crying more than usual, or wanting to be held and cuddled. As children get older, their play may involve acting out elements of the traumatic event that occurred several years in the past and was seemingly forgotten.
- **Preschool - two to six years:** Preschool children often feel helpless and powerless in the face of an overwhelming event. Because of their age and small size, they lack the ability to protect themselves or others. As a result, they feel intense fear and insecurity. Preschoolers cannot grasp the concept of permanent loss. They see consequences as being reversible. In the weeks following a traumatic event, preschoolers' play activities may involve aspects of the event. They may reenact the incident or the disaster over and over again.
- **School age - eight to ten years:** The school-age child has the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually. This preoccupation can interfere with the child's concentration at school and academic performance may decline. School-aged children may display a wide range of reactions - guilt, feelings of failure, anger that the event was not prevented or fantasies of playing rescuer.
- **Pre-adolescence to adolescence - 11 to 18 years:** As children grow older, their responses begin to resemble adults' reaction to trauma. They combine some more childlike reactions with others that seem more consistent with adult reactions. Survival of trauma can be equated with a sense of immortality. A teenager may become involved in dangerous, risk-taking behavior, such as reckless driving or alcohol or drug use. In contrast, a teenager can become fearful of leaving home. Much of adolescence is focused on moving out into the world. After a trauma, the world can seem dangerous and unsafe. A teenager may feel overwhelmed by intense emotions, and yet feel unable to discuss them with relatives.

Meeting the Childs Emotional Needs

Children usually take their lead in a situation by reading the emotions of adults. Adults should share their true feelings about the incident, but maintain a sense of calm for the child's sense of well-being.

Listen to what the child is saying. If a young child is asking questions about the event, answer them simply without the elaboration needed for an older child or adult. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened.

Try to understand what is causing anxieties and fears. Be aware that following a disaster, children are most afraid that:

- The event will happen again.
- Someone will be killed.



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- They will be separated from the family.

- They will be left alone.

Reassure children with compassion and understanding. Suggestions to help:

- Hug and touch your children.

- Calmly and firmly provide factual information about the recent disaster.

- Encourage your children to talk about their feelings. Be honest about your own.

- Spend extra time with your children at bedtime.

- Re-establish a schedule for work, play, meals and rest.

- Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.

- Encourage your children to help develop a family disaster plan.

- Make sure your children know what to do when they hear smoke detectors, fire alarms and local community warning systems such as horns or sirens.

- Praise and recognize responsible behavior.

- Understand that your children will need to mourn their own losses.

You've tried to create a reassuring environment. If your children do not respond when you follow the suggestions listed above, seek help from an appropriate professional such as the child's primary care physician, a mental health provider specializing in children's needs or a member of the clergy.



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Disaster Supply Kit

Preparing your Kit

Begin preparation of your disaster supply kit by doing the following:

- Review the checklist detailed below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy to carry container such as a large covered trash container, camping backpack or a duffle bag.

What to include in your kit

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose, break or leak.

A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

Suggestions

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- Keep at least a three day supply of water for each person in your household.

Food

Store at least a three day supply of non perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

Suggestions

- Ready to eat canned meals, fruits and vegetables
- Sugar, Salt and pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets



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- Canned juices, milk, soup (if powdered, store extra water)
- Comfort / Stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Vitamins

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

Suggestions

- Sterile adhesive bandages in assorted sizes
- 2” sterile gauze pads
- 2” sterile roller bandages
- 3” sterile roller bandages
- 4” sterile gauze pads
- Hypoallergenic adhesive tape
- Regular Band-Aids
- Triangular bandages
- Scissors
- Tweezers
- Moistened towelettes
- Assorted sizes of safety pins
- Tube of petroleum jelly or other lubricant
- Needle
- Thermometer
- Antiseptic



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- Tongue blades
- Cleansing agent / antibacterial soap
- Latex gloves
- Sunscreen

Non-Prescription drugs

- Syrup of Ipecac (use if advised by Poison Control Center)
- Activated Charcoal (use if advised by Poison Control Center)
- Antacid (for upset stomach)
- Laxative
- Anti-diarrhea medication
- Aspirin / Pain reliever
- Hand lotion

Tools and Supplies

Many household gadgets, supplies and tools become extremely useful in the event of a disaster. Consider including the following in your kit:

Suggestions

- Mess kits or paper cups, plates, plastic utensils
- Emergency preparedness manual
- Battery operated radio and or TV and extra batteries
- Cash or Travelers checks and change
- Flashlight and extra batteries
- Plastic sheeting
- Small ABC fire extinguisher



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- Non electric can opener and utility knife
- Tube tent
- Tape
- Pliers and screw driver & other basic hand tools
- Compass
- Aluminum foil
- Signal flare
- Matches in a waterproof container
- Paper, pencils
- Needles, thread
- Plastic storage containers
- Whistle

Sanitation Suggestions

- Toilet paper, towelettes
- Feminine Supplies
- Personal hygiene items
- Soap, liquid detergent
- Disinfectant
- Household bleach
- Plastic bucket with tight lid
- Plastic garbage bags & ties (for personal sanitation uses)

Clothing and Bedding



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Include at least one complete change of clothing and footwear per person, also include items listed below.

Suggestions

- Sturdy shoes or work boots
- Thermal underwear
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Sunglasses

Special Items

Remember family member with special needs, such as infants, elderly or disabled persons. Remember to include games, books and magazines for entertainment.

Suggestions for Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

Suggestions for Adults

- Medications
- Extra eye glasses
- Denture needs
- Contact lenses and supplies

Important Family Documents



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- Will, insurance policies, contracts, deeds, Stocks and bonds
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates)
- Credit card account numbers and companies
- Bank account numbers

Emergency Car Kit

When preparing an emergency car kit, include the following items:

- Battery powered radio, flashlight and extra batteries
- Blanket and extra towels
- Booster cables
- Fire extinguisher (5lb ABC Type)
- Fire aid kit and manual
- Bottled water and non perishable high energy foods such as granola bars, raisins and peanut butter, crackers
- Maps, shovel, flares
- Tire repair kit and pump or Fix a Flat