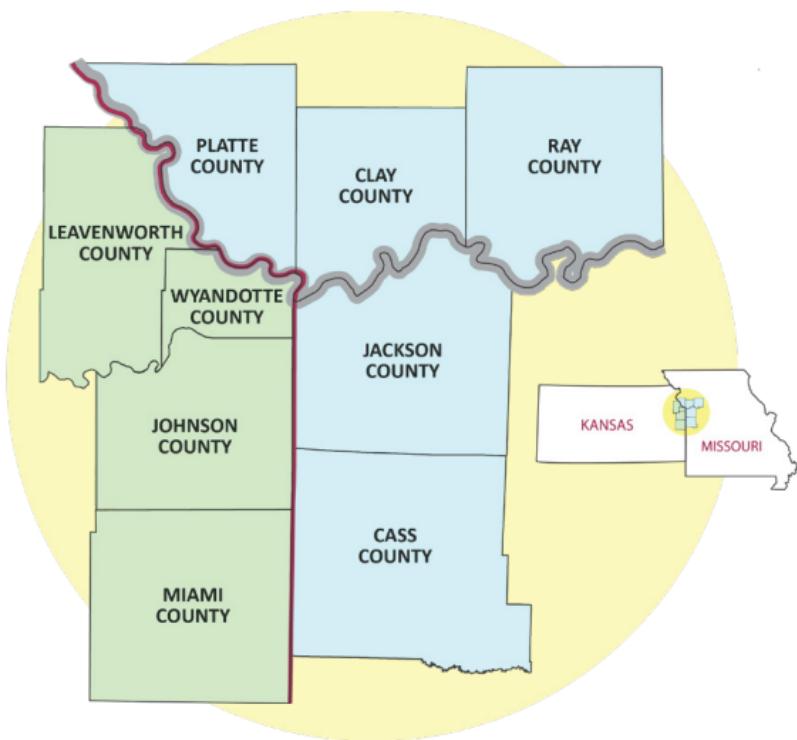




Your guide to

# EMERGENCY PREPAREDNESS

in the Greater Kansas City region



MID-AMERICA REGIONAL COUNCIL



Published in cooperation with  
the Regional Homeland Security  
Coordinating Committee

# Preparedness Starts With You!

Disasters and emergencies can happen anytime and anywhere.

Whether it's a tornado, hazardous materials spill or pandemic, the time to prepare is now. Different disasters require different preparations. A spill of hazardous material could mean immediate evacuation. A winter storm could confine your family at home. An earthquake, tornado or any other disaster could cut off basic services — gas, water, electricity and telephone — for days.

After a disaster, local officials and relief workers will not be able to reach everyone immediately. Help could come in hours, or it may take days. Will your family be ready?

You'll cope best by preparing for disaster before it strikes. In this booklet, we offer simple guidelines that will help you and your family prepare for emergencies.



The time to prepare is now — before disaster strikes.



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## Calling 911

Call 911 to stop a crime, to report a fire, to save a life — or anytime an emergency response is required by law enforcement, fire or emergency personnel. You should call 911 anytime you believe there is an actual emergency. If you are unsure, call 911 and the dispatcher will make the final determination. When you call 911, the dispatcher will ask you five basic questions:

- Where is this happening?
- When did this happen?
- What is happening now? Why?
- Who is involved?
- Is anyone injured?



If you accidentally dial 911, stay on the line and explain to the dispatcher. Otherwise the dispatcher will have to call you back.

### Call if you can, text if you can't!



Text to 911 service is available in the Kansas City metro area. While calling 911 is still the best way to report an emergency, text to 911 is useful in situations where you cannot speak safely, and is ideal for people who are deaf, hard of hearing or have difficulty speaking.

## Stay Informed

Many local jurisdictions have mass notification systems that you can use during emergencies. Learn how to access these systems at [preparemetrokc.org/stay-informed](http://preparemetrokc.org/stay-informed).

Public safety officials use many reliable systems to alert you, including:

- Mass Notification Systems.
- Wireless Emergency Alerts (WEAs).
- Emergency Alert Systems (EAS).
- NOAA Weather Radio All Hazards Radios  
NOAA radios are a useful tool to stay informed, providing constant, up-to-date weather information. During severe weather, the National Weather Service broadcasts a tone that activates weather radios in affected areas. You can program your radio to sound warnings for specific counties. By sounding alarms inside homes, schools and businesses, all-hazards weather radios can alert people who are indoors — and save lives.



In addition, there are emergency notification apps available for use on smart phones.

For more information on emergency notifications systems, visit [ready.gov/alerts](http://ready.gov/alerts).

To learn more about NOAA weather radios, visit [weather.gov/nwr](http://weather.gov/nwr).

## Tornadoes

Tornadoes are capable of tremendous destruction. Be alert for watches and warnings in your area.



### Tornado safety tips

- Take your emergency kit with you to the lowest level possible in a structure.
- Put as many walls between you and the outside as you can. Avoid windows and glass.
- In a basement, stay under a center support beam, a stairwell or heavy piece of furniture.
- If you have no basement, go to a small interior room (bathroom or closet) away from outside walls and windows.
- If a tornado is visible when driving, you may be able to drive out of its path by moving at right angles to the tornado. Otherwise, stay in your car with your seat belt on and head below window glass. Avoid seeking shelter under bridges or overpasses.
- Mobile homes offer no protection from tornadoes. Get to a safe shelter if possible.

**Tornado Warning:** A tornado has been sighted or indicated by weather radar.

**Tornado Watch:** Tornadoes are possible in your area. Remain alert. Find out what counties are in the watch area by listening to your NOAA all-hazards radio or local media.

## Severe Thunderstorms

Not all thunderstorms are classified as severe, but all are dangerous. Thunderstorms may include strong winds, lightning, hail, heavy rain, flooding, downbursts and tornadoes. Although they are most likely in spring and summer, they can occur year round.

### Thunderstorm safety tips

- If you can hear thunder, go indoors.
- Avoid using electrical appliances and stay off the phone except in emergencies.
- Do not take a bath or a shower during a thunderstorm.
- If you are caught outdoors, find a low spot away from trees, fences and poles.
- If you are boating or swimming, get to land and find shelter immediately!

During a thunderstorm, each flash of cloud-to-ground lightning is a potential killer. If you feel your skin tingle or your hair stand on end, squat low on the balls of your feet, with your hands on your knees and your head between them.



## Floods/Flash Floods

Flash floods can occur within minutes or hours of excessive rainfall. Whether you are driving or walking, if you come to a flooded road, the National Weather Service advises you to "Turn Around — Don't Drown." Even six inches of fast-moving floodwater can knock you off your feet, and a depth of two feet will float your car.



### Flood safety tips

- Monitor your NOAA all-hazards weather radio or local television and radio stations for weather-related information.
- If flooding occurs, get to higher ground. Get out of areas that are normally subject to flooding.
- Avoid areas that are already flooded, especially if the water is flowing fast. Do not attempt to cross flowing streams.
- Remember, roads may be washed out under flood waters. NEVER drive through flooded roadways.
  - Do not park your vehicle near streams or creeks, particularly during threatening conditions.
  - Take extra precautions at night when it is harder to recognize flood dangers.



## Earthquakes

One of the largest earthquakes ever recorded in the U.S. took place in Missouri. Earthquakes are most common in the western states, but they can happen any time, anywhere.



### Safety rules and precautions

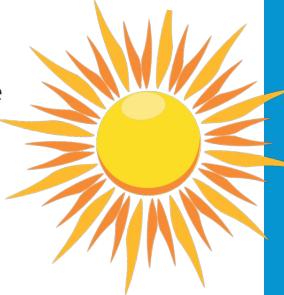
- Before an earthquake, identify places in your house to take shelter, such as under a sturdy table or next to an inside wall.
- Don't place beds by windows, and don't hang heavy items over beds.
- Secure things that might fall, such as heavy TVs.
- Put strong latches on cupboards.
- During an earthquake, stay indoors under heavy furniture. When you do leave a building, move away from it quickly.
- Get away from windows to avoid breaking glass.
- Don't use elevators.
- Wait until the shaking stops completely before venturing out.
- Outdoors, find a spot away from buildings, trees and power lines. Drop to the ground.
- If you are in a car, stop in a clear location as quickly as you can. Stay in the car with your seat belt fastened.
- Avoid the use of candles or open flame after an earthquake in case of gas leaks.



Image courtesy of The Great ShakeOut

## Excessive Heat

Many people do not realize how deadly a heat wave can be. More people die in an average year in Kansas City from heat-related conditions than from all other weather types combined.



### Heat safety tips

- Do not leave children or pets in a vehicle. Temperatures can reach over 140° within minutes.
- Drink plenty of water, even if you're not thirsty. Avoid alcohol and caffeine.
- Wear loose-fitting, lightweight, light-colored clothing.
- Avoid going out during the hottest times of the day. If you must go out, use sunscreen and wear a wide-brimmed hat.
- During the day, keep shades drawn and blinds closed. Use air conditioning when available.
- Fans should not be your primary source of cooling. Blow hot air out a window with a fan during the day and blow cooler air in at night.



Listen to your NOAA all-hazards weather radio to keep up with the latest heat watches, warnings and advisories.

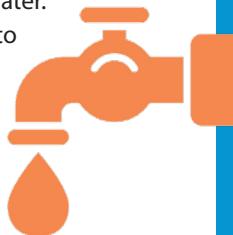
## Drought

Droughts are unique among natural disasters. We don't know we're in a drought until weeks after it begins, making preparation difficult. Once a drought is underway, water conservation is the only way we can lessen its effect.



### Water conservation tips

- Fix leaky faucets and plumbing joints.
- Install water-saving shower heads and take shorter showers.
- Run only full loads in the washing machine and dishwasher and use the shortest wash cycle.
- Turn off water while brushing teeth, shaving, etc.
- Chill drinking water in the refrigerator instead of letting the tap run for cold water.
- Use a broom instead of a hose to clean driveways and sidewalks.
- Water your lawn only when it needs it, and water during the cool parts of the day.
- Adjust sprinklers so that water lands on your lawn, not on pavement.
- Put a layer of mulch around trees and plants.
- Use a rain barrel to collect stormwater runoff from downspouts for reuse.
- Landscape with native plants that require less water.



## Winter Weather

Winter weather can cause dangerous conditions, including cold temperatures, snow and ice storms. Before winter sets in, take time to winterize your home with storm windows, weather stripping and insulation.

### Winter storm safety tips

- Stay indoors during the storm if possible.
- If you must go outside, dress appropriately.
- Walk carefully on snowy, icy sidewalks.
- Avoid overexertion, especially when shoveling snow.
- If your heat goes off, close off unused rooms and use blankets to seal off drafts from doors and windows.
- Dress in layers; keep your hands and feet warm.



### If you must travel by car during a storm:

- Take emergency supplies, including thermal blankets, hand warmers, snow shovel, food, water and a cell phone.
  - Keep your gas tank full.
  - Let someone know your destination, your route, and when you expect to arrive.
- If you get stuck, stay with your car. Do not try to walk to safety. Start the car and use the heater for about 10 minutes every hour.



## Food Safety/Power Outages

Food safety is important to your family's health anytime, but especially during a power outage.

A full freezer will stay frozen for about two days, and a half-full freezer for about one day. Keep your freezer door closed as much as possible to conserve the cold.

Refrigerated foods should be safe if power is not out more than four hours.



### Food safety guidelines

- Freezer food may be safely refrozen when power is restored, if it still contains ice crystals or is at 40° F or below.
- As food thaws, separate raw meat products from other items.
- Foods such as meat, poultry, seafood, dairy products, creamy dressings, eggs, cooked pastas, casseroles, soups, cut fruit and vegetables should be discarded if power is out more than just a few hours.
- Hard or processed cheeses, butter, margarine, peanut butter, jelly, whole fruit, vegetables, and vinegar-based dressings should be safe.

## Portable Generator Safety



Portable electric generators offer great benefits when outages affect your home, but can also be hazardous. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from toxic engine exhaust, electric shock and fire.

### Safety tips

- ✗ Never use a generator indoors or in an attached garage.
- ✗ Don't connect your generator directly to your home's wiring or regular household outlet.
- ✗ Don't overload the generator.
- ✓ Use the proper power cords.
- ✓ Read and adhere to the manufacturer's instructions for safe operation.
- ✓ To prevent electrical shock, make sure your generator is properly grounded.
- ✓ Turn off all equipment powered by the generator before starting or shutting down your generator.
- ✓ Avoid getting burned.
- ✓ Keep children away from portable electric generators at all times.

## Carbon Monoxide Dangers

Carbon monoxide (CO) is a deadly colorless and odorless gas produced by burning things. It is poisonous to people and animals.



### Prevention guidelines

- ✗ To prevent CO poisoning, never use unvented grills or generators indoors. Faulty heating systems can also produce CO.
- ✓ Install a CO detector according to manufacturer's instructions and have your fuel-burning appliances — including heaters, stoves and fireplaces — inspected each year.

The initial symptoms of CO poisoning are similar to the flu (but without fever). They include headache, fatigue, shortness of breath, nausea and dizziness. Many people with CO poisoning mistake their symptoms for the flu.

If you think you or your family are experiencing any of the symptoms of CO poisoning, immediately leave the house with your family and pets, go outside to fresh air and call 911.

**Test and replace the batteries in your CO detector twice a year when you check your smoke detectors.**

## Structure Fire

In the event of a fire, remember every second counts! Review your escape plans annually to help you get out of your home quickly.



### Create and practice a family fire escape plan

- ✓ Plan two ways out of your building and practice your escape plan regularly.
- ✗ Never open doors that feel hot. (Use your secondary escape route.)
- ✓ Make sure everyone in the family knows how to open locked or barred doors and windows and that everyone can exit out of windows or second stories safely to the ground.
- ✓ When a fire occurs, leave immediately. Don't waste time saving property.
- ✓ If you must escape through smoke, crawl low and cover your mouth.
- ✓ Designate a meeting location away from the home, but not too far. Make sure everyone has gotten out safely.
- ✓ Install working smoke alarms on all levels of your home and in every sleeping area. Test batteries every month and change them twice a year.



- ✓ If your smoke detector is more than 10 years old, replace it.

## Wildfire

Wildfires spread fast and are dangerous. Knowing what to do before, during and after a wildfire can keep yourself, your loved ones and your community safe.

### Be informed

Sign up for local emergency alerts. Visit your county emergency management website. Follow local emergency services on social media, local radio or TV. Have a battery-powered AM/FM emergency radio. Talk to your neighbors about emergency plans. Exchange contact information and ask for help if you need it or offer help if you can provide it during an emergency.

### Have a plan

Develop an emergency plan using an evacuation checklist as a guide. Know the different routes in and out of your community, neighborhood, work and school. Create a communication plan that includes a family meeting place outside of hazard area and how you will contact each other in case you are separated. Plan for pets and large animals such as horses and other livestock.



### Make a go-kit

Pack an easy-to-carry backpack of essential supplies for each member of your family. Include items such as water, non-perishable food, flashlight, batteries, AM/FM radio, first aid supplies, medications, personal hygiene items, copies of personal documents, cell phone and chargers and extra cash. Learn more at [ready.gov](http://ready.gov) or [redcross.org](http://redcross.org).

## Hazardous Materials/Shelter in Place

In an emergency where hazardous materials may have been released into the atmosphere, authorities may ask you to shelter in place and take refuge in a small, interior room with few or no windows. If the need to shelter in place arises, you will hear announcements on TV, radio and NOAA all-hazards weather radio.



### If you are told to shelter in place...

- ✓ Take action immediately and go indoors.
- ✓ Close and lock all windows and exterior doors.
- ✓ Turn off all fans, heating and air conditioning systems. Close fireplace dampers.
- ✓ Get your family disaster supplies kit and make sure your battery-operated radio is working.
- ✓ Gather people and pets in an interior room at or above ground level with few/no windows.
- ✓ Use duct tape and plastic sheeting (heavier than the kind used to wrap food) to seal around the door and vents.
- ✓ Keep listening to your radio or TV for an "all clear" or further instructions.

**SHELTER  
IN PLACE !**



Sheltering-in-place is meant to protect you and your family for just a few hours. If you are asked to evacuate, refer to page 32 for tips.

## Cyberattack

Cyberattacks can lead to loss of money, theft of your personal information and damage to your reputation and safety.

### Be prepared and protect yourself

#### Passwords

- ✓ Use phrases and include special characters, numbers and upper and lower-case letters.
- ✓ Use multifactor authentication if available.
- ✗ Never give out your passwords.
- ✗ Don't use the same password for different programs or applications.

#### Phishing

- ✓ Be wary of responding to emails and text messages that are uninvited and promote some type of urgency.
- ✗ Don't click on links if you're not familiar with the source. If possible, validate the source.



#### Network Security

- Only use password protected Wi-Fi sources.
- Lock your computer or phone when unattended.
- Use PINS or face recognition to unlock a device.
- Enable remote wipe on your phone.
- Utilize the security tools built into your device and keep it updated.

### Take an active role in your safety

Visit [cisa.gov](http://cisa.gov) for more information on how to protect yourself from a cyberattack.

## Terrorism/Active Shooter

### Be aware of suspicious activity

You can help prevent terrorism and other types of crime by watching for suspicious activities and reporting them to the proper authorities.



### Signs to watch for

- Observation/surveillance/photography
- Expressed or implied threat
- Materials acquisition and storage
- Weapons collection
- Eliciting information
- Testing or probing of security
- Attempted intrusion
- Misrepresentation
- Theft/loss/diversion
- Sabotage/tampering/vandalism

To report suspicious activity, contact your local law enforcement agency. To remain anonymous, call 816-474-TIPS.

### Know what to do

In an emergency, call 911 when it's safe to do so. In an active shooter incident, take action based on the situation.

- Run — Escape immediately if you can.
- Hide — If you can't run, lock or block the door and conceal yourself behind a solid object.
- Fight — As a last resort, commit to action.
- Be the help until help arrives — Assist injured persons when safe to do so. Find bleeding source, pack wound with clean cloth and apply continuous pressure.

To learn more about what to do if you find yourself in an incident, visit [preparemetrokc.org/kc-ready](http://preparemetrokc.org/kc-ready).

## Transportation Safety



Unsafe driving behaviors increase the risk of roadway fatalities and serious injuries. Reduce your risk of death and injury by being informed and following some simple rules:

- Always wear a seat belt. Insist that passengers are buckled up too.
- Be safe, be seen and follow rules of the road.
- Do not drive aggressively. Slow down, drive wisely and obey speed limits, especially in school and construction zones.
- Don't drink and drive. Have a designate or use a transportation provider.
- Don't use your phone while driving. Focus on the road. If you have to use your phone, pull over to a safe location to avoid distractions.

**Traveling by air?  
Visit [tsa.gov](http://tsa.gov) for the latest security tips.**

### If you are in an accident...

- Pull off the road, if it's possible to do so safely.
- Turn on hazard lights.
- Stay in your vehicle until help arrives.
- If someone stops, crack your window and ask them to call the police.

## Infectious Disease, Pandemic, Influenza

Infectious diseases include respiratory illnesses like influenza, RSV and COVID-19; vaccine-preventable diseases like chickenpox, measles and whooping cough; and gastrointestinal illnesses like salmonella, norovirus and E. coli. Illnesses caused by respiratory viruses occur each year, typically in the fall and winter. Pandemic illness can be much worse. It can cause a worldwide outbreak of a new form of virus, which spreads easily from person to person, because people have no immunity.



### Protect yourself and others

- Everyone six months of age and older should get a flu and COVID-19 vaccine to protect themselves during respiratory virus season. Keep all immunizations up to date.
- Avoid close contact with people who are sick.
- Stay home when you're sick or have flu-like symptoms. Go back to normal activities when you're fever-free for 24 hours without the use of fever-reducing medication and symptoms are improved.
- Cover your mouth and nose when coughing or sneezing. If no tissue is available, direct the cough or sneeze into the bend of your elbow, not your hands.
- Wash your hands often and avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs, then touches his or her eyes, nose or mouth.
- Get plenty of sleep, exercise, manage stress, drink fluids, eat nutritious foods and avoid smoking.
- Follow guidance from local health departments or visit cdc.gov. Keep an emergency contact list for family, friends or others who might need help.

## First Aid

Knowledge of basic first aid is an important part of emergency preparedness. Consider taking a certified CPR and first-aid class from your local American Red Cross chapter, local hospital or other community organization. Keep basic first-aid supplies in your family's disaster supply kit, such as:

- Sterile bandages, gauze pads, adhesive tape, and cotton balls
- Elastic bandages for sprains
- Aspirin and non-aspirin pain relievers, cough syrup, antihistamines, decongestants, ointment
- Antacids, anti-diarrhea medication
- Thermometer
- Shears, tweezers, safety pins
- Alcohol wipes, antibiotic towelettes or cleansing agent / soap to clean wounds
- Iodine or hydrogen peroxide
- Disposable gloves
- A 30-day supply of prescription drugs and other supplies, such as insulin, needles, glucose strips or tablets, and oxygen tanks
- Emergency mylar heat blanket
- Tourniquet
- A list of family members' allergies, health conditions and medicines (See page 35).



## Make an Emergency Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Include your pets in your plan, share responsibilities and work together as a team.



- Discuss the types of disasters that are most likely to happen. Learn what to do in each case.
- Pick two places to meet:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can't return home.
- Make sure everyone knows the addresses and phone numbers of your meeting places.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance than local.
- Check on the emergency plans of all schools your children attend.

### Practice and maintain your plan

- Quiz your kids every six months.
- Conduct fire and emergency drills.
- Replace stored water and food every six months.
- Test/recharge your fire extinguishers regularly.
- Test your smoke detectors monthly and change the batteries twice a year.

### Disaster Plan Checklist

- Post emergency numbers by phones (ambulance, police, fire, etc.).
- Teach children how and when to call 911 for help.
- Show each family member how and where to turn off utilities (water, gas, and electricity).
- Check your insurance coverage.
- Take Community Emergency Response Team (CERT), first aid and CPR training. Learn how to use a fire extinguisher (ABC type) and show family members where it's kept.
- Install smoke detectors on each level of your home, especially in bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a disaster supplies kit.
- Take first aid, CPR and "You're the Help Until Help Arrives" classes. Check with your local emergency managers for locations.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe places in your home for each type of disaster.



Family emergency plan now, before  
disaster strikes. Learn more at  
[get-help/how-to-prepare-for-emergencies/make-a-plan](http://get-help/how-to-prepare-for-emergencies/make-a-plan)

## Create a Disaster Supply Kit



Keep supplies in an air-tight, easy-to-carry container, such as a large, covered trash can, a backpack or a duffle bag. Rotate your stored food and water supply every six months so it stays fresh.

Re-think your family needs and refresh your kit at least once a year, replacing batteries and updating clothing and other supplies.

### Water

- Store one gallon of water per person per day
- Keep at least a three-day supply of water

### Food

Store at least a three-day supply of non-perishable foods that require no refrigeration, preparation or cooking.

- Canned meats, fruits and vegetables, juices, soups
- Basics — salt, sugar, pepper
- High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Food for infants, older adults or special diets
- Comfort/stress foods — cookies, candy, cereals, instant coffee, tea bags
- Extra pet food for animals

### First aid kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include the items on page 21.

**For more detailed guidelines on creating a disaster supply kit, visit [redcross.org](http://redcross.org)**

## Tools and supplies

- ⑥ Flashlight, battery-operated radio and extra batteries
- ⑥ Non-electric can opener, utility knife, multi-tool
- ⑥ Matches, signal flare, fire extinguisher
- ⑥ Wrench to turn off household gas and water
- ⑥ Duct tape, plastic sheeting



## Clothing and bedding

- Sturdy shoes or work boots
- Rain gear, hats, gloves
- Blankets or sleeping bags

## Special items

- Baby formula, diapers, bottles
- Face masks, hand sanitizer and other personal hygiene supplies
- Prescription drugs
- Pet emergency supplies (See page 29.)
- Games and entertainment
- Cash

## Important family documents

Keep these records in a waterproof, portable container:

- Wills, insurance policies, deeds, stocks and bonds
- Passports, identification, immunization records
- Bank account numbers
- Credit card numbers and company contact info
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

## Older Adults



The Kansas City region's older adult population is growing. Older adults may be more vulnerable in disasters due to increased social isolation, decreased sensory awareness, physical impairment, chronic medical conditions and socioeconomic limitations.

### Preparedness tips

- Assemble a disaster supply kit. (See page 24.)
- Make and emergency plan. This checklist is pertinent for all residents. (See page 22.)
- Arrange for someone to check on you regularly.
- Plan and practice the best escape routes from your home.
- Plan for transportation if you need to evacuate.
- Find the safe places in your home for each type of emergency.
- Have a plan to signal the need for help.
- Post emergency numbers near the phone.
- If you have home healthcare service, plan with your service provider for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment; be sure they are able to reach you.

In some communities, people who need help or transportation during an evacuation may need to register with their local government. Call your local emergency management office for information and suggestions about what to do during an evacuation.

## Children and Caregivers

Considering that children comprise approximately 25% of our population, disaster planning, response and recovery efforts must consider the unique needs that children have. Children's response to a disaster relies on calm, prepared and trained adults. Children who practice preparedness are more confident during emergencies and disasters.

### Tips for children and caregivers

- Assemble a disaster supply kit. (See page 24.)
- Make and emergency plan. This checklist is pertinent for all residents. (See page 22.)
- Children need their own emergency kit. Get them involved in building their own. Children's kits should include toys, games, comfort items and contact information.
- Create a child identification card, with fingerprint and current photo (remember to update it regularly), and keep it in your kit.
- Put child-sized dosages of over-the-counter medication in your first aid and emergency kits.
- Know the emergency plan at your child's childcare provider, baby sitter or school.
- Practice your emergency plan and how to call 911 with your child.
- Teach children to approach first responders in a disaster in case they are separated from family.



## Access and Functional Needs

If you have a disability, you should be ready to meet your specific disability-related needs for at least seven days after a disaster. Your usual means of support and assistance may not be available for a varying duration of time based on a given disaster event.

### Your personal disaster plan

Make a personal disaster plan to help organize the information you will need and actions to take during and after a disaster. Share your plan with your family, friends and caregivers.

- Assemble a disaster supply kit. (See page 24.)
- Make and emergency plan. This checklist is pertinent for all residents. (See page 22.)
- Make a list of accessible transportation services that meet your needs.
- Develop a support network of individuals who can assist you after a major disaster. If you need disaster recovery assistance, call 2-1-1.
- Create a list of your medical providers, medications and dosages, when you take each medication, any adaptive equipment you use, your allergies and sensitivities, and any communication or cognitive difficulties you may have. Attach copies of health insurance cards and related information. (See page 35.)



Your Very Personal Preparedness Inventory:

Assessing the important additional resources you will need before, during and after a disaster.

To organize your emergency planning, download our Personal Preparedness Inventory Workbook at [bit.ly/3Abo65D](http://bit.ly/3Abo65D)

## Pet Safety

Different disasters require different responses, but in some cases you may have to leave your home. So prepare now for the day when both you and your pets may have to evacuate



In a disaster, separate pet shelters will be established by local authorities, but supplies may not be available immediately, so plan ahead and make a pet supply kit. Get your pet microchipped now.

### Pet supply kit

- A picture of yourself with your pet
- Your pet's medical records
- Collar with ID tag, harness, leash, pet carrier
- Pet food and water
- Hygiene and sanitation items, such as litter box, cat litter, newspapers, paper towels, plastic bags
- Article of clothing with your scent

### Pet evacuation plans

- Locate hotels and motels outside your immediate area that will accept pets
- Ask friends, relatives or others outside your area whether they could shelter your animals
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers

Planning and preparation will enable you to evacuate with your pets quickly and safely.

## Web Resources

For more information about emergency preparedness, please visit the following websites:

- [preparemetrokc.org](http://preparemetrokc.org)
- [ready.gov](http://ready.gov)
- [fema.gov](http://fema.gov)
- National Weather Service [weather.gov](http://weather.gov)
- Kansas Division of Emergency Management [kansastag.gov/101/KDEM](http://kansastag.gov/101/KDEM)
- Missouri State Emergency Management Agency [sema.dps.mo.gov](http://sema.dps.mo.gov)
- Kansas Homeland Security [ksready.gov](http://ksready.gov)
- Missouri Homeland Security [dps.mo.gov/dir/programs/ohs](http://dps.mo.gov/dir/programs/ohs)
- Missouri "Ready in 3" program [health.mo.gov/emergencies/readyin3](http://health.mo.gov/emergencies/readyin3)
- United Way 2-1-1 [unitedwaygkc.org](http://unitedwaygkc.org)

## Get Involved

You can get involved in preparedness efforts in your community. Many local agencies are seeking volunteers.

- Amateur Radio — Metropolitan Emergency Communications Council
- American Red Cross [redcross.org](http://redcross.org)
- Community Emergency Response Teams (CERT)
- Community Disaster Resiliency Network (CDRN) [marc.org/committees/community-disaster-resiliency-network](http://marc.org/committees/community-disaster-resiliency-network)
- Fire Corps
- Medical Reserve Corps of Greater Kansas City [mrckc.org](http://mrckc.org)
- Neighborhood Watch
- Team Rubicon USA [teamrubiconusa.org](http://teamrubiconusa.org)
- Salvation Army [centralusa.salvationarmy.org/mokan](http://centralusa.salvationarmy.org/mokan)
- Volunteers in Police Service

## Your Evacuation Plan

If you are instructed to evacuate because of a disaster or emergency, you will need to do so quickly. Talk to your family about evacuation plans now.

Potential meeting places (both nearby and outside your neighborhood):

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Out of town contact person (useful when local phone service is disrupted):

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Pet arrangements:

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### Last minute checklist:

- Take a battery-powered radio.
- Wear protective clothing and sturdy shoes.
- Take your disaster supply kit. (See page 24.)
- Lock your doors.
- Leave your home. Do not take the time to shut off water, gas and electricity.
- Let someone know where you are going.

## Your Utilities

### Gas

Service Provider \_\_\_\_\_

Contact Information\_\_\_\_\_

Shutoff Location\_\_\_\_\_

Instructions\_\_\_\_\_

### Electricity

Service Provider \_\_\_\_\_

Contact Information\_\_\_\_\_

Shutoff Location\_\_\_\_\_

Instructions\_\_\_\_\_

### Water

Service Provider \_\_\_\_\_

Contact Information\_\_\_\_\_

Shutoff Location\_\_\_\_\_

Instructions\_\_\_\_\_

### Call Before You Dig!

Missouri:  
1-800-DIG-RITE



Kansas: Call 8-1-1

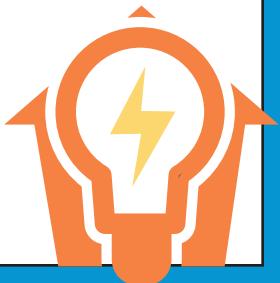
## Home Hazard Hunt



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.

### Safety tips

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Secure water heater. Strap to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides, and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.
- Don't use extension cords for extended periods of time.
- Hire a professional to repair chimneys, foundations, electrical wiring, gas lines.



## Family Medical Information

List information for each family member. Use additional sheets of paper if needed.

Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Prescriptions: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Prescriptions: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Prescriptions: \_\_\_\_\_

\_\_\_\_\_

## Important Numbers

Doctor(s) \_\_\_\_\_

## Hospital

Pharmacy \_\_\_\_\_

Poison Control \_\_\_\_\_

## Insurance:

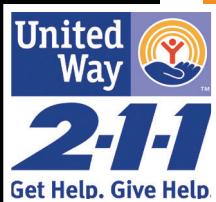
## Medical \_\_\_\_\_

Home [About](#) [Contact](#)

Auto \_\_\_\_\_

### Other important numbers:

Not sure who to call for help?  
Start with United Way 2-1-1,  
one number that can connect  
you with community  
resources and volunteer  
opportunities around the  
region.



## Local Emergency Numbers

Police Department \_\_\_\_\_

Fire Department \_\_\_\_\_

Ambulance \_\_\_\_\_

City Hall \_\_\_\_\_

## Emergency Management \_\_\_\_\_

Health Department \_\_\_\_\_

Other:

**In an emergency, call 911.**

## Notes

# Metropolitan Emergency Management Committee Members

The following are a list of local city and county emergency managers. Call the numbers below to learn more about the resources available, or how you can get involved in volunteer and training opportunities.

## County Emergency Management

Cass County, Missouri .....	816-380-8584
Clay County, Missouri .....	816-407-3730
Jackson County, Missouri .....	816-881-4625
Johnson County, Kansas .....	913-782-3038
Leavenworth County, Kansas*	913-684-0455
Miami County, Kansas.....	913-294-4444
Platte County, Missouri .....	816-826-9627
Ray County, Missouri .....	816-858-2424
Wyandotte County, Kansas .....	913-573-6300

## City Emergency Management

Belton, Missouri .....	816-331-5522
Buckner, Missouri .....	816-650-3191
Fairway, Kansas .....	913-782-0720
Edgerton, Kansas.....	913-893-6231
Gardner, Kansas .....	913-856-7312
Gladstone, Missouri .....	816-423-4081
Grandview, Missouri .....	816-457-0791
Independence, Missouri .....	816-325-7167
Kansas City, Missouri .....	816-513-8640
Lake Lotawana, Missouri .....	816-541-8017
Lake Winnebago, Missouri.....	816-537-7900
Leawood, Kansas .....	913-681-6788
Lee's Summit, Missouri .....	816-969-1300
Lenexa, Kansas .....	913-888-6380
Liberty, Missouri .....	816-439-4701
Merriam, Kansas .....	913-322-5560
Olathe, Kansas .....	913-971-7900
Overland Park, Kansas .....	913-895-8361
Parkville, Missouri .....	816-741-4454

Pleasant Hill, Missouri .....	816-540-9109
Prairie Village, Kansas.....	913-642-6868
Raymore, Missouri .....	816-892-3032
Raytown, Missouri .....	816-737-6020
Riverside, Missouri .....	816-741-1191
Shawnee, Kansas .....	913-742-6139
Weatherby Lake, Missouri.....	816-741-8111
West Peculiar Emergency Management .....	816-779-5766

Don't see your city or county listed? Call your city hall or county offices and ask for the emergency management department.

\*Contact Leavenworth County Emergency Management for the cities of Lansing, Tonganoxie and Basehor.

## Fire Protection Districts

Central Jackson County Fire Protection District.....	816-229-2522
Lake City Army Ammunition Plant Fire Emergency Services .....	816-796-7488
Oak Grove/Sni Valley Fire Protecton District.....	816-834-1625
South Metro Fire Protection District .....	816-331-3008
Southern Platte Fire Protection District .....	816-741-2900

## Other Agencies

American Red Cross.....	816-931-8400
Kansas Division of Emergency Management .....	785-646-1409
Medical Reserve Corps of Greater Kansas City.....	816-325-7168
Missouri State Emergency Management Agency (SEMA).....	573-526-9100
National Weather Service .....	816-540-6021
Salvation Army.....	816-756-1455
United in Crisis - Kansas City.....	816-368-0060

The Metropolitan Emergency Managers Committee includes emergency managers from cities and counties in the Greater Kansas City region.



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