

Information to Help Your Family Prepare for an Emergency

**Be Aware.
Get Prepared.
Take Action.**



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Funding provided by the Illinois Department of Public Health.



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Preparedness Can Be As Easy As 1, 2, 3

Introduction



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The Cook County Department of Public Health

Serving 125 municipalities in the suburbs of Chicago, the Cook County Department of Public Health (CCDPH) routinely watches for patterns of disease, plans for distribution of vaccines and antibiotics to community clinics, and provides important information to the media and public. During an emergency such as a disease outbreak, weather-related disaster or intentional attack, we will continue to do these things, but at a much faster pace, using available local, state and federal resources.

In an emergency, CCDPH and its partners will work together to ensure a coordinated response. Partners include: municipal leaders, first responders (fire, police, paramedics, physicians and hospitals), schools, businesses, community-based organizations, the Cook County Department of Homeland Security and Emergency Management, the Illinois Department of Public Health and the Centers for Disease Control and Prevention.

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1

Be Aware. Know what can happen.

See the list at right to learn the types of emergencies that are likely or could happen in our region. See page 3 for a list of websites with additional information.

2

Get Prepared. Create a communication plan and emergency supply kit.

You can achieve a basic level of preparedness for all hazards by making a commitment today to do the following three things, using this guide:

- PRACTICE HEALTHY HABITS** on page 4.
- COMPLETE THE FAMILY COMMUNICATIONS PLAN** on page 6.
- PREPARE AN EMERGENCY SUPPLY KIT** using the shopping list on page 7.

3

Take Action. Volunteer.

Become a Cook County Medical Reserve Corps (CCMRC) volunteer. CCMRC is an organized group of medical, non-medical and public health professionals willing to assist CCDPH during public health emergencies. See page 5 for more information.



Be Aware.

Know what can happen

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Public Health Emergencies in Suburban Cook County

The following is a list of the types of emergencies that could happen in our region:

Likely to Happen

- seasonal flu
- pertussis (whooping cough)
- west nile virus
- meningitis
- measles
- mumps
- varicella (chicken pox)
- food-borne illnesses
- tornadoes
- snow storms + blizzards
- heavy rains + lightning
- heat waves
- house fires

Could Happen

- avian (or bird) flu
- H1N1 flu
- severe acute respiratory syndrome (SARS)
- bombings
- bioterrorism
- train derailment
- chemical spill

What is an emergency?

An emergency is when time and resources are in short supply and more than a routine response is needed to save lives and protect health, safety, property and the environment.

What is a disaster?

A disaster is when there is severe danger in an area, not enough resources and big losses that disrupt the social and/or economic structure to the extent the community cannot function normally.



Be Aware.

Know What Can Happen



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WEBSITE RESOURCES

Visit these websites for more information about preparing for emergencies:

American Red Cross
www.redcross.org

Cook County Department of Public Health
www.cookcountypublichealth.org

Cook County Department of Homeland Security and Emergency Management
www.cookcountyhomesecurity.org

Federal Emergency Management Agency
www.fema.org

Illinois Department of Public Health
www.idph.state.il.us

Illinois Emergency Management Agency
www.state.il.us/iema

National Organization on Disability
www.nod.org

Ready-FEMA and DHS
www.ready.gov

U.S. Centers for Disease Control and Prevention
www.cdc.gov





Get Prepared.

Practice Healthy Habits



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Prevent the spread of disease by practicing healthy habits

- Wash hands with soap and warm water for 15 seconds before rinsing. When soap and water are not available, use alcohol-based, hand-sanitizer gel or wipes to clean hands.
- Avoid close contact with people who are sick.
- When you cough or sneeze, cover your mouth or nose with your arm or a tissue.
- Stay home when you are sick. Keep kids home when they are sick.
- Follow recommended vaccination schedules to protect babies, young children, adolescents and adults.
- Be sure to get the seasonal flu shot each fall to help prevent or reduce the symptoms of seasonal flu.
- Get plenty of sleep, exercise regularly, eat nutritious foods, manage stress and drink plenty of fluids.
- Cook foods thoroughly. Refrigerate or freeze leftovers within two hours of preparation.



Take Action.

Become a Cook County MRC Volunteer



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Join the Cook County Medical Reserve Corps

The Cook County Medical Reserve Corps (CCMRC) is an organized group of medical, non-medical and public health professionals willing to assist the Cook County Department of Public Health (CCDPH) during public health emergencies. CCDPH is the state-certified public health agency for suburban Cook County; with the exception of Evanston, Skokie, Oak Park and Stickney Township. We are currently recruiting volunteers for the CCMRC program.

During times of disaster, we need to work together to ensure our citizens are protected. Volunteering is a great way to give back to the community and potentially learn new skills. We greatly appreciate your willingness to consider volunteering for the CCMRC.

To join, please follow these steps:

1. Register at www.illinoishelps.com. We will receive notification that you have registered and chosen CCDPH as your primary MRC. We will run a background check and (if you are an active medical professional) verify your credentials.
2. Go to www.cookcountypublichealth.org/how-to-get-involved/volunteer to download the CCMRC Agreement and Emergency Management Agency (EMA) Oath.
3. Complete, sign, notarize and mail forms to:
CCMRC Coordinator
Cook County Department of Public Health
Oak Forest Health Center
15900 S. Cicero Avenue, Bldg. E - 3rd Floor
Oak Forest, IL 60452
4. For any questions regarding volunteering, registration, training, etc., please email cookcountymrc@gmail.com.

Information about volunteer meetings and trainings will be sent when forms are received.



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Make a Family Communications Plan

**COPY AND DISTRIBUTE TO ALL FAMILY MEMBERS.
INCLUDE COPY IN EMERGENCY SUPPLY KIT.**



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Make a family communications plan to help locate and identify each other in an emergency. Include an out-of-state emergency contact for everyone to call to say they are safe, in case local phone lines become jammed. It may be easier to call out-of-state than it is to call in-state.

OUT-OF-STATE EMERGENCY CONTACT

Name	Address
Home Phone	City, State, Zip
Cell Phone	E-mail Address

CONTACT AND MEDICAL INFORMATION FOR EACH FAMILY MEMBER

Name	Date of Birth
Social Security Number	Daytime Phone Number
Cell Phone Number	E-mail Address
Prescriptions	Allergies

Name	Date of Birth
Social Security Number	Daytime Phone Number
Cell Phone Number	E-mail Address
Prescriptions	Allergies

Name	Date of Birth
Social Security Number	Daytime Phone Number
Cell Phone Number	E-mail Address
Prescriptions	Allergies

Name	Date of Birth
Social Security Number	Daytime Phone Number
Cell Phone Number	E-mail Address
Prescriptions	Allergies



SHOPPING LIST

Gather supplies for at least one week. It is difficult to purchase everything at the same time. Purchase a few items per week to build up your kit. Rotate stock every six months to ensure it is used before the expiration date. Protect food from dampness, pests and animals.

Storage/Kitchen Supplies

- large plastic container with lid
- plastic storage bags with zipper (1-gallon and quart-size)
- paper plates, napkins, plastic utensils, garbage bags
- can opener (non-electric, manual)

Food & Drink

- minimum 3 gallons of water per person (3-day supply)
- ready-to-eat foods that do not require cooking (e.g. non-perishable/canned/boxed fruits, vegetables, meals, baby food, and snacks, such as trail mix, nuts, energy bars, crackers)
- juice boxes, canned juices, powdered milk

Pharmacy/First Aid

- toilet paper, feminine supplies, extra clothing
- toothbrushes, toothpaste, hand sanitizing gel
- eyeglasses, contact lenses, wetting solution and cleaner
- 2-week supply of all prescriptions
- first-aid kit for wound care (bandages, etc.)
- thermometer, ibuprofen, latex gloves, masks, tweezers

Equipment

- battery-powered or crank radio, batteries
- blankets, bedding, air mattress(es), pillows
- flashlight, candles, waterproof matches, signal flare, whistle

Other

- diapers, wipes, infant formula, pediatric electrolyte replacement products, diaper cream
- toys, games, books, coloring books, crayons
- equipment and supplies for family members with functional needs
- food, water, litter for pets
- cash
- copies of important documents (bank/credit cards, social security cards)