

Be Prepared

September is National Preparedness Month, sponsored by the Federal Emergency Management Agency's (FEMA) Ready Campaign, to encourage Americans to prepare for disasters and emergencies. This year's theme is Americans Stand Ready. Being ready means doing your part to ensure the safety and good health of you and your family as well as your neighbors and community.

National Preparedness Month reminds everyone that being prepared for disasters and emergencies can mean the difference between life and death, and the majority of that preparedness simply involves making a plan for you and your family.

Create an emergency plan, one your entire family is aware of.

- ✿ Pick a safe place to meet
- ✿ Assign responsibilities
- ✿ Practice how to leave safely
- ✿ Make a plan on how to stay in touch

Keep emergency contact cards in everyone's wallet and/or backpack, including out-of-state contacts who may be easier to reach during a local emergency.

Make a plan for people with disabilities who might need additional ways to stay safe.



Be in the know.

- ✿ Sign up for alerts from your community's warning system, and download the FEMA app for your tablet and/or smartphone.
- ✿ Have evacuation plans in place
- ✿ Be aware of common household injuries, such as falls, poisoning and burns, and how to treat them
- ✿ Know the evacuation and reunification plan of your child's school or childcare center and ensure these facilities have your most up-to-date contact information and that of your child's emergency contacts

Check your batteries.

- ✿ Flashlights
- ✿ Smoke alarms
- ✿ Portable chargers

Build a kit with emergency supplies and don't forget about special supplies for those with disabilities and even supplies for your pets, including a collar with ID tags.

Whether it's navigating your healthcare needs or weathering an emergency, the EWTF urges you to be prepared and take control of your good health and safety. Visit www.Ready.gov for some helpful hints on being prepared and safe.

(continued →)

(continued from page 1)

What's In the Kit?



You don't need to be hiking Mt. Everest to pack an emergency supply kit. In fact, an emergency supply kit can be a safety net to have on hand in your house or in your car. A prolonged power outage at home or unsafe driving conditions that have you pulled off the road could have you needing easy access to supplies.

A kit should include:

- ♦ Water (one gallon per person per day for several days for drinking and sanitation)
- ♦ Food (at least a several-day supply of non-perishable food, as well as pet food if you have pets)
- ♦ Battery-powered radio
- ♦ Flashlight and batteries
- ♦ First aid kit
- ♦ Whistle (to signal for help)
- ♦ Dust mask (to filter contaminated air)
- ♦ Plastic sheeting, scissors and duct tape to shelter in place
- ♦ Moist towelettes, garbage bags and plastic ties (for personal sanitation)

- ♦ Wrench or pliers (to turn off utilities)
- ♦ Manual can opener (for food)
- ♦ Cell phone with charger and backup battery

Don't forget to have a copy of your insurance information available at all times, in your wallet, in your car, in your emergency kit.

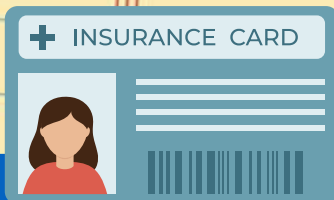
SCAN this QR code to access all of the valuable links mentioned in this issue of *Through the Wire*.



Put It On Paper

Perhaps the most important thing you can do to be prepared—for a disaster, an emergency or a health concern—is to help prepare health care providers to care for you if/when you need it. If you are unconscious or otherwise unable to advocate for yourself, who will be able to give your medical history, such as allergies, medications, and past surgeries, to health care providers in the critical minutes of a medical emergency? This is also especially important for older people who, even if they are conscious, may forget the names and dosages of the medications they take, as well as the names and phone numbers of their emergency contacts.

Carrying a piece of paper in your wallet or purse with critical health data and personal and insurance details will help you get the care you need faster and safer.



Personal & Insurance Details

- + Full legal name and date of birth.
- + Home address and phone number.
- + Blood type (if known).
- + Health insurance company, policy number, and group number.
- + Primary care physician name and phone number.



Critical Health Data

- + Severe allergies (to medications, food, or latex) and your typical reaction.
- + Major medical conditions (such as diabetes, epilepsy, heart disease, or rare disorders).
- + Implanted medical devices (such as a pacemaker or coronary stents).
- + Special communication or physical needs (such as hearing impairments or wheelchair use).



Medications & Emergency Instructions

- + Current prescription medications, including the dosage and how often you take them.
- + Pharmacy name and phone number.
- + Special instructions (such as noting that a condition like myasthenia gravis or a brain injury can mimic intoxication).
- + Emergency contacts with their names, relationships to you, and phone numbers.

Consider sharing this information document with your emergency contacts so they can also advocate for you should you need it. Be sure that your emergency contacts know your EWTF health benefits providers to ensure that your medical care is covered by the benefits you are entitled to.

Know your benefits: <https://www.ewtf.org/health-benefits-spd/table-of-contents/>



10003 Derekwood Lane, Suite 130
Lanham, MD 20706

Presort Standard
US Postage
PAID
Southern MD
Permit #139

**YOUR
HEALTH CARE PLAN**

protecting your family

Choose a Vision Plan Tailored to You

With VSP® EasyOptions, each member can select one eyewear upgrade when they visit a VSP network doctor.

Enroll with VSP through
**Electrical Welfare Trust Fund Local
26, IBEW-NECA.**

Scan QR code with your phone or
visit ewtf.vspforme.com to learn more.



vsp.com | 800.877.7195 (TTY: 711)



KIDS' CORNER



BACK-TO-SCHOOL SCRAMBLE

The leaves are falling one by one, summer's over
school's begun.

1. **OLOCHS**

(Hint: The place where you learn!)

2. **CILNEP**

(Hint: Used for writing or drawing.)

3. **CAPKACB**

(Hint: You wear it on your back to carry books.)

4. **RELUR**

(Hint: Helps you draw straight lines and measure things.)

5. **NOYARC**

(Hint: Waxy and colorful for drawing.)

6. **ECTERAH**

(Hint: The person who leads the classroom.)

Answers: 1. SCHOOL, 2. PENCIL, 3. BACKPACK, 4. RULER, 5. CRAYON, 6. TEACHER