

Wake County Public Affairs Office
P.O. Box 550
Raleigh, NC 27602

Ready! WAKE!

Make a plan. Get a kit. Stay informed.



www.wakegov.com
919-856-6480

**Use this guide to prepare for disasters.
Keep this where you can find it in an emergency!**



BE PREPARED!

Wake County has developed a program called *Ready Wake* to help you and your family prepare for possible disasters. This brochure provides more information on this program and your preparedness.

Things to include in your home emergency kit:

- ✓ Three-day supply of food, including pet food, that does not need to be refrigerated.
- ✓ Three-day supply of water—one gallon of water per person, per day.
- ✓ Battery-powered radio or TV and extra batteries.
- ✓ Flashlight and extra batteries.
- ✓ First aid kit and manual.
- ✓ Hand sanitizer or wipes and other hygiene items.
- ✓ Matches and waterproof container.
- ✓ Whistle.
- ✓ Extra clothing.
- ✓ Kitchen items and cooking utensils, including a non-electric can opener and trash bags.
- ✓ Copies of credit and identification cards, and medical and veterinary records.
- ✓ Cash.
- ✓ Special needs items for family members and pets, such as prescription medications, eye glasses, contact lens solutions, hearing aid batteries and means to transport pets.
- ✓ Items for infants, such as formula, diapers and bottles.
- ✓ Maps and emergency contact numbers, including doctors and veterinarians.
- ✓ Other special items that your family or pets might need.

1. Prepare a plan for when you must leave your home. Decide how your family will leave your home if there is an emergency. Select a safe place to meet outside your home. Practice your home evacuation plan.

2. Choose a contact person. Your family may not be together when an emergency happens, so plan how you will contact each other. Decide what you will do in different situations. Pick a friend or relative outside of the Wake County area. Family members can call or e-mail that person in an emergency.

3. Pick a meeting place away from home. This can be the place where your family can meet if you are separated from each other and your home.

4. Identify persons with disabilities and special needs. Make plans ahead of time for anyone in your home who has special needs such as medicines or medical equipment. Make sure that you will have the things they need during an emergency.

5. Prepare a home emergency kit. Include enough food, water, medical supplies, and other needed items for each family member for three days. Remember to check your kit every six months to make sure you have what you need and check your medicine to make sure it has not expired.

**Ready!
WAKE!**

919-856-6480 OR www.wakegov.com

What To Do In An Emergency

WEATHER

Monitor the Forecast.

Listen to your local radio or TV for weather forecasts and *Ready Wake* emergency information. If the weather becomes dangerous, you will be given instructions to protect you, your family and your property.

After the storm...

Electrical Safety.

- ✔ If you have medical equipment for life support, register it with your utility company before bad weather occurs.
- ✔ Stay away from downed power lines.
- ✔ If you have a generator, do not run it inside your home or your garage.
- ✔ Do not hook up a generator to your home's electrical service unless your house is specifically equipped with a proper generator connection.

Chain-Saw Safety.

- ✔ Use chain-saws only with proper training and safety equipment.
- ✔ Never operate chain-saws or perform cutting operations with children or other bystanders nearby.

Drinking Water Safety.

Ready Wake and emergency officials will provide information about the safety of drinking water. If water is unsafe, the treatment will depend on the situation.

High Winds, Including Tornadoes.

- If you are indoors, move away from windows.
- If you are outdoors, move into a building.
- If you are driving, pull off the road and stop away from trees. Stay off overpasses.

Snow and Ice.

- Do not drive unless necessary.
- If you must drive, be sure your fuel tank is full.
- When driving or walking, be careful on ice, be aware of black ice, and reduce your speed.
- Keep an emergency kit in your car.
- If exposed to cold weather, watch for signs of frostbite and hypothermia—slurred speech, confusion, shivering that will not stop, or body temperature of 95 degrees Fahrenheit or below. Seek medical attention for persons showing these symptoms.

Floods, Including Hurricanes.

- Be ready to leave your home if needed.
- Take your home emergency kit with you.
- Stay away from flood-waters. Make sure children stay away from flood-waters.
- Do not walk or drive through flooded areas.

Hot Weather.

- Drink plenty of fluids.
- Stay inside a cool area as much as possible.
- When outside, stay in the shade as much as possible.
- Avoid outdoor activities in the middle of the day when temperatures are highest.

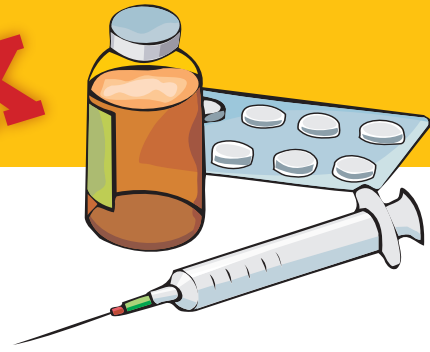
919-856-6480 OR www.wakegov.com

**Ready!
WAKE!**

What To Do In An Emergency

A *disease outbreak* is when an illness occurs in higher numbers than usual. Outbreaks may be caused by disease that occurs naturally or by a deliberate release of germs such as in a bioterrorism attack.

DISEASE OUTBREAK

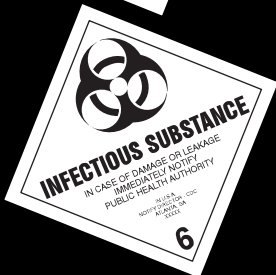
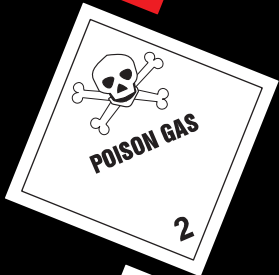


Public health officials will act right away to prevent further spread of disease when an outbreak occurs.

If a disease can affect large numbers of people, information will be given to local TV and radio to let people know what they should do to protect themselves.

Practice good hygiene—wash your hands and clean surfaces often to keep from spreading germs.

Seek medical attention if someone in your home or family becomes sick.



CHEMICAL OR RADIOLOGICAL EMERGENCY

You may be exposed to dangerous chemicals or radiation during a:

- Hazardous chemical accident or fire
- Nuclear power plant accident
- Terrorist attack with a “dirty bomb”

During a chemical or radiological emergency, listen to the *Ready Wake* emergency radio and TV broadcasts and do as they recommend. Stay inside unless you are told to evacuate.

**Ready!
WAKE!**

919-856-6480 OR www.wakegov.com

Protection
At Home
Or Work

SHELTER IN PLACE

There may be some emergencies when it's best to stay where you are. In the event of a radiological or chemical emergency or disease outbreak, authorities may direct you to shelter-in-place. The term "shelter-in-place" means staying inside your home or place of work and protecting yourself there. In shelter-in-place situations you may be told to stay at home and avoid crowded areas. Be sure to listen to the TV, the radio, or check the Internet for instructions, including *Ready Wake* emergency broadcasts.



Rules to Follow in an Emergency

- 1. Try to stay calm.**
- 2. Seek medical attention if you or a family member is sick or injured.**
- 3. Call 9-1-1 if you have a life-threatening emergency.**
- 4. Stay away from downed electrical lines.** They can even jump around without warning and can cause serious injuries.
- 5. Stay away from flooded areas.** Do not drive or walk through flood-waters. You or your car may get swept away.
- 6. Only use the phone if really needed.** Phone lines often become jammed when too many people use them at once.
- 7. Do not use generators, grills or fuel-burning heaters in your home, garage or any other enclosed space.** Do not try to heat your home with a stove or oven. Many of these things can make a poisonous gas that can kill you.

Ready!
WAKE!

919-856-6480 OR www.wakegov.com

Where
To Find

EMERGENCY MEDICAL CARE



**Seek medical
attention if
you or a family
member is sick
or injured!**

Duke Health Raleigh Hospital

3400 Wake Forest Road
Raleigh, NC 27609-7373
Phone: 919-954-3000
www.dukeraleighhospital.org

Rex Hospital

4420 Lake Boone Trail
Raleigh, NC 27607
Phone: 919-784-3100
www.rexhealth.com

WakeMed Cary Hospital

1900 Kildaire Farm Road
Cary, NC 27518
Phone: 919-350-2300
www.wakemed.org

WakeMed Raleigh Campus

3000 New Bern Avenue
Raleigh, NC 27610
Phone: 919-350-8000
www.wakemed.org

WakeMed North Healthplex

10000 Falls of Neuse Road
Raleigh, NC 27614
Phone: 919-350-1300
www.wakemed.org

**Ready!
WAKE!**

919-856-6480 OR www.wakegov.com

How
To Get

INFORMATION DURING AN EMERGENCY

Wake County has a plan called *Ready Wake* to prepare residents and businesses to survive and recover from emergencies. *Ready Wake* emergency messages will be broadcast through local radio and TV stations.

These web sites will also provide helpful information during an emergency:

✔ **Wake County
Emergency
Management**
www.wakegov.com

✔ **U.S. Department of
Homeland Security**
www.dhs.gov

✔ **Centers for Disease
Control and
Prevention**
www.cdc.gov

✔ **North Carolina
Emergency
Management**
www.readync.org

IMPORTANT PHONE NUMBERS:

Life-threatening emergencies	9-1-1
Wake County Emergency Management	919-856-6480
Wake County Public Safety Fire / Rescue Division	919-856-6340
Wake County Sheriff's Office	919-856-6900
Carolinas Poison Center	800-222-1222
NCDOT Traveler Information Management System	877-DOT-4YOU (877-368-4968)
American Red Cross	919-231-1602
Wake County Human Services Public Health Division	919-250-4516
Wake County Environmental Services Department	919-856-7400
Wake County Public Schools System	919-850-1600
City of Raleigh	919-890-3000
Town of Apex	919-362-4000
Town of Cary	919-469-4000
Town of Fuquay-Varina	919-567-3907
Town of Garner	919-772-4688
Town of Holly Springs	919-552-6221
Town of Knightdale	919-217-2270
Town of Morrisville	919-463-6200
Town of Rolesville	919-556-3506
Town of Wake Forest	919-554-6100
Town of Wendell	919-365-4444
Town of Zebulon	919-269-7455

**Ready!
WAKE!**

919-856-6480 OR www.wakegov.com

Your
Important

PHONE

NUMBERS

Ready!
WAKE!
Make a plan. Get a kit. Stay informed.

