What We Can Do to Save Our Lives
This information was developed by the Rochester-Monroe County Chapter, American Red Cross.

Dear Friends,

We are a group of older adults who experienced a two-week power outage when a massive ice storm hit the Greater Rochester, New York, area.

We were unprepared for such a disaster.

If we had only taken a few simple steps to prepare ourselves for such an event, we could have eliminated many of the hardships we had to endure.

We are just like many of you.

Some of us are in good health but aren't quite as agile as we used to be; some of us have hearing or vision problems; others use a cane or wheelchair.

Whatever our limitations, however, we need to be prepared.

We can be prepared.
For six months we have researched and discussed disasters and preparedness with the American Red Cross.

To avoid getting caught unprepared, we urge you to immediately review the enclosed information and fill in the appropriate local emergency numbers.

Be sure to keep this helpful reference tool in a handy place for quick reference.

Sincerely,

Vi, Melvin Q., Julia L., Nancy C., Marion V., Jam, Dorothy M., Janet H., Fran, Roger H., Mary S., and LaVinia

Take Responsibility

Prepare NOW for a sudden emergency

Learn how to protect yourself and cope with disaster by planning ahead.

Even if you have physical limitations, you can still protect yourself.
Disaster can strike quickly and without warning!
▷ 災害は、突然、警告無しに襲うことがあります。

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.
▷ 司法政府の職員や救援活動団員は、災害地に駆けつけるでしょうが、ただちに全ての人のがどこにたどり着くことができるとは限りません。

Take responsibility--Save your life!
▷ 自己責任を果たすこと、それがあなたの命を救います。

Keep in touch with your neighbors and look out for each other.
▷ 隣人と接触を保ち、相互に注意してください。

Knowing What to Do Is Your Best Protection And Your Responsibility.
▷ 何をすれば良いのか知っているということこそ、あなたにとって最善の保護であり、義務であるのです。

Every day some part of the country is affected by one or more of the following emergencies:
▷ 毎日この国のどこかで、次に挙げる緊急非常事態の内、少なくとも一項目以上の影響を受けています。

Hurricanes
▷ ハリケーン(台風、熱帯性低気圧)

Earthquakes
▷ 地震

Winter Storms
▷ 冬場の嵐

Tornadoes
▷ 竜巻
Thunderstorms
➤激しい雷雨

Flooding
➤洪水

Toxic Spills
➤有害物質の流出

Fires
➤大災

Which three are most likely to happen in your area?
➤あなたの住んでいる地域で、最も起こりそうであると考えられる三項目はどれですか。

Preparing for a disaster that is most likely to happen in your area will help you be prepared for any disaster.
➤あなたの住んでいる地域で、最も起こりそうであると考えられる災害一つに備えて準備することは、他のどんな災害対策準備にも役立つでしょう。

Remember anything can happen at any time.
➤いつ何が起こるか分からないということを忘れないでください。

See the section, "For More Information," at the end of this document to obtain information on potential disasters that can happen in your area.
➤この資料の終わりに書かれている「更に詳しい情報」欄を参考にして、あなたの住んでいる地域で起こり得る災害に関する情報を得てください。

Notification
➤連絡通知

How You May Be Notified Of A Possible Emergency
➤非常事態の知らせを通告される方法

NOAA weather radio.
These special radios provide the earliest warning with an alarm that will alert you in case of anticipated bad weather.

To learn more, call your local National Weather Service office.

Commercial radio and television stations.

Know your designed Emergency Alert System stations (EAS).

My EAS Radio Station is:

My EAS Television Station:

Door to door warning from local emergency officials.

Strictly follow their instructions!

Be aware of anyone in your neighborhood who may need special help.

If available, take advantage of advance registration systems in your area for those who need help.

Family Disaster Plan
Plan Ahead!!!

The next time disaster strikes, you may not have much time to act.

Prepare now for a sudden emergency.

By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine.

Remember to review your plan regularly.

Use the following checklist to get started:

Your Disaster Checklist

Assemble a disaster supplies kit.

Arrange for someone to check on you.

Plan and practice the best escape routes from your home.

Plan for transportation if you need to evacuate to a Red Cross shelter.
Find the safe places in your home for each type of emergency.
▷ それぞれの非常事態が起きたとき、あなたの家で安全な場所を発見しておきましょう。

Have a plan to signal the need for help.
▷ 救助を呼ぶ合図の対策も立てておきましょう。

Post emergency phone numbers near the phone.
▷ 電話の近くに緊急電話番号を貼っておきましょう。

If you have home health care service, plan ahead with your agency for emergency procedures.
▷ 在宅看護サービスがあるなら、緊急手続きのための対策をあなたの機関と共に前もって計画を立てておきましょう。

Teach those who may need to assist you in an emergency how to operate necessary equipment.
▷ 緊急非常事態が起きたとき、医療装置の使用を手助けしてくれるかも知れないので人にその使用法を教えておいてください。

Be sure they will be able to reach you.
▷ そういう人達があなたのところにすぐ来られることを確認してください。

Medical Emergency Supplies
▷ 緊急医療物資について

For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits.
▷ あなたの安全と安心のためには、災害が起こる前にその対策や緊急非常時用の物資セットの用意ができていて、始めて得られるものなのです。

You should assemble enough supplies to last for at least three days.
▷ 少なくとも物資セットには、3日分の供給量を積んでおくべきでしょう。

Assemble the supplies you would need in an evacuation, both medical and general supplies.
▷ 緊急避難時用の物資セットには、医療関係物資と日常生活物資の両方を入れましょう。
Store them in an easy-to-carry container, such as a backpack of duffel bag.
» ダッフルバッグやリュックサックのように、簡単に運べるカバンなどに入れてましょう。

Be sure your bag has an ID tag.
» 荷物には名札を必ず付けてください。

Label any equipment, such as wheelchairs, canes or walkers, that you would need.
» 車いすや杖、また歩行器のような器具には目印をつけておきましょう

For Your Medical Needs
» あなたの医療関係について

First-aid kit, Prescription medicines, list of medications including dosage, list of any allergies Extra eyeglasses and hearing-aid batteries Extra wheelchair batteries, oxygen List of the style and serial numbers of medical devices such as pacemakers Medical insurance and Medicare cards List of doctors and relatives or friends who should be notified if you are injured Any other items you may need General Disaster Supplies
» 救急箱、処方薬、投薬量を含む薬物のリスト、アレルギーのリスト、予備の眼鏡と補聴器用電池、予備の車椅子用電池、酸素、ペースメーカーのような医療機器の型や通し番号、健康保険証と医療保障カードなど(メディケア・カード類)、あなたが傷を負ったときに通告されるべき医師や親戚や友人のリスト、他の災害一般の対策用として必要なもの

Battery-powered radio and flashlight with extra batteries for each Change of clothing, rain gear, and sturdy shoes Blanket or sleeping bag Extra set of keys Cash, credit cards, change for the pay phone Personal hygiene supplies Phone numbers of local and non-local relatives or friends Insurance agent's name and number Other items you want to include It may not be necessary to evacuate, or you may be ordered to stay in your home.
» 電池式ラジオと懐中電灯(ともに予備の電池を一緒に)、衣類の着替え、雨具、頑強な靴、掛け布団代わりになるような毛布か寝袋、予備の鍵、現金、クレジットカード類、公衆電話用の小銭、衛生用品、地域内外の友人の電話番号、保険会社の社名と電話番号、他に避難時、或いは家に滞在するように指令された際に必要だと思うもの

If this happens, you will need in addition to the above items:
» 避難、或いは家内滞在の勧告が指令された際には、次のようなものも必要になります。
Water supply: one gallon per day per person.

Remember, plan for at least 3 days.

Store water in sealed, unbreakable containers that you are able to handle.

Identify the storage date and replace every six months.

Non-perishable food supply— including any special foods you require.

Choose foods that are easy to store and carry, nutritious and ready-to-eat.

Rotate them regularly.

See section, "For More Information."

Manual can opener you are able to use.

Non-perishable food for any pets.

Shelter In Place

In a chemical emergency, you may be told to shelter in place.
This means staying where you are and making yourself as safe as possible until the emergency passes or you are told to evacuate.

If You are Told To Shelter In Place

Close all windows in your home.

Turn off all fans, heating, and air conditioning systems.

Close the fireplace damper.

Go to an above-ground room (not the basement) with the fewest windows and doors.

Take your Disaster Supplies Kit with you.

Wet some towels and jam them in the crack under the doors.

Tape around doors, windows, exhaust fans or vents.
Use plastic garbage bags to cover windows, outlets and heat registers.

もし冷暖房設備の通風調節装置は、ビニールのごみ袋で塞ぎます。

If you are told there is danger of explosion, close the window shades, blinds or curtains.

もしも爆発の危険があると警告されたなら、ブラインドやカーテンを閉めてください。

To avoid injury, stay away from the windows.

傷害を避けるために、窓付近から離れていましょう。

Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.

安全確認の情報が出るまで、又は避難勧告が出るまで、部屋にいてラジオを聴いてください。

Red Cross Shelters may be opened if a disaster affects a large number of people.

赤十字救済団は避難所を大規模な被害者を出した際に開放されるかもしれません。

The emergency is expected to last several days.

緊急非常事態は数日間続くと予想されています。

Be Prepared to Go to a Shelter if.

次の状況下では、避難所に逃げる準備をしてください。

Your area is without electrical power.

あなたの住んでいる地域に電力が途絶えたとき。

There is a chemical emergency affecting your area.

あなたの住んでいる地域に悪影響を及ぼす薬物流出事態が起きたとき。

Flood water is rising.

洪水が上昇したとき

Your home has been severely damaged.

あなたの家が厳しく損傷したとき。
Police or other local officials tell you to evacuate.
►警察、または他の地方行政はが、あなたに避難勧告を出したとき。

Services Provided at a Red Cross Shelter
►赤十字救済団で提供されたサービス

Food
►食物

Temporary shelter.
►一時的保護

Basic First Aid.
►基本的応急手当

To Learn About Red Cross Shelters Serving Your Area
►あなたの住んでいる地域に貢献する赤十字救済団についてよく知るために

Listen to your battery-powered radio.
►電池式ラジオを聴いてください。

Check with your local Red Cross chapter.
►あなたの地域の赤十字支部にお問い合わせください。

All American Red Cross emergency services are provided free of charge.
►全ての米国赤十字社緊急サービスは無料で行われています。

If You Need To Evacuate
►もしも避難しなくてはならなくなったら、

Coordinate with your home care provider for evacuation procedures.
►避難手続きの際は保護提供者と協力してください。

Try to car pool if possible.
►相乗りをしましょう。
If you must have assistance for special transportation call the American Red Cross or your local officials.

Wear appropriate clothing and sturdy shoes.

Take your Disaster Supplies Kit.

Lock your home.

Use the travel routes specified or special assistance provided by local officials.

Don't take any short cuts, they may be unsafe.

Notify shelter authorities of any need you may have.

They will do their best to accommodate you and make you comfortable.

If You Are Sure You Have Enough Time...

Shut off water, gas, and electricity if instructed to do so and if you know how.

Gas must be turned back on by a professional.

Let others know when you left and where you are going.
Make arrangements for pets.
›ペットの対策を立てておきましょう。

Animals other than working animals may not be allowed in public shelters.
›活動動物以外の動物は、公共避難所では禁止されるかもしれません。

Residential Fires
›住宅の火災

One emergency we could all face at any time is a home fire.
›我々全てが隣り合わせにしている非常事態は、住宅の火災です。

A home fire could be a special challenge for one with physical limitations.
›住宅の火災は、身体的障害や制約のある人にとっては厳しいものです。

However, there are some things we can do to improve our safety:
›しかしながら、我々の安全を向上させるためにできる事はあるのです。

Before a Fire
›火災が起こる前に

Plan two escape routes out of each room.
›各部屋から2つの避難経路を作っておきましょう。

If you cannot use stairways, make special arrangements for help in advance.
›もし、あなたが階段を使うことができないならば、前もって特別な方法を作っておいてください。

Never use elevators.
›決してエレベータを使わないでください。

Sleep with the bedroom door closed.
›睡眠中は、寝室の戸を閉めましょう。

This gives you extra minutes of protection from toxic fumes and fire.
Test your smoke detector battery regularly, and as a reminder, change batteries on the same day each year.

Vacuum it occasionally to remove dust.

In Case Of Fire

Drop to the floor and crawl.

Most fire fatalities are due to breathing toxic fumes and smoke.

The cleanest air is near the floor.

Breathing toxic fumes and smoke is more dangerous than the risk of injury in getting to the floor quickly.

Feel any door before you open it.

If it is hot, find another way out.

If your smoke detector goes off, never waste time to get dressed or collect valuables or
pets.
▷ 煙探知器が作動したら、決して着替えたり、貴重品を集めたり、ペットに気配りをして時間も無駄にしてはなりません。

Get out of the house immediately.
▷ すくさま家から出ましょう。

Do not try to fight the fire!
▷ 消火を試みてもなりません。

Call for help from a neighbor's phone.
▷ 隣人の電話を使って救助を求めてください。

Never go back into a burning building for any reason.
▷ どんな理由でも燃えている建物に決して戻ってはなりません。

If your clothes catch on fire, drop to the floor and roll to suffocate the fire.
▷ もしあなたの衣服に火が燃え移ったら、その火を消すために、床に伏せて転がりましょう。

Keep rolling (running from the fire only "fans" the flames and makes it worse).
▷ 転がり続けましょう。(走ったりすることは炎を「扇ぐ」ことになり、更にひどくなるだけです。)

If you are in a wheelchair or cannot get out of your house, stay by the window near the floor.
▷ もしもあなたが車いすに乗っていたり、家から出ることができないときは、床に近い窓際にいましょう。

If you are able, signal the need to help.
▷ できるようなら、救済合図を出しましょう。

Grandchildren's Safety
▷ 孫の安全

It is estimated that 3.4 million children live in a household headed by grandparents.
And, many children visit their grandparents often.

The following safety advice for children can help grandparents prepare a safe environment at home for children:

Store matches and lighters up high, away from children.

Move cleaning chemicals like cleansers, soap, drain cleaner, and other poisons to high cupboards OR install a child-proof lock if you must keep these items in low cabinets.

Store prescription medicines and over-the-counter drugs like aspirin, cough medicines, and stomachache remedies in a cabinet out of reach of children.

If children are playing outside or in a pool when skies grow dark or you hear thunder, ask them to come indoors right away.

Install plastic covers over all exposed electrical outlets.

Children Can Help Grandparents, too:

Have children test each smoke detector in your home to make sure it is working by
See that the battery is changed in each detector that doesn't work.

▶ 作動しない探知器の電池が替えてあるか調べましょう。

Ask children to draw a floor plan of your home and show two ways out of every room in case of fire.

▶ 子供に家の平面図を描かせ、火災の場合の逃げ道を二通り教えましょう。

Summary and Reminders

▶ まとめと要点

Take responsibility by planning now.

▶ 今計画を立てることによって義務を果たしましょう。

Listen for information on radio and TV about hazardous weather and other events, and heed the advice of local officials.

▶ 異常気象や他の異常事態に関するラジオやテレビ放送を聴き、地方政府の指示に注意してください。

Leave right away if told to do so.

▶ 立ち退く様に指示されたなら、ただちに離れましょう。

In some communities, people who need help or transportation during an evacuation are asked to register that need with their local government.

▶ ある地域では、手助けや輸送手段が必要な人は、あらかじめその旨を報告し登録するように求められています。

Call your local emergency management office for information and suggestions about what to do during an evacuation.

▶ 避難時に関する情報や提案、またどうすれば良いのか、詳しくは地域の緊急非常事態救済の事務所にご連絡ください。

Gather essential supplies, and be sure to keep a copy of your eyeglass prescription, list of medications and their dosage, and other important papers to take with you if you
have to leave your home.
⇒ 家から離れなくて避難しないではならない際は、必要量の物資を集めます。そして必ずあなたの眼鏡処方の写しや医療薬とその投薬量のリスト、それに他の重要な書類を持って家を出ましょう。

For More Information:
⇒ 更に詳しい情報：

If you would like more information on disaster planning or on the disasters likely to happen in your area, the following information is available
⇒ 更に詳しく災害対策や、あなたの住む地域での起こり得る災害に関する情報等は、次の項目をご覧ください。

Emergency Preparedness Checklist
⇒ 「緊急非常事態への対策準備リスト」

Your Family Disaster Plan
⇒ 「家族の被害対策」

Your Family Disaster Supplies Kit
⇒ 「家族の災害対策物資セット」

Food and Water in an Emergency
⇒ 「緊急非常事態下での食料と水」

Are You Ready for a Tornado?
⇒ 「竜巻災害への対策はできていますか？」

Are You Ready for a Flood?
⇒ 「洪水災害への対策はできていますか？」

Are You Ready for an Earthquake?
⇒ 「地震災害への対策はできていますか？」

Are You Ready for a Fire?
⇒ 「火災への対策はできていますか？」
Are You Ready for a Hurricane?
»「ハリケーン被害の対策はできていますか？」

Are You Ready for a Winter Storm?
»「冬季の嵐災害への対策ができていますか？」

The following may be ordered free from the U.S. Fire Administration
»下記の資料は、米国消防管理局から無料で入手が可能です。

Smoke Detectors and Fire Safety: A Guide for Older Americans Pub. #L-126 FEMA/U.S.
»「煙探知器と火災安全」：高齢者のためのガイドブック、
出版番号は#L-126 FEMA/ U.S.です。

Fire Administration P.O. Box 2012 Jessup, MD 20794-2012
»火災管理局の住所は、“Fire Administration P.O. Box 2012 Jessup, MD 20794-2012”です。

NOAA Weather Radio information from NOAA Weather Radio Stock #: NOAA PA 76015
»NOAA 気象ラジオストックからの海洋大気圏気象ラジオ情報局は
“NOAA PA 76015”まで。

Contact your local National Weather Service office. Includes frequency information,
type of information broadcast and where to obtain a NOAA Weather Radio.
»地域の国内気象情報提供局にお問い合わせください。NOAA 気象情報の周波数情報を含
めた番組放送内容と受信可能地域を提供致します。

For more information from the National Weather Service. The following may be ordered
from FEMA
»更に国内気象情報について詳しくお知りになりたい方はFEMAより次の資料を請求でき
ます。

FEMA P.O. Box 2012 Jessup, MD 20794-2012
»FEMA の住所は、“FEMA P.O. Box 2012 Jessup, MD 20794-2012”です。

Preparedness for People with Disabilities (earthquake) Pub. # FEMA-75
Hurricane Awareness-Action Guidelines for Senior Citizens Item #8-0440

Or, consult FEMA.

Emergency information may also be obtained from your utility company.

Emergency Phone Numbers

Local emergency services number: ____________________________

Ambulance: ____________________________________________

Nearest relative: _______________________________________

Local contact: _________________________________________

Out of state contact: ____________________________________

Doctors: _______________________________________________

Local Red Cross Chapter: ________________________________
Medications List With Dosage Production of this information was funded by a grant from the Special Projects Fund of the American National Red Cross to the Rochester-Monroe County Chapter of the American Red Cross and was developed in cooperation with:

Monroe County Office of Emergency Preparedness Monroe County Community Home Health Agency Monroe County Office for the Aging Visiting Nurse Service Catholic Family Center Rochester Gas and Electric Rochester Telephone


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