Emergency Preparedness

September is National Preparedness Month

MAKE A PLAN— Because it’s almost impossible to know when disaster will strike, it’s important to make an emergency plan for a variety of disasters. Your plan should cover how you’ll receive emergency alerts, where you’ll go for shelter in case of an evacuation order and how you will contact loved ones.

BUILD A KIT—You should have a fully stocked emergency supply kit that’s stored in a portable bag or tote so that it’s ready to go if you need to evacuate. A basic kit should include:

- Water (1 gallon per person for at least three days for drinking & sanitation)
- Food –Nonperishable –3 days
- Battery powered/hand-crank radio & NOAA Weather Radio
- First– Aid kit
- Flashlight
- Extra Batteries
- Whistle
- Moist Towelettes, garbage bags (sanitation)
- Manual can opener (food)
- Cellphone charger /backup

Be sure to supplement your kit with any supplies unique to your situation (e.g. pet food, baby formula & diapers, and important family documents.)

PREPARE FOR DISASTERS—To limit the effects that disasters have on you or your family, review the common disasters in your area. You should also review your insurance coverage to make sure you’re covered for common disasters. Consider running practice drills at home so you’re comfortable acting fast when disaster strikes.

LAST BUT NOT LEAST COMMUNICATE AND PRACTICE THE PLAN.

“Working from home?”

“The way you overcome shyness is to become so wrapped up in something that you forget to be afraid.”

Lady Bird Johnson
About 2,000 people every day have a job-related eye injury and about a third of these injuries are treated in emergency rooms. Most of the injuries can be prevented with proper safety gear, but if you experience an eye emergency, responding properly is helpful.

**Speck in the eye**
This isn’t necessarily serious, but it could become more serious if the victim rubs the eye. Do not rub. Flush with large amounts of water. If the speck does not wash out, see a doctor.

**Chemical burns**
Your goal is to immediately flush the eye, then get to a doctor. Immediately flush the eye with water for at least 15 to 20 minutes. If the chemical caustic — a burning or corroding chemical—start flushing and continue to flush for about 30 minutes to 60 minutes as you call an ambulance. The first seconds can be critical. If an eyewash station is available use it instantly. If the victim is wearing a contact lens, flush over the lens, with the understanding that the flushing may dislodge the lens.

**Foreign Objects, Cuts or Punctures in the Eyeball.**
Your goal is to get to the emergency room. Do not wash the eye. Do not touch or rub it. Do not remove an object stuck in the eye.

**Minor Blows**
Your goal is to reduce pain and swelling. Apply a cold compress without putting pressure on the eye. A plastic bag with ice can rest gently on the injury.

**Severe blows**
Your goal is to get to an emergency room. A severe blow to the eyeball can cause reduced vision, double vision, numbness around the eye, pain with eye movements, severe pain in the eyeball, among other things. Do not apply pressure to the eye. Cover the eye lightly with a damp cold cloth and proceed immediately to medical care.

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**September Riddle Answers**
1. The Future
2. A Sponge
3. Queue
4. Your Name

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