

Week 1: FEMA Courses

The Emergency Management Institute (EMI) offers self-paced courses online free-of-charge for those who qualify for enrollment. The courses cover the following areas:

- Incident Management
- Operational Planning
- Disaster Logistics
- Emergency Communications
- Service to Disaster Victims
- Continuity Programs
- Public Disaster Communications
- Integrated Preparedness
- Hazard Mitigation

These courses can help you better understand emergency preparedness and how to help during an emergency situation. You will be able to print a certificate of completion for each course you finish. (Each course takes a couple of hours to complete and then has a short exam).

FEMA also offers courses for kids <http://home.fema.gov/kids/fematce.htm>



What to add your emergency kit: Your completion certificates for any courses you complete in case you want to offer services during a disaster

Week 2: Education Sources

There are many helpful sites that can provide very thorough information for planning for emergencies. These include, but are not limited to:

FEMA- <http://www.fema.gov/areyouready/>

FEMA for kids- <http://www.fema.gov/kids/>

CDC- <http://www.bt.cdc.gov/>

Red Cross- <http://www.redcross.org/>

Ready.gov- <http://www.ready.gov/>



What to add to your emergency kit: Anything recommended by one of these sites that have not been recommended by these lessons

Week 3: Importance of Being Prepared

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.ⁱ Ready.gov offers a quiz so that you can find out your "readiness quotient" and see just how prepared you are (or aren't).

<http://www.ready.gov/america/redirect.html?url=http://www.whatsyourrq.org/>

The results from the short quiz will help you understand where you can improve in making sure you (and your loved ones) are prepared.



What to add to your emergency kit: Anything the results of the preparedness quiz said you were missing/lacking.

Week 4: Topics Outside of Monroe County

This calendar has focused primarily on the hazards that pose a threat to Monroe County residents. However, if you enjoy traveling or travel for your job, it is important to know what to do in other situations as well. This is not an all-inclusive list, so make sure you research any state or country you might visit ahead of time (check the CDC website) and educate yourself on how to be prepared for those situations. The CDC has detailed information on the following disasters. If you do not have access to the Internet you can find out more information by contacting the CDC

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333

800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day

- 1) **Hurricanes-** visit <http://www.bt.cdc.gov/disasters/hurricanes/>
- 2) **Tsunamis-** visit <http://www.bt.cdc.gov/disasters/tsunamis/>
- 3) **Earthquakes-** visit <http://www.bt.cdc.gov/disasters/earthquakes/>
- 4) **Landslides and Mudslides-** visit <http://www.bt.cdc.gov/disasters/landslides.asp>
- 5) **Volcanoes-** visit <http://www.bt.cdc.gov/disasters/volcanoes/>
- 6) **Wildfires-** visit <http://www.bt.cdc.gov/disasters/wildfires/>



What to add to your emergency kit: As long as you live in Monroe County you won't need anything specific for these disasters. However, when you travel you might want to think about packing a few necessities you would need in one of these disasters. Also, make sure to check with whomever you're staying with to see if they have an emergency plan and/or a kit for these disasters (hotels should be able to share their plans with you although they might not have emergency kits for guests).

ⁱ <http://www.ready.gov/america/beinformed/index.html> 13 July 2009.