

# GAME DAY

by

**AARP**<sup>®</sup>

Real Possibilities



# AARP®

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## GENERAL DISCLAIMER

The purpose of the Game Day Guide and Game Day event is to provide residents with information and a general understanding about preparing for emergencies. AARP and its partners are not responsible for any damages that may result from an emergency situation. Moreover, this guide is not a mandate and should be used only as a tool to prepare for emergencies. In no way is this guide meant to encourage a particular plan of action. Residents should abide by the recommendations and orders of local government officials and emergency professionals before, during, and after emergency situations.

## Information was used from the following sources:

*AARP*

[www.aarp.org](http://www.aarp.org)

*FEMA*

1-800-621-FEMA (3362)

[www.fema.gov](http://www.fema.gov)

*Create the Good*

[www.createthegood.org/toolkit/operation-emergency-prepare](http://www.createthegood.org/toolkit/operation-emergency-prepare)

*American Red Cross*

1-800-RED CROSS (733-2767)

[www.redcross.org](http://www.redcross.org)

*GOHSEP Get A Game Plan*

[www.getagameplan.org](http://www.getagameplan.org)

*Ready!*

[www.ready.gov](http://www.ready.gov)

*OKStrong*

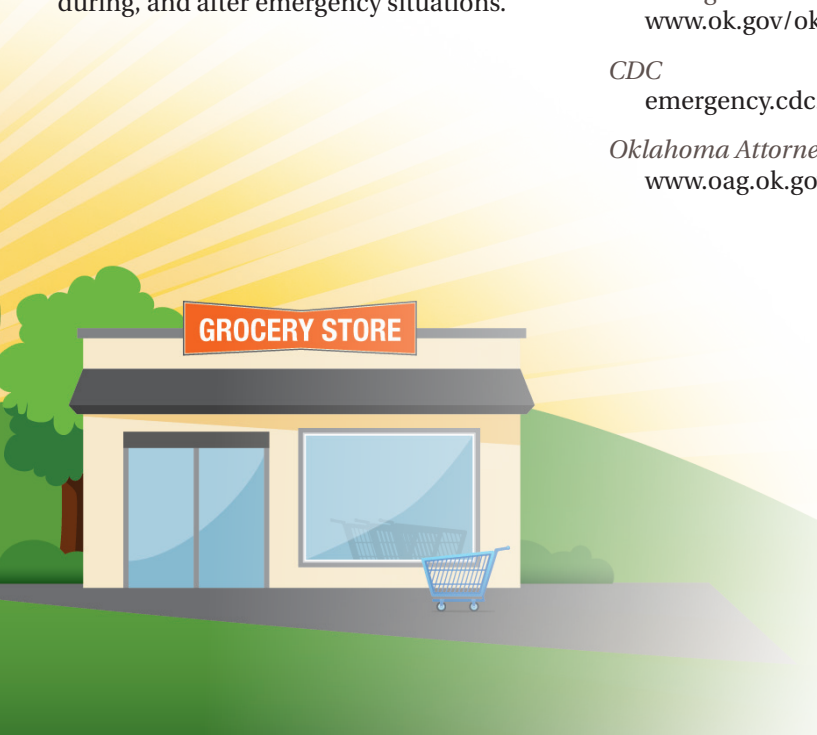
[www.ok.gov/okstrong/Preparedness](http://www.ok.gov/okstrong/Preparedness)

*CDC*

[emergency.cdc.gov/disasters/tornadoes/prepared.asp](http://emergency.cdc.gov/disasters/tornadoes/prepared.asp)

*Oklahoma Attorney General Office*

[www.oag.ok.gov](http://www.oag.ok.gov)



# COMMUNICATION

## Communication Check List

- ☐ Battery-powered All Weather  
Emergency Radio  
(NOAA Weather radio)
- ☐ Evacuation Map
- ☐ Batteries (all types)
- ☐ Cell phone/ Chargers
- ☐ Whistle
- ☐ Important documents:
  - ☐ Drivers License
  - ☐ Social Security Card
  - ☐ Proof of Residence/Insurance
  - ☐ Family Documents  
(Birth Certificates, etc)
  - ☐ Recent Tax Returns
  - ☐ Financial Information
  - ☐ List of Valuable  
Household Possessions
  - ☐ Living Will or Advanced Directives
- ☐ Special Items \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Information Centers

TV		RADIO
Station	Channel	Station



How much time  
will I need to complete this?

\_\_\_\_\_

How much time  
will I need to complete this?

Emergency Phone Book

Contact	Name	Primary #	Secondary #
Police			
Fire Department			
Social Services			
Preparedness Office			
Home Insurance			
Health Insurance			
Car Insurance			
Primary Caregiver or Physician			
Emergency Care			
Oklahoma Referral Service 2-1-1			
Gas company			
Electric company			
Water company			
Neighbor			
Bank			
Attorney General Protection Unit		405-521-2029	918-581-2885
Oklahoma Insurance Department		1-800-522-0071	

Have I contacted my friends and family in Assisted Living or Nursing Homes about how they are getting prepared/ where they are evacuating to? ☐ Yes ☐ No

If I get separated from my family/friends or lose communication, who is my main contact person? \_\_\_\_\_

Do I have Internet access? If so, what website can I go to for accurate information? \_\_\_\_\_

# HOME Shelter

## Preparing the Home for Shelter

Where is the designated safe room such as basement, lowest floor closet, hallway or bathroom?

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Is my designated safe place free of:

Windows ☐ Yes ☐ No

Heavy items such as cabinets, refrigerator or piano?

☐ Yes ☐ No

Have I alerted a neighbor, close relative or family of any special needs or assistance? ☐ Yes ☐ No

Have I made a list of all household possessions?

☐ Yes ☐ No

Do I have a generator? If so, do I have fuel? ☐ Yes ☐ No

Do I have cash? ☐ Yes ☐ No

Do I have bottles/jugs of water? ☐ Yes ☐ No

Do I have all supplies from Grocery/Pharmacy/  
Communication Center checklist for up to five days?

☐ Yes ☐ No

Do I have items easily assessable to protect my head and arms such as blankets, pillows, sleeping bags or mattress?

☐ Yes ☐ No

Do I have a battery operated radio? ☐ Yes ☐ No

Do I have a working flash light? ☐ Yes ☐ No

Is my storm shelter registered? ☐ Yes ☐ No

## Security

Can I lock/bolt windows and doors? ☐ Yes ☐ No

Do I have important items in a waterproof safe place?

☐ Yes ☐ No

Have I locked and secured valuables in a safe, waterproof container? ☐ Yes ☐ No

## Alternate Designated Safe Place

Where will I go if I live in a mobile home or upper level apartment?

Place \_\_\_\_\_

Contact Information \_\_\_\_\_

Travel Time \_\_\_\_\_

Do they accept pets? ☐ Yes ☐ No

Where is my pet carrier/leashes? \_\_\_\_\_

\_\_\_\_\_

How much time  
will I need to complete this?

\_\_\_\_\_

**Remember** In the event of a tornado, **seek shelter immediately**. There is no completely safe place from a tornado, some locations are much safer than others. Avoid windows. Get to the lowest floor as quickly as possible. Do not try to out run a tornado in your car. Do not stay in a mobile home during a tornado. Many cities do not have public storm shelters so plan ahead!

# HOME *After the Storm*

How much time  
will I need to complete this?

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## *Evacuating*

*Finding Shelter*

Dial: 2-1-1

*AARP Fraud Watch*

[www.aarp.org/fraudwatch](http://www.aarp.org/fraudwatch)

*American Red Cross*

Dial: 866-GET-INFO (866-438-4636)

*Emergency Services*

9-1-1

*Attorney General Public Protection Unit*

405-521-2029 or 918-581-2885

*Construction Industry Board*

[www.ok.gov/cib](http://www.ok.gov/cib) or 405-521-6550

Where will I go? \_\_\_\_\_

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Do they accept pets? ☐ Yes ☐ No

Do I have leashes, carriers and pet food? ☐ Yes ☐ No

Do I have important documents from Communication  
Center? ☐ Yes ☐ No

Do I have cash? ☐ Yes ☐ No

Do I have supplies from Grocery/Pharmacy/Communication  
Center checklist for up to 3 days? ☐ Yes ☐ No

## *Avoiding Home Repair Scams*

Do I have a trusted local contractor? ☐ Yes ☐ No

Contractor \_\_\_\_\_

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Does the contractor have written references? ☐ Yes ☐ No

Can I get a written contract with start and completion dates?

☐ Yes ☐ No

*\*Don't do business without a written contract!*

Are all warranties, guarantees and promises in writing?

☐ Yes ☐ No

Is the contractor licensed and registered with the

Construction Industry Board? ☐ Yes ☐ No

# GROCERY

*The items included on these lists are important to have whether evacuating or sheltering-in.*

Have enough supplies for up to five days if sheltering-in. It is a good idea to pack snacks, meals, and drinks for about three days if you are evacuating. If you are evacuating to a private residence, hotel, etc. it may be easier to get your groceries once you reach your destination. You may already have these items at home. If so, make sure you know where they are and that they are easily accessible.

## Grocery Check List

- ☐ Water (3 gallons per person)
- ☐ Gatorade/Powerade/Pedialyte
- ☐ Canned meats
- ☐ Canned fruits
- ☐ Canned vegetables
- ☐ Hand operated can opener
- ☐ High energy food: peanut butter, crackers, granola, etc
- ☐ Cash
- ☐ Insect Repellant
- ☐ Special Dietary Items \_\_\_\_\_

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## Hardware

- ☐ Utility knife (razor blade, etc)
- ☐ Flashlight and batteries
- ☐ Wrench (to turn off water, etc)
- ☐ Pliers
- ☐ Battery powered lantern
- ☐ Tape (Duct Tape)
- ☐ Compass
- ☐ Plastic sheeting/ Tarp
- ☐ Matches
- ☐ Special Items \_\_\_\_\_

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## Clothing

What clothing items will I take? \_\_\_\_\_

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## Bedding

What bedding items will I take? \_\_\_\_\_

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Do I have waterproof containers to keep the supplies in whether I am sheltering-in or evacuating? ☐ Yes ☐ No

How much time  
will I need to complete this?

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**Remember** The best recommendations for plywood window coverings are  $\frac{1}{2}$  or  $\frac{5}{8}$  inch plywood if shutters or other window coverings are not available



# PHARMACY

How much time  
will I need to complete this?

*The items included on these lists are important to have whether evacuating or sheltering-in.* Have enough supplies for up to five days. You may already have these items at home, if so, make sure you know where they are and that they are easily accessible. Refer to the Library for information about priority response.

Who is my Primary Care Physician? \_\_\_\_\_

## Prescription/Medication List

Name of Prescription	Dosage	Schedule

## Basic Medical History

Condition or Diagnosis / Year Diagnosed	Treatment

## Pharmacy Check List

- ☐ First Aid Kit
- ☐ Vitamins
- ☐ Extra glasses/ Sunglasses
- ☐ Soap
- ☐ Shampoo
- ☐ Toothpaste/Brush
- ☐ Hand towel
- ☐ Moist towelettes
- ☐ Incontinence products
- ☐ Hand sanitizer
- ☐ Hearing Aid (and extra batteries)
- ☐ Small battery-powered fan
- ☐ Special Items \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Are my medications in a safe, waterproof container? ☐ Yes ☐ No

Do I have a copy of my living will or advanced directives? ☐ Yes ☐ No

Allergies \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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# LIBRARY *Dictionary*

## COMMON TERMS

### **Chemical emergency**

A hazardous chemical has been released and the release has the potential for harming people's health.

### **Contraflow**

Lane reversal plans that alter the normal flow of traffic, typically on a controlled-access highway.

### **Flash flood**

A rapid and extreme flow of high water into a normally dry area, or a rapid water level rise in a stream or creek above a predetermined flood level, beginning within 6 hours of the causative event.

### **Severe Thunderstorm WATCH**

Severe thunderstorms are possible in our area.

### **Severe Thunderstorm WARNING**

Severe thunderstorms are occurring. Remember, tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect. Remain alert to signs of an approaching tornado and seek shelter if threatening conditions exist.

### **Tornado WARNING**

A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety.

### **Tornado WATCH**

Tornadoes are possible in our area. Remain alert for approaching storms.

## SIGNS OF A TORNADO

- Strong, persistent rotation in the cloud base.
- Whirling dust and or debris on ground underneath cloud base.
- Tornadoes do not always have visible funnels – can be rain wrapped.
- Hail or heavy rain followed by either absolute calm or extreme wind shift.
- Loud continuous roar or rumble unlike thunder that fades within seconds.
- Visible small, bright, blue and green to white power flashes at ground level.

## TORNADO CLASSIFICATIONS

EF-0 40-72 mph, *Light damage, chimney damage, tree branches broken*

EF-1 73-112 mph, *Moderate damage, mobile homes pushed off foundation or flipped over*

EF-2 113-157 mph, *Considerable damage, mobile homes demolished, trees uprooted*

EF-3 158-205 mph, *Severe damage, roofs and walls torn down, trains overturned, cars thrown around*

EF-4 207-260 mph, *Devastating damage, well-constructed walls leveled*

EF-5 261-318 mph, *Violent damage, homes lifted off foundation and carried considerable distances, autos thrown as far as 100 meters.*

# Resources

## Outside Resources

*GOHSEP Get A Game Plan*  
[www.getagameplan.org](http://www.getagameplan.org)

*FEMA* 800-462-7585 / [www.fema.gov](http://www.fema.gov)

*American Red Cross Chapter* \_\_\_\_\_

\_\_\_\_\_

*United Way Chapter* \_\_\_\_\_

\_\_\_\_\_

*Office of Emergency Preparedness* \_\_\_\_\_

\_\_\_\_\_

## Additional Questions:

Have I registered with the local emergency authorities for priority response after a disaster? ☐ Yes ☐ No

Have I registered with the local power company for priority response after a disaster? ☐ Yes ☐ No

Have I registered for the Oklahoma DHS Disaster Food Stamp program at 1-866-411-1877? ☐ Yes ☐ No

Are there any other important contacts I need to make?

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## Notes

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