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

FEMA
1-800-621-FEMA (3362)
www.fema.gov

Create the Good
www.createthegood.org/toolkit/operation-emergency-prepare

American Red Cross
1-800-RED CROSS (733-2767)
www.redcross.org

GOHSEP Get A Game Plan
www.getagameplan.org

Ready!
www.ready.gov

OKStrong
www.ok.gov/okstrong/Preparedness

CDC
emergency.cdc.gov/disasters/tornadoes/prepared.asp

Oklahoma Attorney General Office
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

<table>
<thead>
<tr>
<th>TV</th>
<th>Channel</th>
<th>Radio</th>
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How much time will I need to complete this?
## Emergency Phone Book

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

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?  
_________________________________________________________
Preparing the Home for Shelter
Where is the designated safe room such as basement, lowest floor closet, hallway or bathroom?

______________________________________________________

______________________________________________________

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? ________________________

______________________________________________________

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!

How much time will I need to complete this?

______________________________
**Evacuating**

*Finding Shelter*
Dial: 2-1-1

*AARP Fraud Watch*
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 or 405-521-6550

Where will I go? ________________________________

__________________________________________________

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

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**Avoiding Home Repair Scams**

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

Contractor ________________________________

__________________________________________________

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
The best recommendations for plywood window coverings are ½ or 5/8 inch plywood if shutters or other window coverings are not available.

**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 ______________
  __________________________________
  __________________________________

**Clothing**
What clothing items will I take? ______
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**Bedding**
What bedding items will I take? _____
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

**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 __________
  __________________________________
  __________________________________
  __________________________________
  __________________________________
  __________________________________

**Remember** The best recommendations for plywood window coverings are ½ or 5/8 inch plywood if shutters or other window coverings are not available.

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**

<table>
<thead>
<tr>
<th>Name of Prescription</th>
<th>Dosage</th>
<th>Schedule</th>
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<tbody>
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**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____________________

**Basic Medical History**

<table>
<thead>
<tr>
<th>Condition or Diagnosis / Year Diagnosed</th>
<th>Treatment</th>
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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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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.

SIGNIFICANT TERMS

Common Terms

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

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SIREN 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

FEMA 800-462-7585 / 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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