

Mpango wa Dharura

Plan for an Emergency

An emergency may be a tornado, house fire, flood or bombing. Plan ahead to help protect you and your family and limit the effects of an emergency.

Use these three steps to prepare:

1. **Make a plan** for you and your family.
2. **Prepare an emergency kit** of supplies for your home, work and car.
3. **Listen for information** about what to do and where to go during an emergency.

Step 1. Make a Plan

Make an emergency plan for you and your family. Talk to your family about this plan. Your family may need to stay home or they may need to leave to go to a safer place. Decide how your family members will contact each other. You may decide to have each member of your family contact one person by phone or e-mail. An out of town contact may be best since a local contact may also be involved in the disaster or local phone services may not be working. Plan a meeting place for your family and how each person will get there.

Your plan should also include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.

Dharura inaweza kuwa kimbunga, kuchomeka kwa nyumba, mafuriko au mlipuko. Weka mpango mapema ili ukusaidie kukulinda wewe na familia yako na upunguze athari za dharura.

Tumia hatua hizi tatu kujitayarisha:

1. **Weka panga** kwa ajili yako na familia yako.
2. **Tayarisha zana za dharura** za vitu vya kutumika nyumbani, kazini na kwenye gari.
3. **Sikiliza taarifa** kuhusu mambo ya kufanya na mahali pa kuenda wakati wa dharura.

Hatua ya 1. Weka Mpango

Weka mpango wa dharura kwa ajili yako na familia yako. Zungumza na familia yako kuhusu mpango huu. Huenda familia yako ikahitaji kusalia nyumbani au huenda ikahitaji kuondoka ili kuenda mahali salama. Amua kuhusu jinsi wanafamilia watakvowasiliana. Unaweza kuamua kuwa kila mwanafamilia awasiliane na mtu mmoja kwa njia ya simu au barua pepe. Huenda ikawa bora zaidi kuwasiliana na mtu aliye nje ya mji kwa kuwa huenda mtu wa kuwasiliana naye aliye katika eneo lako akakumbwa na janga au huduma za simu za eneo lako huenda zisiwe zinafanya kazi. Panga mahali pa kukutania kwa ajili yako na familia yako na jinsi kila mtu atakapofika hapo.

Mpango wako unapaswa pia kujumuisha:

- Orodha ya simu na anwani za barua pepe za dharura. Ishiriki orodha na wanafamilia, kazini, shule na vituo vya utunzaji wa watoto.
- Mtu wa kuwatunza watoto wako nyumbani katika hali ambapo huwezi kuwepo au ukiwa mgonjwa.

- A local and an out of town emergency contact.
- Health information for each member of the family including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.
- Doctors' names and phone numbers.
- Locations of hospitals near work, school and home and their phone numbers.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Someone to care for your pets in case you cannot be there or you become ill. Keep your pets up to date on vaccines and have a copy of your pets' vaccine records in case they need to go to a shelter.
- Pets' veterinarian name and phone number.
- Mtu wa dharura wa kuwasiliana naye wa eneo lako au aliye nje ya mji.
- Maelezo ya afya ya kila mwanafamilia ikiwa ni pamoja na tarehe ya kuzaliwa, aina ya damu, mizio, matatizo ya zamani na ya sasa ya kimatibabu, dawa na vipimo vya sasa vya dawa, kifaa cha matibabu na nakala za kadi za bima ya afya.
- Majina na nambari za simu za madaktari.
- Maeneo ya hospitali zilizo karibu na kazini, shuleni na nyumbani na nambari zake za simu.
- Maeneo ya idara za afya za jimbo au eneo lako na nambari zake za simu.
- Jina na nambari ya duka la dawa.
- Maelezo ya kidini au kiroho.
- Mtu wa kutunza wanyama pendwa wako katika hali ambapo huwezi kuwepo au ukiwa mgonjwa. Wape wanyama pendwa wako chanjo inayotumika kwa sasa na uwe na nakala ya rekodi za chanjo ya wanyama pendwa wako katika hali ambapo wanahitaji kuenda katika makao.
- Jina na nambari ya daktari wa wanyama pendwa.

Plan Ahead for Special Situations

- **Children in child care centers or schools** – Most schools and child care centers have emergency plans and practice fire, earthquake and tornado drills. Make sure the child care center or school has your current work, home and cell phone numbers and e-mail address. Be sure to ask:
 - How parents will be contacted in an emergency.
 - What steps will be taken to protect your children.

Weka Mapema Mpango wa Hali Maalum

- **Watoto walio katika vituo vya kutunza watoto au shuleni** – Shule na vituo vingi vya kutunza watoto vina mipango ya dharura na hufanya mazoezi ya kukabiliana na moto, tetemeko la ardhi na kimbunga. Hakikisha kuwa kituo cha kutunza watoto au shule ina nambari ya simu na anwani yako ya sasa ya barua pepe ya kazini na nyumbani. Hakikisha kuwa umeuliza:
 - Jinsi watakwawasiliana na wazazi wakati wa dharura.
 - Hatua zitakazochukuliwa kulinda watoto wako.

- If extra water, food and first aid supplies are stored on site.
- How the school plans to keep exposed children away from other children.
- Where the children will be taken if they must evacuate.
- **Work** – Check with your employer about work policies and emergency plans. Make plans for your family if you have to go to work.
- **People with special needs** – Wear a medical alert tag or bracelet that lists your health care needs. Make a plan for someone to help during an emergency. This person will need to get into your home and know how to provide care.
 - For those who are living at home, keep extra medicines and supplies.
 - For those who need dialysis or other life-sustaining treatment, know the location of more than one facility where you can get care.
 - For those who are living in a special care center, the facility should have an emergency plan.
- **Safe shelter** – If there is an emergency where poisons are in the air, you may be told to stay inside. Turn off all furnaces, air conditioners and fans. Close vents. Close and lock all doors and windows. Listen to the television or a battery powered radio for information.
- **Pets** – Make a supply kit for your pet that includes food, water, medicine, a carrier, leash and litter (for cats). Be prepared to bring your pet with you, or to have someone care for your pet. Keep your pets' vaccines up to date and keep their tags on their collars.
- Iwapo maji, chakula na zana na vitu vya ziada vya huduma ya kwanza huhifadhiwa katika eneo.
- Jinsi shule inavyopanga kuwatenga watoto walioathirika mbali na watoto wengine.
- Mahali ambapo watoto watapelekwa iwapo ni lazima waondoke.
- **Kazini** – Wasiliana na mwajiri wako kuhusu sera za kazi na mipango ya dharura. Weka mipango kwa ajili ya familia yako iwapo unatakiwa kuenda kazini.
- **Watu wenye mahitaji maalum** – Vaa lebo au bangili inayoorodhesha mahitaji yako ya afya. Weka mpango wa mtu wa kukusaidia wakati wa dharura. Mtu huyu atahitajika kuingia nyumbani kwako na kufahamu jinsi ya kukuhudumia.
 - Kwa wale wanaoishi nyumbani, hifadhi dawa na vitu vya ziada.
 - Kwa wale wanaohitaji dialisisi au matibabu mengine ya kuokoa maisha, fahamu eneo la zaidi ya hospitali moja ambako unaweza kupata matibabu.
 - Kwa wale wanaoishi katika kituo cha utunzaji maalum, ni lazima hospitali iwe na mpango wa dharura.
- **Makao salama** – Iwapo kuna dharura ambapo kuna sumu hewani, unaweza kuambiwa kusalia ndani ya chumba. Zima sehemu zote za moto, visafishaji vya hewa na feni. Funga sehemu za kupitisha hewa. Funga milango na madirisha yote. Sikiliza televisheni au radio ya betri ili upate taarifa.
- **Wanyama pendwa** – Tengeneza zana ya vitu kwa ajili ya mnyama pendwa wako ambavyo ni pamoja na chakula, maji, dawa, mtoa huduma, kamba na taka (kwa ajili ya paka). Kuwa tayari kuja na mnyama pendwa wako au uwe na mtu wa kumtunza mnyama pendwa wako. Tumia chanjo inayotumika kwa sasa kwa wanyama pendwa wako na uweke lebo zao kwenye ukosi wao.

Step 2. Prepare an Emergency Kit

If an emergency happens, you may not be able to get food or water for days or weeks and your electricity may not work. Keep emergency supplies in a container that you can take with you if you need to leave home, such as a large bag or plastic container. Check your supplies every few months for freshness.

Have a **3 day supply** of these items for **each person and pet**.

Food and Other Items

- Water in clean, sealed plastic containers – store one gallon for each person and pet for each day
- Ready to eat canned meats, fruits and vegetables
- Manual can opener
- Protein and fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruits and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

Hatua ya 2. Tayarisha Zana za Dharura

Iwapo dharura itatokea, huenda usiweze kupata chakula au maji kwa siku au wiki nyingi na huenda kusiwe na umeme. Weka vitu vya dharura kwenye chombo ambacho unaweza kukibeba iwapo unahitaji kuondoka nyumbani, kama vile begi kubwa na chombo cha plastiki. Angalia vitu vyako kila baada ya miezi michache ili kuhakikisha kuwa viko katika hali nzuri.

Kuwa na bidhaa za **vitu hivi za kudumu kwa siku 3 kwa ajili ya kila mtu na mnyama pendwa**.

Chakula na Bidhaa Zingine

- Maji katika vyombo safi na vilivyofungwa vya plastiki – hifadhi galoni moja kwa ajili ya kila mtu na mnyama pendwa kila siku
- Nyama za mkebe zilizotayari kuliwa, matunda na mboga
- Kifaa cha kufungua mkebe unachoweza kukitumia mwenyewe
- Baa ya protini na matunda
- Nafaka iliyokauka, granola, nyugu na vitafunwa
- Siagi ya karanga
- Vyakula vilivyokaushwa kama vile matunda yaliyokaushwa na vyakula vilivyokamuliwa maji
- Juisi zilizomiminwa
- Maziwa ya unga au mikebe ya maziwa yaliyokaushwa
- Mikebe au magudulia ya chakula cha mtoto na fomula ya mtoto
- Chakula cha mnyama pendwa

Basic Supplies

- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Sleeping bags or blankets
- Baby supplies such as diapers and bottles
- Paper towels and a disinfectant cleaner or a cleaner with bleach. You can mix your own water and bleach solution. Mix ten parts water with one part bleach.
- Tissues and toilet paper
- Feminine hygiene supplies
- Paper plates, plastic silverware and napkins
- Matches in a waterproof container
- Plastic sheets and heavy tape such as duct tape or electrical tape
- Trash bags
- Plastic bucket with tight lid
- Prescription medicines
- Copies of important family documents stored in a waterproof container including identification, health information for each family member, insurance information and birth certificates
- Extra batteries for equipment such as a wheelchair or hearing aids

Vitu vya Msingi

- Tochi na betri za ziada
- Radio inayotumia betri na betri za ziada
- Begi za kulala na blanketi
- Vitu vya mtoto kama vile nepi na chupa
- Taulo za karatasi na kisafishaji cha kuondoa viini au kisafishaji chenye kemikali ya kubadilisha rangi. Unaweza kuchanganya maji yako mwenyewe na maji yenye kemikali ya kubadilisha rangi. Changanya vipimo kumi vya maji na kipimo kimoja cha kemikali ya kubadilisha rangi.
- Karatasi shashi
- Visodo na vitu vya usafi wa wanawake
- Bakuli za karatasi, vyombo vya fedha na nepi
- Viberiti kwenye chombo kinachostahimili maji
- Plastiki ndefu na utepe mzito kama utepe wa kunata au utepe wa kushikia nyaya za umeme
- Begi za taka
- Ndoo ya plastiki yenye kifuniko cha kubana
- Dawa ulizoandikiwa na daktari
- Nakala za hati muhimu za familia zilizohifadhiwa kwenye chombo kinachostahimili maji ikiwa ni pamoja na vitambulisho, maelezo ya afya ya kila mwanafamilia, maelezo ya bima na vyeti vya kuzaliwa
- Betri za ziada za kifaa kama vile kiti cha magurudumu au visaidizi vya kusikia

First-aid Kit

- Digital thermometer
- Adhesive bandages in different sizes, two and four inch gauze pads, triangular bandages and sterile rolled bandages
- Bandage tape
- Soap and alcohol-based hand sanitizer
- Washcloths and moistened towelettes
- Antibiotic ointment
- Latex gloves
- Scissors, tweezers, a needle and thread and safety pins
- Cotton swabs
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea

If you need to leave your home, also include these supplies:

- Clothes and sturdy shoes
- Coats, hats, rain gear and gloves
- Toothpaste, toothbrush and other toiletries
- Prepaid, long-distance calling card
- Keys for your car and house
- Money and a credit card
- Books, playing cards and board games

Zana za Huduma ya Kwanza

- Kipimajoto cha kidijitali
- Bendeji za kunata katika ukubwa tofauti, padi za uzi zenye inchi mbili na nne, bendeji za umbo la pembetatu na bendeji zilizohifadhiwa kwenye kifurushi kilichofungwa
- Utepe wa bendeji
- Kisafishaji cha mikono kinachotengenezwa kwa sabuni na pombe
- Kitambaa cha kuogea na vijitaulo vyenye unyevu
- Mafuta ya viua vijasumu
- Glavu za mipira
- Makasi, vibanio, sindano na uzi na vipini vya usalama
- Pamba
- Dawa zinazonunuliwa dukani za kutibu homa, maumivu, matatizo ya tumbo, vikohozi, homa na kuharisha

Iwapo unahitaji kuondoka nyumbani kwako, jumuisha vitu hivi pia:

- Nguo na viatu viliyo na nati
- Koti, kofia, nguo za kuvaliwa wakati wa mvua na glavu
- Dawa ya meno, mswaki na vifaa vingine vya kujipamba
- Kadi ya kupiga simu ya masafa marefu inayolipiwa mapema
- Funguo za gari na nyumba yako
- Pesa na kadi ya benki ya mkopo
- Vitabu, kadi za kucheza na michezo ya bodi

Car Supplies

Keep a small emergency supply kit in your car at all times with:

- A flashlight with extra batteries
- A sleeping bag or blanket
- Road maps
- First-aid supplies
- Tire repair kit, jumper cables and flares

Step 3. Listen for Information

Local and state officials have plans to protect the public. Stay calm and listen for reports on the television, radio, social media or Internet. Have a radio with extra batteries in case there is no electricity. If there is limited communication, you may need to decide what is best for you and your family.

Vitu vya Gari

Weka zana ndogo ya vitu vya dharura kwenye gari lako kila wakati pamoja na:

- Tochi na betri za ziada
- Begi ya kulala au blanketi
- Ramani za barabara
- Vitu vya huduma ya kwanza
- Zana ya kukarabati tairi, miale na kebo za kuanzisha gari

Hatua ya 3. Sikiliza Taarifa

Maofisa wa jimbo na eneo wana mipango ya kulinda umma. Kuwa mtulivu na usikilize ripoti kwenye televisheni, redio, mitandao jamii au intaneti. Kuwa na redio pamoja na betri za ziada katika hali ambapo hamna umeme. Iwapo kuna mawasiliano machache, huenda ukahitajika kuamua njia inayokufaa wewe na familia yako.