

## ***Information Statement***

# **Disaster Preparedness & Mass Casualty**

*This Information Statement was developed as an educational tool based on the opinion of the authors. It is not a product of a systematic review. Readers are encouraged to consider the information presented and reach their own conclusions.*

Natural disasters and mass casualties can happen anywhere at any time. Being prepared improves you and your family's likelihood of survival. Three key elements will better prepare you for responding to these types of events.

### **Be Informed**

- Understand the potential risks, both natural and man-made, that could affect your environment (earthquakes, floods, terrorist attack, active shooter, etc.).
- Know where to obtain accurate information in the event of a disaster including emergency alerts.
- Determine where you would go if you need to evacuate.

### **Plan Ahead**

- Make a plan for you and your family. FEMA at the Ready.gov website has resources to guide the development of an individual family plan. (<https://ready.gov/make-a-plan>).
- Critical components are captured in the following four questions.
  1. How will I receive emergency alerts and warnings?
  2. What is my shelter plan?
  3. What is my evacuation route?
  4. What is my family/household communication plan?
- FEME offers a downloadable template for constructing your personal plan. ([https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family\\_Comm\\_Plan\\_508\\_20150820.pdf](https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family_Comm_Plan_508_20150820.pdf))

### **Take Action**

- Develop and practice your plan.
- Learn how you can help
  1. Call 911
  2. Keep yourself and others safe
  3. Stop the bleeding – Stop The Bleed initiative.
  4. Appropriately position those who are injured.
  5. Provide comfort.

Stop The Bleed (<http://www.bleedingcontrol.org/> )

- On many occasions, first responders are unable to reach the victims in a timely manner, so those involved in the casualty become the first responders.
- Stop The Bleed is a national campaign that teaches the layperson how to implement effective bleeding control techniques (tourniquets, wound packing & hemostatic dressings) in the face of life-threatening hemorrhage.

Visit the Orthopaedic Trauma Association Website (<http://ota.org/getprepared/>) or the FEMA website (<https://ready.gov/>) to access additional information on mass casualties and disaster preparedness.

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