



# Boulder OEM Preparedness

## Risk Assessment

In order to prepare to navigate through a disaster situation it's important to understand your own risk. In order to do so, start by thinking about your current capabilities to maintain the lifelines of safety and security, food, water and shelter, health and medical needs, energy, communications, and transportation. There may be additional lifelines that you want to add to that list to assess depending on your particular needs.

Once you assess your ability to maintain each of your lifelines, you'll want to focus in on the categories that you feel less capable of maintaining. By working to create a plan and develop capabilities for how you'll maintain each lifeline you'll be setting yourself up for success in navigating disaster to the best of your ability!

## Creating a Plan

Once you've assessed your risk and have a good understanding of your needs, it's time to start creating your own preparedness plan that meets those needs. A good plan should be actionable and sustainable, and should include information on the following:

- Communication
- Evacuation
- Grab List

Once you've established a plan, it's important that you share it, talk through it, and even practice it with those who play a role in it.



## Communication

The communication portion of your preparedness plan should take into account how you'll gain information/notifications about disaster situations. It should also cover how you will send and receive information, and how you'll plan to communicate with the people in your life at the notification and evacuation phases.

Your communication plan should be able to answer the following questions:

- What methods will you utilize to get notified of a disaster?
- What methods will you use to communicate with others? Do you have a way to continually power your device?
- What are important phone numbers to have a hard copy of?
- Who could you and your loved ones use as your out of state emergency contact to touch in with?

## Lifelines

While a disaster may disrupt any number of your lifelines, being able to maintain or reinstate them by having plans in place will help you and others in your life get through tough times brought on by disaster. Below are the key lifelines, and sample questions to think about as you create your plan to maintain them.

### Safety and Security

What are items, equipment, etc. that will help you maintain your own safety?

### Food, Water, and Shelter

What are your food, water, and shelter needs?  
How much food and water would you need to sustain yourself/pets during an evacuation or shelter-in-place situation that lasts 24 hours?  
In the event of an evacuation, where could you go/who might you stay with?

### Health and Medical

What medications or supplies do you need to have available?  
What components of wellbeing do you need to take into consideration as you plan?

### Energy

How will you power critical components of your plan (heat during severe winter weather, fuel for a vehicle during an evacuation, a way to charge your phone, etc)?

### Communications

How will you get alerts about emergency situations (phone alerts, weather radio, useful websites, etc)?  
How will you get in touch with important people in your life?

### Transportation

What modes of transportation do you have access to?  
What routes will you use?



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### Evacuation and Sheltering-in-Place

The evacuation or shelter-in-place portion of your plan is critical step needed to help ensure your safety. As you think about this portion of your plan, consider the following questions:

#### Evacuation

- What are two modes of transportation you could take as you evacuate? (have a primary mode, and at least one back up option)
- What are 2 or more routes that you could take out of your neighborhood in the event of road closures?
- Are there family members, neighbors, etc. that may need your assistance? If so, what is your plan to support them efficiently?
- What supplies, if any, do you want to have on hand in your vehicle as you evacuate?
- Are there loved ones that you need to designate a meet up spot for? Where are some potential spots you could use? (this could be used to meet up with family if you are at different locations during the time of disaster - i.e. coming from work, home, school, etc. and need a specific spot to be able to reunite)

#### Shelter-in-Place

- How will you maintain your lifelines while sheltering-in-place? (How much food/water do you have, do you have ways to stay warm, etc?)
- What are your means of communication while in a shelter-in-place environment?

### Grab List

A grab list is an outline of items that will help you maintain your lifelines, and also typically includes a list of your invaluable items that cannot be replaced that you'll take with you during an evacuation. A grab list is a good alternative to a go-bag/kit because it doesn't require you to update/swap out supplies as time goes by or you have changes in your life (i.e. no need to worry about outdated medications, stale food, etc).

We recommend coming up with a list of items, and their location so that you can easily grab important things if you need to evacuate.

Not sure where to start? The 7 Ps can help you build your list!

- People (get everyone out, and have essential supplies - clothing, food, and water!)
- Pets (including pet food and other essential supplies)
- Papers (important documents)
- Prescriptions (including eyeglasses, medical supplies, etc.)
- Pictures (or other irreplaceable items)
- Personal computers (and cell phones)
- Plastic (i.e. credit or debit cards)

### Additional Planning Considerations

#### Access and Functional Needs

Do you or does someone in your life need assistance due to a condition that limits their ability to take action during a disaster? This is a critical component to take into account as you create your plan, as mobility, language skills, access to transportation, etc. may create barriers that need to be addressed. For example, if you live with mobility issues, your plan may consist of you starting to evacuate at a warning phase rather than when an order is issued so that you have more time to get out safely at a pace that you can physically manage.

#### Time and Place

Think about how your plan may need to be adjusted for different locations, days of the week, or time of day. For example, if you have a child, what would your plan look like on a weekday vs. a weekend? If your typical mode of transportation is in use by another family member as they get to work on certain days of the week, how would your evacuation plan need to change?

#### Planning for Pets

When planning for your pets, be sure to consider the following:

- Have a safe way to transport them - a carrier, harness, etc.
- Have a buddy system - someone who can care for or evacuate your pets if you are unable to do so.
- Ensure pets are microchipped and have tags on.
- Have food and any toys or items that may comfort them as part of your grab list.
- For large animals, be sure to have a means of evacuation transportation, and start as early as possible.
- For trailering horses, cattle, etc. practice ahead of time is key - that way when stressors are heightened this is not the first time you are having them do an action that may be quite scary for them.