

72 Hour Self-Reliance

- A. 72 Hour Self-Reliance
- B. Emergency Lighting
- C. Provision of Emergency Power
- D. Emergency Supplies



72 Hour Self-Reliance

The following procedures outline a plan for the facility to be self-reliant for at least 72 hours in the event of a major disaster or emergency, including a long term power failure.

The role of facility personnel in this situation is to make residents as comfortable as possible, while continuing to provide the same level of care, supervision, and services normally provided by the facility, to the extent possible.

COMMUNICATION

1. The Disaster Leader immediately and on an ongoing basis communicates with the appropriate emergency services agencies to discuss evacuation and relocation decisions.
2. The Disaster Leader immediately and on an ongoing basis communicates with residents, personnel, and key stakeholders to keep them apprised of the situation.
3. The Disaster Leader immediately and on an ongoing basis communicates with local assisted living or residential care Licensing representatives to keep them apprised of the situation.

RESIDENT CARE SERVICES

1. The appropriate safety supervisor coordinates ongoing provision of resident care services, including coordination with home health, hospice, pharmacy, medical suppliers, and other agencies/vendors.
2. Resident care staff checks resident medication supplies and contact the pharmacy if there is not at least three (3) day supply of medication available for every resident.
3. Residents are discouraged from going outside.



HOUSEKEEPING SERVICES

1. The appropriate safety supervisor checks supplies for blankets and pillows as the supply may have been depleted. If supplies are depleted or not sufficient for 72 hours, additional supplies are purchased from local department or discount store, if needed and if possible.

MAINTENANCE SERVICES

1. The appropriate safety supervisor secures the building:
 - a. Remove loose objects from outside or on the side of the building or affix with bungee cords, tapes or tie-downs.
 - b. Tape up windows to keep rain from blowing in or utilizing plywood coverings (if warranted).
3. Check for a supply of fresh batteries and flashlights.

FOOD SERVICE

1. The appropriate safety supervisor checks to ensure at least a three day supply of food and water. If not, personnel will obtain additional supplies from the nearest grocery store if it is safe to do so.

MEDICATIONS

At least a 72-hour supply of medications will be kept on hand at all times, including necessary supplies and equipment to assist with medication management.



Emergency Lighting

1. Candles or open flames are NOT used for emergency lighting.
2. The Disaster Leader ensures that an appropriate supply of flashlights and fresh batteries are on hand all times.
3. Safety Supervisors ensure that their staff are aware of the location of emergency lighting.



Provision of Emergency Power

FACILITY EQUIPPED WITH EMERGENCY GENERATORS

If the facility is equipped with an emergency generator, the appropriate Safety Supervisor ensures that sufficient fuel is on hand at all times.

NOT EQUIPPED WITH EMERGENCY GENERATORS

If the facility is not equipped with an emergency generator, identify at least the local rental companies that can rent an appropriate generator to the facility during an emergency or disaster:

Generator Supplier #1

Company Name:

Main Contact:

Phone:

Email:

Address:

City:

State:

ZIP:

Generator Supplier #2

Company Name:

Main Contact:

Phone:

Email:

Address:

City:

State:

ZIP:



Generator Supplier #3

Company Name:

Main Contact:

Phone:

Email:

Address:

City:

State:

ZIP:



Emergency Supplies

Examples of emergency supplies that should be on hand include, but are not limited to the following:

1. Three Day Supply of Food, examples include but are not limited to:
 - a. Ready-to-eat canned meats, fruits, and vegetables
 - b. Canned juice, milk, and soup
 - c. High-energy foods, such as peanut butter, jelly, salt-free crackers, and energy bars
 - d. Trail mix
 - e. Comfort foods, such as hard candy, sweetened cereals, candy bars, and cookies
 - f. Instant coffee, tea bags
 - g. Compressed food bars
 - h. Dried foods
 - i. Freeze-dried foods, with water for reconstitution
 - j. Whole-grain cereals (oatmeal, granola, multi-grain)
 - k. Instant meals (e.g., cups of noodles, cups of soup, etc.)
 - k. Snack-sized canned goods
 - l. Prepackaged beverages
2. Water
 - a. At least three gallons per person
3. Portable, battery-powered radio or television and extra, fresh batteries
4. Flashlight and extra, fresh batteries
5. First aid kit
6. Map of the area marked with relocation sites and their telephone numbers
7. Kitchen accessories
 - a. Manual can opener
 - b. Disposable cups, plates, and utensils



- c. Utility knife
- d. Sugar and salt
- e. Aluminum foil, plastic wrap, or reseal-able plastic bags
- 8. Sanitation and hygiene items
 - a. Household liquid bleach
- 9. Dust masks
- 10. Blankets or sleeping bags
- 11. Entertainment
 - a. Games
 - b. Books
- 12. Roll of duct tape (10 millimeters thick)
- 13. Scissors
- 14. Plastic sheeting pre-cut to fit shelter-in-place room openings
- 15. Whistle

Supplies sufficient for the number of residents and personnel typically in the facility will be on hand at all times:

Emergency storage should be inspected at least quarterly to ensure sufficient supplies are on hand and to verify expiration dates have not passed.



Disaster Supplies Checklist

First Aid Supplies	Facility	Vehicle (if applicable)
Adhesive bandages, various sizes		
Adhesive bandages, various sizes		
5" x 9" sterile dressing		
Conforming roller gauze bandage		
Triangular bandages		
3" x 3" sterile gauze pads		
4" x 4" sterile gauze pads		
Roll 3" cohesive bandage		
Germicidal hand wipes or waterless, alcohol-based hand sanitizer		
Antiseptic wipes		
Medical grade, non-latex gloves		
Tongue depressor blades		
Adhesive tape, 2" width		
Antibacterial ointment		
Cold pack		
Scissors (small, personal)		
Tweezers		
Assorted sizes of safety pins		
Cotton balls		
Thermometer		
Tube of petroleum jelly or other lubricant		
First aid manual		



Disaster Supplies Checklist

[illegible]

Disaster Supplies Checklist

[illegible]

Disaster Supplies Checklist

[illegible]

Disaster Supplies Checklist

[illegible]

Disaster Supplies Checklist

[illegible]