

# FAMILY READINESS PREPAREDNESS

---

## Make a Plan

---

After a major disaster, it is unlikely that emergency response services will be able to immediately respond to everyone's needs, so it's important to be prepared to take care of yourself and your family. Plan to be on your own for at least the first 72 hours minimum!!

The following steps will help you prepare for any emergency:

- **Designate an out-of-area contact person.** Try to select someone that is far enough away to not be affected by the same emergency. Provide this person with the names and contact information of the people you want to keep informed of your situation. Instruct family members to call this person and tell them where they are. Long distance phone service is often restored sooner than local service.
- **Duplicate important documents and keep copies off-site,** either in a safety deposit box or with someone you trust. Documents may include: passport, drivers license, social security card, wills, deeds, financial statements, insurance information, marriage license and prescriptions.
- **Inventory valuables, in writing and with photographs or video.** Keep copies of this information off-site with your other important documents.
- **Make a household/family plan.** Involve all key people in planning.
- **Make your home safe.**
- **Put together a disaster supply kit.** Plan to have supplies for yourself and your family for at least 3 days following a disaster.
- **When planning, consider the special needs of children, seniors or people with disabilities, family members that don't speak English and pets.**

---

## Phone

---

Plan for how you will communicate with loved ones after a disaster. Long-distance phone lines often work before local phone lines, so identify an out-of-state contact and provide this person with the contact information of people you want to keep informed of your situation. Avoid making non-urgent phone calls after a disaster – even if phone lines are un-damaged, increased phone traffic can jam phone circuits.

- Cordless phones or phone systems require electricity; make sure you have a backup phone that requires no electricity.
- Keep a rechargeable calling card in your "GO BAG"
- Don't count on your cell phone - increased traffic on cell phone networks can quickly overload wireless capacity. Record an outgoing message on your voicemail so that callers can be re-assured of your safety status.
- Learn how to use text messaging. It uses a different part of the cell phone network and it might be possible to send and receive text messages.



## Go-bag

A component of your disaster kit is your Go-bag. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one Go-bag for each family member and make sure each has an I.D. tag. You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.

- Flashlight
- Radio – battery operated
- Batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Some water and food
- Permanent marker, paper and tape
- Photos of family members and pets for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Any special-needs items for children, seniors or people with disabilities. Don't forget to make a Go-bag for your pets.

## Power Outage

Power cuts can occur due to rolling blackouts, extreme weather conditions, or can accompany other disasters such as earthquakes. If there is no power in your neighborhood:

- Turn off and unplug appliances and computers. Leave one light on to indicate when power has been restored.
- Do not use a gas stove for heating or operate generators indoors (including the garage.) Both could cause carbon monoxide poisoning.
- If a traffic signal is not working, treat it as a stop sign.



## Build a Kit

After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones, may be unavailable. Experts recommend that you should be prepared to be self-sufficient for at least three days. Store your household disaster kit in an easily accessible location. Put contents in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that you can move easily (be sure to check this container to be certain nothing has expired.)

Your basic emergency kit should include:

- Water – one gallon per person per day
- Food – ready to eat or requiring minimal water
- Manual can opener and other cooking supplies
- Plates, utensils and other feeding supplies
- First Aid kit & instructions
- A copy of important documents & phone numbers
- Warm clothes and rain gear for each family member.
- Heavy work gloves
- Disposable camera
- Unscented liquid household bleach and an eyedropper for water purification
- Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap..... ket or sleeping bag
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords.
- Large heavy duty plastic bags and a plastic bucket for waste and sanitation
- Any special-needs items for children, seniors or people with disabilities. Don't forget water and supplies for your pets

## First Aid

In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared to help when someone is hurt.

- Two pairs of disposable gloves.....Sterile dressings to stop bleeding..... Scissors
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection and Burn ointment ....Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication .....Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors

