

GET READY



Use this handout to prepare the information, plans and supplies needed for all types of emergencies.

COMMUNICATIONS PLAN

Household information

Name 1:

Phone 1:

Name 2:

Phone 2:

Name 3:

Phone 3:

Meeting Locations

Meeting place in your neighborhood:

Meeting place outside your neighborhood:

Out-Of-State Contact

Name:

Phone:

Email:

MAKE A PLAN

- Fill out this communications plan or make your own
- Create an evacuation plan with two meeting locations
- Learn the emergency plans for the places where your loved ones spend a lot of time
(e.g. school, work, nursing home, daycare)
- Include your pets in your emergency plans

COMMUNICATIONS TIPS

- In an emergency, texting is more reliable than phone calls.
- Change voicemail settings to indicate you are safe. If phone lines go down, calls will go straight to voicemail.
- Send group text messages. One text message can be pushed out to many people at once.

ADDITIONAL INFORMATION

Every six months, review your plans and supplies. Replace expired food, water and medicine. Update your communications plan and take the time to practice it with your family.

HEALTH + SAFETY

SAFETY CHECKLIST:

- Ensure carbon monoxide and fire detectors work correctly in your home
- Know how to turn off your home's gas and water lines
- Avoid walking or driving through flooded areas
- Remove standing water around your home to prevent the spread of disease by insects
- Follow directions given by officials
- Stay away from areas deemed unsafe

FOOD & WATER SAFETY NOTES:

- Throw away food that may have come into contact with flood or storm water
- Throw away perishable food or food with an unusual odor, color, or texture
- While the power is out, keep the refrigerator and freezer doors closed
- Do not use water that you suspect is contaminated to wash dishes, brush your teeth, wash and prepare food, wash your hands, or make baby formula
- **How to make water safe to drink and use**
 - Filter through a clean cloth, paper towel, or coffee filter
 - Draw off the clear water
 - Bring to a rolling boil for one minute
 - Let water cool

HOW TO DISINFECT WATER

- Add 1/8 teaspoon of regular, unscented bleach to 1 gallon of water
- Stir and let water stand for 30 minutes
- Store in clean, disinfected container with airtight cover

Note: Water contaminated with fuel or toxic chemicals will not be made safe by boiling or disinfection.

HEALTHCARE GUIDE

Prescription Medications

List prescription medications needed by you or those in your plan:

Prescription 1:

Prescription 2:

Prescription 3:

Prescription 4:

Ensure medications requiring refrigeration are kept cold. Always safely and properly dispose of medications, including needles.

Home Medical Devices

List medical devices needed by you or those in your plan:

HOUSEHOLD ITEMS FOR YOUR KIT

*Building a kit will help if you shelter in place or evacuate during an emergency.
Be sure to include the following items in your kit:*

- Non-perishable food
- Bottled water (1 gallon per person per day)
- Prescription medications, glasses, and home medical devices
- Flashlight and batteries (stored separately)
- Sleeping bags or blankets (1 per family member)
- Battery powered radio
- Battery powered fan
- Mosquito netting
- First aid kit
- Dust mask (1 per family member)
- Can opener
- Baby formula, diapers, and wipes
- Books, toys, games and puzzles for children
- Flip-flops
- Duct tape
- Changes of clothing
- Household chlorine bleach and a medicine dropper
- Copies of passport, license, and alternate ID
- Toiletries
- Emergency documents in a waterproof holder
- Fire extinguisher
- Matches in a waterproof container
- Pet kit
- Pet food
- Bottled water
- Medications
- Vet records
- Food dishes
- Spare leash and collar
- Pet toys