

EMERGENCY PLANNING TIPS



Creating a basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

- Decide what you and your family would do in each potential emergency situation.
- Draw a floor plan of your home showing escape routes.
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- Post emergency numbers by every phone and teach children how and when to dial 911.
- Know how to shut off the water, gas and electricity at the main switches in your home.
- Plan how to help elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up-to-date and provide good coverage.

Preparing a Disaster Supply Kit

A 3-day (72-hour) disaster supply kit should contain items to provide for the basic needs of each member of the family in the event of an emergency. Having a disaster supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffel bags or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home. The lists below will help ensure that your disaster supply kit includes all the essentials. Each individual should customize the kit to meet his or her personal needs, but keep in mind that this reserve should be an all-hazards kit. You must ask yourself, "What are the potential hazards in my community?"

72 Hour Family Emergency Kit:

Emergency Needs

- Battery Powered Radio
- First Aid Kit & Manual
- Sleeping Bags & Blankets (wool & thermal)
- Manual Can Opener
- Waterproof/Windproof Matches
- Non-Perishable Foods (3 days worth)
- Flashlights
- Water Storage (1 gal./person/day)
- Water purification tablets
- Utility Knife
- Emergency Candles
- Extra Eyeglasses/Contact
- Lenses
- Essential Medications
- Extra Clothing and raingear
- Extra Batteries
- Special items for infants, elderly or disabled members of your household

Suggested non-perishable food items:

Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods.

Sanitation Kit

- Plastic Bucket with Tight Lid
- Plastic Bags & Ties
- Disinfectant
- Improvised Toilet Seat
- Paper Cups & Plates
- Personal Toiletries
- Baby Supplies
- Aluminum Foil
- Paper Towels
- Personal Hygienic Needs
- Plastic Utensils
- Soap

Standard First Aid Kit

- First Aid Manual
- Laxatives
- Diarrhea Medicine
- Soap
- Gauze
- Triangular Bandage (36"x36"x52")
- Cotton Swabs
- Scissors
- Sanitary Napkins (Pressure Dressing)
- Micropore Adhesive, Paper Tape
- Needles
- Small Splints, Popsicle Sticks
- Syrup of Ipecac
- Baking Soda (1/2 tsp. soda + 1 tsp. salt + 1 qt. water for shock)

- Aspirin or Pain Relievers
- Rubbing Alcohol
- Petroleum Jelly
- Salt
- Band-Aid
- Elastic Bandage
- Cotton Balls
- Safety Pins
- Thermometer
- Disposable Diapers (Dressing/Splint/Padding)
- Matches
- Tweezers
- Heavy String
- Individual Medical Needs

Car Survival Kit

- Always Maintain at Least 1/2 Tank of Gas
- Class ABC Fire Extinguisher
- Non-Perishable Food Stored in Coffee Can
- Bag of Sand, Shovel & Tools
- Sundry Kit, Paper & Pencil, Map, Tissues, Premoistened Towels, Plastic Bags, Essential Medications
- Jumper Cables

- First Aid Kit & Manual
- Radio & Batteries
- Bottled Water
- Blankets or Sleeping Bags
- Flashlights & Batteries
- Reflectors & Flares
- Waterproof Matches & Candles
- Short Rubber Hose to Siphon

Emergency Contact Information:

Emergency contact person: _____

Emergency contact phone and address: _____

Meeting place #1 (near home): _____

Meeting place #2 (away from home): _____

Cell/home phone and address: _____

Hospital (name, address and phone): _____

Neighborhood Association: _____

Veterinarian: _____

Emergency shelter for pets: _____

Other: _____