

EMERGENCY PREPAREDNESS

DISASTER PLAN

In order to be prepared for an emergency you need to have a **DISASTER PLAN!** Here are some ideas:

- Discuss the types of disasters that are most likely to happen. Explain the dangers of fire, severe weather, earthquakes and other disasters to children. Find the safe places in your home for each type of disaster.
- Post emergency numbers by phones (ambulance, police, fire, etc.) and teach children how and when to call 9-1-1 for emergency help.
- Show each family member how and when to turn off the utilities (water, gas, and electricity).
- Determine the best escape route and pick two places to meet: one right outside your home in case of a sudden emergency, like a fire, and one outside your neighborhood in case you can't return home.
- Have a Disaster Plan Checklist. Practice and maintain your plan. Conduct fire and emergency evacuation drills and quiz your kids every six months.
- Ask an out-of-state friend to be your "family contact." After a major disaster, it's often easier to call long distance than local.
- Test your fire extinguishers regularly and smoke detectors monthly. Change the batteries at least once a year.
- Stock emergency supplies and assemble a **Disaster Supply Kit**. Replace stored water and food every six months.

DISASTER SUPPLY KIT

There are six basics you should stock in your home: **water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items**. Keep the items that you would most likely need during an evacuation in an easy-to-carry container, such as a large, covered trash container, a backpack or a duffel bag.

- **WATER** - Store at least one gallon of water per person per day in plastic containers. Keep at least a three-day supply. Remember to replace every six months.
- **FOOD** - Store at least a three-day supply of compact, lightweight non-perishable food that require no refrigeration, preparation or cooking. Ready-to-eat canned meats, fruits, and vegetables, canned juices, milk, soup (if powdered, store extra water). High energy foods - peanut butter, jelly, crackers, granola bars, trail mix and comfort foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- **FIRST AID KIT**- Assemble a first aid kit for your home and one for each car. A first aid kit should include sterile adhesive bandages, safety pins, cleansing agent/soap, latex gloves, sunscreen, 2 & 4inch gauze pads, triangular bandages, 2 & 3-inch sterile roller bandages, scissors, tweezers, needle, antiseptic, thermometer, tongue blades, lubricant, pain reliever, antacid, prescriptions and over the counter medications you may use.
- **CLOTHING AND BEDDING** - At least one complete change of clothing and footwear per person, rain gear, blankets or sleeping bags, hat, gloves, sunglasses, extra eye glasses or contact lenses. Diapers and other infant supplies if needed.
- **EMERGENCY TOOLS** - Flashlight and battery-operated radio with extra batteries, pliers, wrench, tape, signal flare, matches in waterproof container, storage containers, utility knife, compass, small fire extinguisher, can opener, paper cups, plates, plastic utensils. Sanitation and hygiene items such as garbage bags, toilet paper, disinfectant, soap and bleach.
- **SPECIAL ITEMS** - Cash, important family documents and records, bank and credit account numbers, wills, insurance policies, contracts, deeds, passports, and social security cards should be kept in a waterproof, portable container.