

Family Disaster Supplies List



Keep these items together in a plastic tub or container or store them together in one cabinet so they will be easy to find.

NON-FOOD ITEMS

- Battery-powered radio, flashlights
- Extra batteries
- First aid kit (include acetaminophen or other nonsteroidal anti-inflammatory drug NSAID, antibiotic cream and antacids) and manual.
- Prescription medications (month's supply recommended)
- Photocopies of prescriptions (pharmacy records may not be available right away)
- Credit card and cash
- Personal identification
- Spare set of car keys
- Extra pair of eyeglasses
- Matches in a waterproof container
- Signal flare
- Whistle
- Map of the area

- List of important phone numbers
- Special items for babies/young children/elderly.
- 3 gallons of water per person
- Bar soap/toiletries
- Paper and pencils
- Masking or duct tape
- Plain chlorine bleach (may be needed to sanitize drinking water)
- Plastic bucket with a tight lid.
- Plastic garbage bags
- Non-electric can opener and utility knife (like a Swiss Army knife)
- Paper cups, plates, and plastic utensils
- Blankets or sleeping bags
- A change of clothing, rain gear, and sturdy shoes for each family member.
- (In warm weather climates, you may also want to include sunscreen and insect repellent)

FOOD ITEMS

- Peanut butter and jelly
- Ready-to-eat canned soup, canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)
- Bread/crackers stored in waterproof bag or container

- Powdered or single-serve drinks
- Cereal/granola bars
- Packaged condiments

FOR PETS

- A two-week supply of dry and canned food.
- Water (1/2 gallon per day)
- Litter box supplies
- Traveling cage

IF THERE IS AN EMERGENCY AND YOU NEED TO EVACUATE IMMEDIATELY, MAKE SURE TO TAKE THESE ITEMS:

- Personal identification
- Special items for babies/young children/elderly
- 3 gallons of water per person
- Bar soap/toiletries
- Non-electric can opener and utility knife (like a Swiss Army knife)
- Paper cups, plates, and plastic utensils
- Blankets or sleeping bags
- A change of clothing, rain gear, and sturdy shoes for each family member
- Canned meat, milk, fish, fruit and vegetables (10 cans per person is recommended)





Hurricane Fact Sheet

1-WHAT IS A HURRICANE?

A hurricane is a tropical cyclone with sustained winds of 74 miles per hour or more. Hurricane winds blow in a large spiral around a relatively calm center known as the "eye." Hurricanes bring torrential rains, high winds, and storm surges as they near land.

2-WHY TALK ABOUT HURRICANES?

Hurricanes can be dangerous killers. Most hurricane-related deaths are caused by floods. To learn about the hurricane risk in your community and your community's preparedness plan, contact your local emergency management office or American Red Cross chapter.

3-WHAT CAN I DO TO PREPARE FOR A HURRICANE?

In addition to completing the 4 Steps to Safety, do the following:

- Get a week's supply of food and water to be kept at home (in addition to the three-day supply in your Disaster Supplies List).
- Install protection to windows, glass sliding doors and garage doors.
- Clear clogged rain gutters and downspouts.
- Follow flood preparedness precautions if you live in an area prone to flooding.
- Have an engineer check your home and tell you how to make it more resistant to wind.

4-WATCHES AND WARNINGS

The National Weather Service issues a hurricane watch when there is a threat of hurricane conditions within 24-36 hours. A hurricane warning is issued when hurricane conditions are expected in 24 hours or less.

5-WHAT TO DO DURING A HURRICANE WATCH

- Listen to a battery-operated radio or television for

hurricane reports. Hurricanes can change direction, speed and intensity very suddenly, so stay updated.

- Check your Disaster Supplies List and get any missing items if possible.
- Fill your car's gas tank.
- Bring in outdoor objects such as lawn furniture, toys and hanging plants.
- Remove any weak branches from trees and shrubs.
- Close and board up windows and glass sliding doors. Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels.
- Turn refrigerator and freezer to coldest settings. Open only when necessary.
- Turn off propane tanks. Turn off utilities if told to do so by authorities.
- Store valuables and important documents in a safe deposit box on the highest level of your home.
- Review evacuation plan.

6-WHAT TO DO DURING A HURRICANE WARNING

- Listen constantly to a battery-operated radio or television for official instructions.
- Evacuate if told to do so. If in a mobile home, check tie-downs and leave immediately. Take your Family Readiness Kit and disaster supplies and go to a shelter or your family's contact home.

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Call your out-of-town contact so someone will know where you are going.

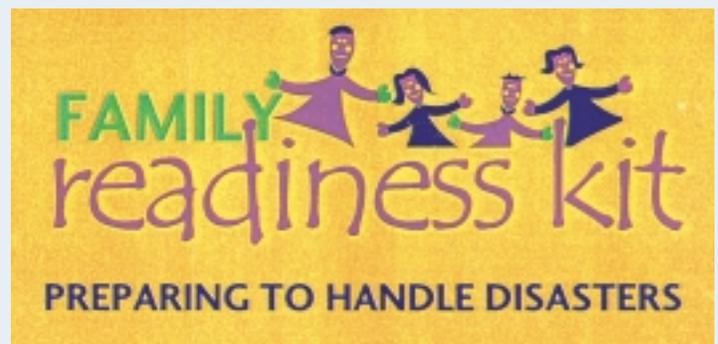
- If you are told to evacuate, stay indoors. A small interior room on the first floor without windows, skylights or glass doors is the safest place. Lie on the floor under a sturdy object.
- Close all interior doors and secure and brace external doors.
- Have a supply of flashlights and extra batteries handy. Use flashlights instead of candles or kerosene lamps.
- Store drinking water in clean bathtubs, sinks and plastic bottles.
- If power is lost, unplug major appliances to reduce the power surge when electricity is restored.
- Don't be fooled by the calm "eye" of the storm. The worst part will happen once the eye passes over and the winds blow from the opposite direction.
- Be alert for flooding. If driving and you come upon a flooded road, turn around and go another way. If caught on a flooded road and the water is rising, get out of your vehicle and seek higher ground.

7-WHAT TO DO AFTER A HURRICANE

- Continue listening to local radio for information.
- If you evacuated, return home only after local officials tell you it is safe.
- Stay away from flood waters.
- Help those who may need special assistance and give first aid where appropriate.
- Stay on firm ground and avoid disaster areas.
- Avoid loose or dangling power lines and report them to the power company, police or fire department.
- Enter your home or any building with caution.
- Wear sturdy shoes and do not enter if there is water around the building
- Use flashlights to examine walls, floors, doors,

staircases and windows. Inspect foundations for cracks and make sure the building is not in danger of collapsing.

- Look for fire hazards such as flooded electrical circuits or submerged furnaces and appliances.
- Check for gas leaks. If you smell gas or hear a hissing noise, open a window and leave quickly. Turn off the gas at the outside main valve and call the gas company from a neighbor's home.
- Look for electrical system damage. If you see sparks or frayed wires, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- Check for sewage and water line damage. If you think sewage lines are damaged, don't use toilets and call a plumber. If water pipes are damaged, don't use tap water and call the water company.
- Watch out for animals, especially poisonous snakes that may have entered the building with flood waters.
- Take pictures of the damage for insurance claims.
- Avoid drinking or preparing food with tap water until local officials tell you it is not contaminated.
- Open windows and doors to ventilate and dry your home.
- Use the telephone for emergency calls only.





Earthquake Fact Sheet

1-WHAT ARE EARTHQUAKES?

An earthquake is a sudden, rapid shaking of the Earth caused by the breaking and shifting of rock beneath the Earth's surface. Ground shaking from earthquakes can collapse buildings and bridges; disrupt gas, electric, and phone service; and sometimes trigger landslides, avalanches, flash floods, fires, and huge, destructive ocean waves (tsunamis). Learn whether earthquakes are a risk in your area by contacting your local emergency management office or American Red Cross chapter.

2-WHY TALK ABOUT EARTHQUAKES?

For hundreds of millions of years, the forces of plate tectonics have shaped the Earth as the huge plates that form the Earth's surface move slowly over, under, and past each other. Sometimes the movement is gradual. Where earthquakes have occurred in the past, they will happen again.

3-WHAT CAN I DO TO PREPARE FOR AN EARTHQUAKE?

In addition to completing the 4 Steps to Safety, do the following:

Pick "safe places" in each room of your home -- a safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you.

Practice drop, cover, and hold-on in each safe place -- drop under a sturdy desk or table, hold on, and protect your eyes by pressing your face against your arm.

Get training -- take a first aid class from your local Red Cross chapter.

Discuss earthquakes with your family -- everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.

4-WHAT TO DO DURING AN EARTHQUAKE

Drop, cover, and hold on! Move only a few steps to a nearby safe place.

If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are.

If you are outdoors, find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there until the shaking stops.

If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped.

Stay indoors until the shaking stops and you're sure it's safe to exit.

Stay away from windows.

In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.

If you are in a coastal area, move to higher ground.

If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris that could be loosened by the earthquake.

5-WHAT TO DO AFTER AN EARTHQUAKE

Check yourself for injuries.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and

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work gloves.

Continue listening to local radio for information.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Use flashlights to examine walls, floors, doors, staircases and windows. Inspect foundations for cracks and make sure the building is not in danger of collapsing.

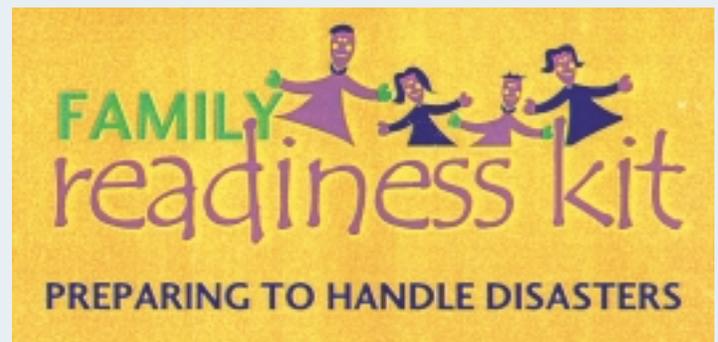
Inspect your home for damage. Check for gas leaks. Get everyone out if your home is unsafe.

Help neighbors who may require special assistance.

Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately.

Expect aftershocks.

Use the telephone for emergency calls only.





Flood Fact Sheet

1-WHAT IS A FLASH FLOOD?

Floods are among the most frequent and costly natural disasters in terms of human hardship and economic loss. As much as 90 percent of the damage related to all natural disasters (excluding droughts) is caused by floods and associated debris flows. Flash floods occur within six hours of a rain event, or after a dam or levee failure, or following a sudden release of water held by ice or debris jam, and flash floods can catch people unprepared.

2-WHY TALK ABOUT FLOODS?

Flooding occurs in known flood plains when prolonged rainfall over several days, intense rainfall over a short period of time, or an ice or debris jam causes a river or stream to overflow and flood the surrounding area. Severe thunderstorms can bring heavy rain in the spring and summer; or tropical cyclones can bring intense rainfall to the coastal and inland states in the summer and fall.

3-WHAT CAN I DO TO PREPARE FOR FLASH FLOODING?

In addition to completing the 4 Steps to Safety, do the following:

Learn about your area's flood risk and elevation above flood stage. Contact your local Red Cross chapter, emergency management office, local National Weather Service office, or planning and zoning department.

Talk to your insurance agent. Homeowners' policies do not cover flooding. Ask about the National Flood Insurance Program (NFIP).

Get training -- take a first aid class from your local Red Cross chapter.

Use a NOAA Weather Radio with a tone-alert feature, or a portable, battery-powered radio (or television) for updated emergency information.

4-WHAT TO DO DURING A FLOOD WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Everyone in a WATCH area should be ready to respond and act quickly.

Be alert to signs of flooding, and if you live in a flood-prone area, be ready to evacuate at a moment's notice.

Follow the instructions and advice of local authorities.

Get your pre-assembled disaster supplies ready.

Fill your car's tank, in case an evacuation notice is issued.

Be prepared to evacuate.

5-WHAT TO DO DURING A FLOOD WARNING

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Be alert to signs of flooding

If you live in a flood-prone area or think you are at risk, evacuate immediately. Move quickly to higher ground. Save yourself, not your belongings.

Follow the instructions and advice of local authorities.

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If advised to evacuate, do so immediately.

6-WHAT TO DO AFTER A FLASH FLOOD

Check yourself for injuries.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

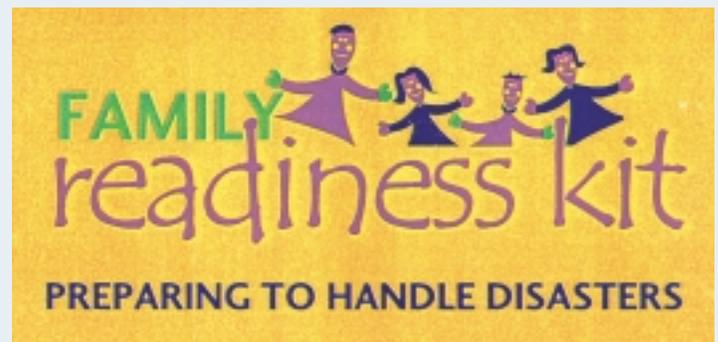
Continue listening to local radio for information.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Stay out of any building if flood waters remain around the building.

Help neighbors who may require special assistance.

Use the telephone for emergency calls only.





Tornado Fact Sheet

1-WHAT IS A TORNADO?

A tornado is a violently rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes have rotating winds of 250 miles per hour or more. They are capable of causing extreme destruction, including uprooting trees and well-made structures, and turning normally harmless objects in deadly missiles. Most tornadoes are just a few dozen yards wide and only briefly touch down.

2-WHY TALK ABOUT TORNADOES?

Tornadoes have been reported in every state, and though they generally occur during spring and summer, they can happen any time of the day or night, they are most likely to occur between 3:00 and 9:00 p.m. There are no areas immune to tornadoes; they have been reported in mountains and valleys, over deserts and swamps, from the Gulf Coast into Canada, in Hawaii and even Alaska. Regardless of the location or time of year, if conditions are right, a tornado can happen.

3-WHAT CAN I DO TO PREPARE FOR A TORNADO?

In addition to completing the 4 Steps to Safety, do the following:

Use a NOAA Weather Radio with a tone-alert feature, or a portable, battery-powered radio (or television) for updated emergency information of watches and warnings issued in your area.

If planning a trip or extended period of time outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

Watch for tornado danger signs:

Dark, often greenish sky a phenomenon caused by hail indicating a tornado may develop.

Wall cloud, an isolated lowering of the base of a thunderstorm.

Large hail. Tornadoes are spawned from powerful thunderstorms and the most powerful thunderstorms produce large hail.

Cloud of debris, funnel cloud, roaring noise.

Get training -- take a first aid class from your local Red Cross chapter.

4-WHAT TO DO DURING A TORNADO WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Everyone in a WATCH area should be ready to respond and act quickly.

Be alert to changing weather conditions.

5-WHAT TO DO DURING A TORNADO WARNING

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

If you are inside, go to your safe place to protect yourself from glass and other flying debris.

Stay away from windows.

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If you're outside in a car or in a mobile home, go immediately to the basement of a nearby sturdy building.

If there is no building nearby, lie flat in a low spot. Use your arms and hands to protect your head.

Avoid places with wide-span roofs, such as auditoriums, cafeterias, large hallways, or shopping malls.

6-WHAT TO DO AFTER A TORNADO

Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

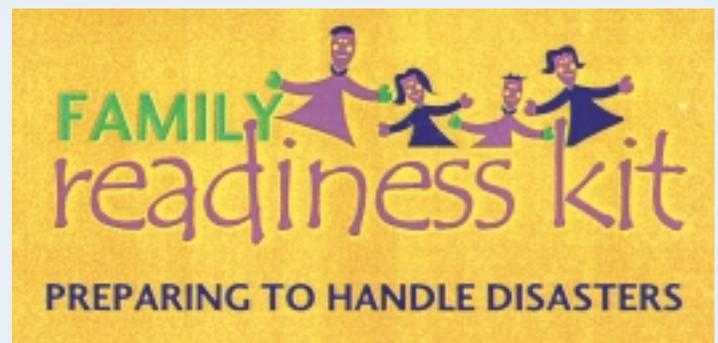
Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

Help neighbors who may require special assistance.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

Stay out of damaged buildings.

Use the telephone for emergency calls only.





Tsunami Fact Sheet

1-WHAT IS A TSUNAMI?

Tsunamis are ocean waves produced by earthquakes or underwater landslides. The word is Japanese and means “harbor wave,” because of the devastating effects these waves have had on low-lying Japanese coastal communities. Tsunamis are often incorrectly referred to as tidal waves, but a tsunami is actually a series of waves that can travel at speeds averaging 450 (and up to 600) miles per hour in the open ocean.

2-WHY TALK ABOUT TSUNAMIS?

Tsunamis have caused damage in the United States and its territories. As a tsunami nears the coastline, it may rise to several feet or, in rare cases, tens of feet, and can cause great loss of life and property damage when it comes ashore. Tsunamis can travel upstream in coastal estuaries and rivers, with damaging waves extending farther inland than the immediate coast. A tsunami can occur during any season of the year and at any time, day or night.

3-WHAT CAN I DO TO PREPARE FOR A TSUNAMI?

In addition to completing the 4 Steps to Safety, do the following:

Learn about tsunami risk in your community. Contact your local emergency management office or American Red Cross chapter.

If you are visiting an area at risk from tsunamis, check with the hotel, motel, campground operators for tsunami evacuation information and how you would be warned.

Plan an evacuation route from your home, school, workplace, or any other place you’ll be where tsunamis present a risk.

4-WHAT TO DO WHEN A TSUNAMI WATCH IS ISSUED.

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Check your disaster supplies kit.

If time permits, secure unanchored objects around your home or business.

Be ready to evacuate.

5-WHAT TO DO WHEN A TSUNAMI WARNING IS ISSUED

If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once. A tsunami warning is issued when authorities are certain that a tsunami threat exists, and there may be little time to get out.

Take your Family Readiness Kit and your disaster supplies.

Go to higher ground as far inland as possible.

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6-WHAT TO DO AFTER A TSUNAMI

Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

Help neighbors who may require special assistance.

Avoid loose or dangling power lines and report them to the power company, police or fire department.

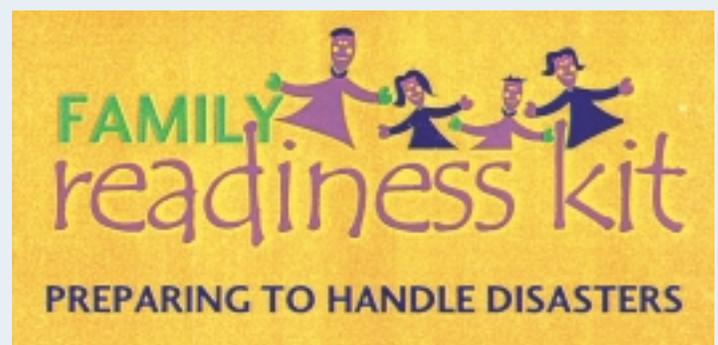
Stay out of damaged buildings.

Wear sturdy shoes.

Check for fire hazards.

Check for gas leaks.

Use the telephone for emergency calls only.





Winter Storm Fact Sheet

1-WHAT ARE WINTER STORMS?

A winter storm can range from a moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that lasts several days. Some winter storms may be large enough to affect several states, while others may affect only a single community. Many winter storms are accompanied by low temperatures and heavy and/or blowing snow, which can severely reduce visibility.

2-WHY TALK ABOUT WINTER STORMS?

A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall, and cold temperatures. People can become trapped at home, without utilities or other services. Heavy snowfall and blizzards can trap motorists in their cars. Attempting to walk for help in a blizzard can be a deadly decision.

3-WHAT CAN I DO TO PREPARE FOR A WINTER STORM?

In addition to completing the 4 Steps to Safety, do the following:

Learn about your area's winter storm risk. Contact your local Red Cross chapter, emergency management office for your area's winter storm risk.

Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin.

Service snow removal equipment before winter storm season.

Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.

4-WHAT TO DO DURING A WINTER STORM WATCH

Listen continuously to a NOAA Weather Radio, or a portable battery-powered radio (or television) for updated emergency information.

Be aware of changing weather conditions

Move animals to sheltered areas.

Avoid unnecessary travel.

5-WHAT TO DO DURING A WINTER STORM WARNING

Stay indoors and dress warmly during the storm. Wear layers of loose-fitting, lightweight, warm clothing will keep you warmer than one bulky sweater.

Listen to a battery powered radio or television for updated emergency information.

Eat regularly. Food provides the body with energy for producing its own heat.

Keep the body replenished with fluids to prevent dehydration.

Conserve fuel.

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6-WHAT TO DO AFTER A WINTER STORM

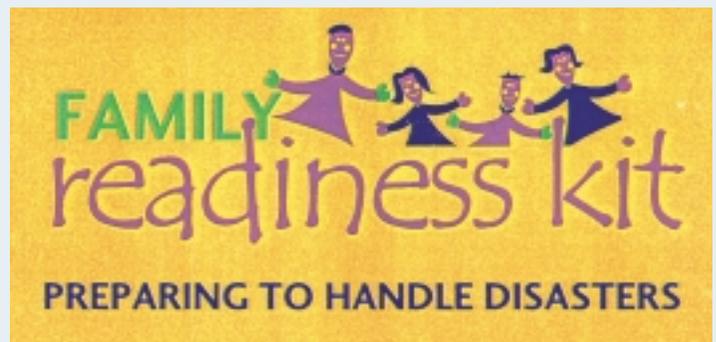
Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.

Help neighbors who may require special assistance.

Avoid driving and other travel until conditions have improved.

Avoid overexertion.

Follow forecasts and be prepared when venturing outside.





Terrorism Fact Sheet

TERRORISM

"The threat of terrorism does not have to change your life... Just Be Prepared."

1-HOW SHOULD YOU PREPARE FOR TERRORISM?

Unlike with a Hurricane or a Flood, there will likely be **NO WARNING** for a terrorist attack. We can make sure that our families know what we would do to account for each other in a disaster. A **Family Disaster Plan** is critical and should be in place at all times. Your family's plan should include **Emergency Contacts**, identification of **Rally Points**, **Disaster Supply Kit**, and more.

With some simple planning this can be done and help alleviate the fear of the unknown.

2-WHY YOUR FAMILY SHOULD IDENTIFY RALLY POINTS...

Since your family is not together 24 hours a day, you need to consider how you would find each other in a disaster. Rally points (physical locations) should be identified for the most commonly frequented locations (i.e. work, school, neighbors ..). For example, if a crisis occurs at school a location where both parents and child designate to meet should be included in your plan.

3-BEFORE, DURING AND AFTER A TERRORIST INCIDENT...

Source: FEMA TERRORISM FACT SHEET

BEFORE

Be alert and aware of your surroundings.

Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended.

Learn where emergency exits are located.

Be ready to enact your Family Disaster Plan.

DURING

Building Explosion - leave as quickly and calmly as possible.

If items are falling from above - get under a sturdy table or desk.

Fire - stay low to the floor and exit as quickly as possible. Cover nose and mouth with a wet cloth. If a door is hot to the touch, do not open it. Seek an alternate escape route. Stay below the smoke at all times.

AFTER

If you are trapped in debris- use a flashlight. Cover your mouth with a piece of cloth. Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if available and shout as a last resort. Shouting can result in inhalation of dangerous amounts of dust.

Assisting victims - untrained persons should not attempt to rescue people in a collapsed building. Wait for emergency personnel to arrive.

Chemical Agent - authorities will instruct you to either seek shelter and seal the premises or evacuate immediately.

4- WHERE CAN YOU GO FOR MORE INFO?

[Federal Emergency Management Agency](#)

[Terrorism Fact Sheet](#)

[Federal Response Plan](#)

[Interagency Domestic Terrorism](#)

[Concept of Operations Plan](#)

[Urban Search and Rescue](#)

Terrorism Fact Sheet

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FEMA

500 C Street, SW
Washington, D.C. 20472
Phone: (202) 646-4600
WWW.FEMA.gov

American Red Cross National Domestic Preparedness Office

WWW.RedCross.org

5- WHAT ACTIONS SHOULD YOU TAKE TO BE PREPARED?

Talk to your family. Discuss the potential hazards and threats. Develop your Family Disaster Plan to include rally points and have a third party as a common contact. Practice your plan.

Terrorism does not mean you have to change your life. You only need to BE PREPARED.

6- FAMILY EMERGENCY PHONE NUMBERS

911
Out-of-town Family Contact
Schools
Work
Neighbors
County Emergency Management

7-FAMILY DISASTER PLAN

Discuss the type of hazards that could affect your family.

Determine escape routes from your home and places to meet (Rally Points); including a child's school, a neighbor or a public place.

Have an out-of-state friend as a family contact, so all your family members have a single point of contact. Have at least 2 ways of contact; e-mail, phone, etc.

Make a plan now for what to do with your pets if you need to evacuate.

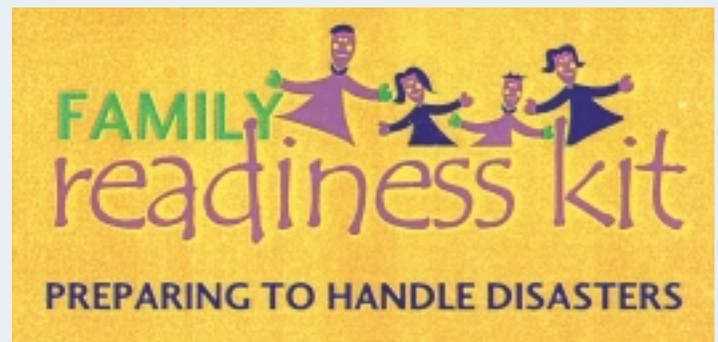
Post emergency telephone numbers by your phones, in your wallet or purse and make sure your children know how and when to call 911.

Stock nonperishable emergency supplies and a disaster supply kit.

Take First Aid, CPR, and disaster preparedness classes.

8-DISASTER SUPPLY KIT

Water - at least 1 gallon daily per person for 3 to 7 days
Food - at least enough for 3 to 7 days
Blankets / Pillows, etc.
Clothing
First Aid Kit / Medicines
Special Items - for babies and the elderly
Toiletries
Flashlight / Batteries
Radio - Battery operated and NOAA weather radio
Keys
Toys, Books, and Games
Important documents
Tools
Vehicle fuel tanks filled
Pet care items





Steps To Safety Readiness



This guide will help you and your family prepare for a disaster. Keep this sheet in a special place so you will always know where to find it. Get the family together now to start following the 4 steps to safety!



FIND OUT WHAT COULD HAPPEN TO YOUR FAMILY

Find Out From Your Local Emergency Management Office Or American Red Cross Chapter:

- What types of disasters are likely to happen and how to prepare for each.
- What your community's warning signals sound like and what to do if you hear them.
- How to help the elderly/people with special needs.



CREATE A FAMILY DISASTER PLAN

Hold A Family Meeting: Keep It Simple And Work As A Team.

What To Tell Children

It is important to warn children, without overly alarming them, about disasters. Use the following guidelines:

Tell children that a disaster is something that could hurt people or cause damage. Explain that nature sometimes provides "too much of a good thing" - fire, rain and wind.

Explain how important it is to make a Family Disaster Plan.

Tell children there are many people who can help them during a disaster.

Teach children:

- How to call for help
- When to call each emergency number
- To call the family contact if separated.

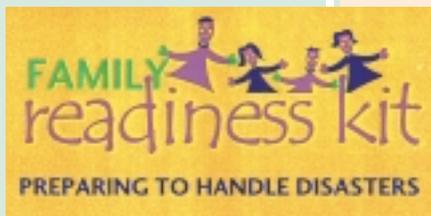
Evacuation

If you are told to evacuate, take these steps:

- Leave right away if told to do so.
- Listen to your battery-powered radio for instructions from local officials.
- Wear protective clothing and shoes.
- Shut off water, gas and electricity if told to do so.
- Leave a note telling when you left and where you are going.
- Call your family contact to tell them where you are going.
- Take your Family Readiness Kit and disaster supplies.
- Lock your home.
- Use routes suggested by officials.

Talk

- About the dangers of the disaster(s) with children.
- Have a plan in case you are separated.
 - A-Choose a place outside your neighborhood in case you can't go home.
 - B-Choose someone out of town to be your family contact. Everyone must know the address and phone number for A and B.
- Fill out the local emergency phone numbers and child identification cards in the Family Readiness Kit.
- Discuss what to do if you are asked to Evacuate. Plan several escape routes.
- Plan how to take care of your pets - see Pets and Disasters brochure.





COMPLETE THIS CHECKLIST



- Put emergency phone numbers by each phone.
- Show everyone how and when to turn off the utilities.
- Make sure you have enough insurance coverage.
- Do a home hazard hunt for items that can move, fall, break or cause a fire.
- Stock enough emergency supplies to last three days.
- Take a Red Cross first aid and CPR class.
- Plan home escape routes - two from each room.
- Find safe places in your home for each type of disaster.
- Make 2 copies of important documents and keep the originals in a safe deposit box. Keep one copy in your family readiness kit and give the second to your out-of-town contact.

PRACTICE AND MAINTAIN YOUR PLAN



- Every Month** - - - - -
Test your smoke alarms.
- Every 6 Months** - - - - -
Go over Family Disaster Plan and do escape drills. Quiz children. Replace stored food and water.
- Every Year** - - - - -
Replace batteries in smoke alarms.

NEIGHBORS HELPING NEIGHBORS



Meet with neighbors to plan how you can work together during a disaster.

- Talk about who has special skills (medical, technical).
- Make plans for child care in case parents can't get home.

UTILITIES

Do the following so you will be ready if told to turn off your utilities:

- Find the main electric fuse box, water service main and natural gas main.
- Learn how and when to turn these off and teach family members.
- Keep a wrench near gas and water shut-off valves.
- If you turn the gas off, you will need a professional to turn it back on.

IMPORTANT DOCUMENTS

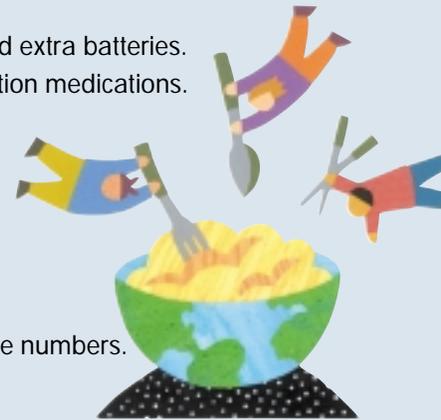
Make two copies and keep the originals of the following in a safe deposit box or waterproof container:

- Wills, insurance policies, contracts, deeds, investments.
- Passports, social security cards, immunization records.
- Bank account numbers/credit card account numbers.
- Inventory of valuable household goods.
- Family records (birth, marriage certificates).

EMERGENCY SUPPLIES LIST

Put the following supplies in an easy-to-carry waterproof container to keep with your Family Readiness Kit:

- Battery-powered radio, flashlight, and extra batteries.
- First aid kit and manual and prescription medications.
- Credit card and cash.
- Personal identification.
- An extra set of car keys.
- An extra pair of eyeglasses.
- Matches in a waterproof container.
- Signal flare.
- Map of the area and important phone numbers.
- Special items for infants/elderly.
- Three gallons of water per person.
- Three-day supply of ready-to-eat canned or packaged food.
- Manual can opener.
- Paper cups, plates and plastic utensils.
- Blankets or sleeping bags.
- Toiletries.
- A change of clothing, rain gear, and sturdy shoes for each family member.





To Families Everywhere



As a parent and family member your concern is for the safety of your children and your family. We all look for ways to provide a healthy, safe and secure world for our loved ones. There may be times when we must call on special resources to make sure our families are protected. A disaster is one of those times.

Disasters are familiar to us all. Hurricanes, floods, forest fires, tornadoes, earthquakes and human caused disasters can affect anyone in the United States. And all of us can prepare for these occurrences. A few simple steps will help us to protect our families, assure that our children feel safe, and make it easier to recover if and when we have to go through a disaster.

Your family is the first line of response and protection when a disaster occurs. This means that it is important that all members of the family, parents and children and others, are provided with information which will help them to prepare for and handle a disaster.

This Family Readiness Kit is designed to help you with the job of preparing for a disaster. It was created for you. In a way, you created it. Over 250 families, like yours, talked with disaster planning specialists about what you need to learn in order to prepare for a disaster and keep your family safe.

Included in this package are:

THIS INTRODUCTORY LETTER

- Providing an overview of the Kit and its value to the user;

AN OVERVIEW BOOKLET WITH:

- Information on how to use the Kit effectively;
- A description of the Kit items and their purpose/function; information on forest fires, floods, tornadoes, hurricanes and earthquakes;
- The role families play in preparing for and managing disaster relief;
- How to help children cope with disaster; and
- A listing of local and national resources;

To Families Everywhere

THE 4 STEPS TO SAFETY READINESS GUIDE. This item is a two-sided readiness guide.

CHILD IDENTIFICATION CARDS so that if your children are separated from you the authorities or other adults can locate you in the shortest time possible;

A LOCAL EMERGENCY PHONE NUMBER LIST;

A HURRICANE FACT SHEET; and

A STURDY, EASY-TO-CARRY KIT; We recommend saving/storing all of these materials and other important family papers and documents in a water-resistant location.

Remember! A disaster can happen in your area but you can prepare for it. Knowing what to do and preparing is the best way to keep your family close, safe, and protected.

Thelma Ritter – Survivor, Hurricane Andrew

