

Gather Emergency Supplies - If disaster strikes your community, you might not have access to food, water, or electricity for some time. By taking time now to prepare, you can provide for your entire family.

Even though it is unlikely that an emergency would cut off your food supplies for two weeks, consider maintaining a supply that will last that long.



You may not need to go out and buy foods to prepare an emergency food supply. You can use the canned goods, dry mixes, and other staples on your cupboard shelves.

Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least 2 quarts of water each day. You will also need water for food preparation and hygiene. Store at least an additional 2 quarts per person, per day.

Store at least a 3-day supply and consider a two-week supply of water for each family member. Don't forget to take you pets into account.

Emergency Supply Kit

- Water (1 gal. per person, per day)
- Food - easy to prepare, non-perishable (minimum 3 day supply)
- Flashlight and extra batteries
- Battery powered or hand crank radio
- First Aid Kit
- Medications (7day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents
 - Medication list/Medical info
 - Proof of address
 - Deed/lease to home
 - Passports/birth certificates
 - Insurance Policies
- Cell phone and chargers
- Family and emergency contact info
- Extra cash
- Emergency Blanket
- Medical Supplies
- Baby Supplies
- Games and activities for children
- Pet Supplies
- Two-way radios
- Extra house and car keys
- Manual can opener
- Whistle
- Surgical Masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies to secure your house
- Extra clothing/shoes
- Plastic Sheeting
- Duct Tape
- Scissors
- Bleach
- Blankets/sleeping bags

Develop a Family Disaster Plan - Families can cope with disasters by preparing in advance and working together as a team. Create a family disaster plan including a communication plan, disaster supplies kit, and an evacuation plan. Knowing what to do is your best protection and your responsibility.

- Create a disaster plan
- Complete the checklist
- Practice your plan

Create a Disaster Plan - Meet with your family and discuss why you need to prepare for a disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work as a team.

Pick two places to meet:

- Right outside your home in case of a sudden emergency like fire.
- Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Complete the Checklist

- Post emergency telephone numbers by phone (fire, police, ambulance, etc.)
- Teach children how and when to call 911 for help
- Determine the best escape routes from your home. Find two ways out of each room
- Find the safe spots in your home for each type of disaster
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Check if you have adequate insurance coverage
- Teach each family member how to use the fire extinguisher, and where it's kept
- Install smoke detectors on each level of your home, especially near bedrooms
- Conduct a home hazard hunt
- Stock emergency supplies and assemble a disaster supplies kit
- Take a Red Cross first aid and CPR class

Practice Your Plan

- Test your smoke detectors monthly and change your batteries at least once a year
- Quiz your kids every six months so they remember what to do
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months
- Test and recharge your fire extinguisher according to manufacture's instructions.



Learn How to Shelter in Place -

“Shelter-in-place” means to take shelter where you are - at home, work, school, or in between. It may also mean “seal the room” to take steps to prevent outside air from coming in. This is because local authorities may instruct you to “shelter -in-place” if chemical or radiological contaminants are released into the environment. It is important that you listen to TV or radio for instructions on steps you must take to protect yourself and your family.



How Do I Prepare?

At Home

- Choose a room in advance for your shelter. The best room is one with as few windows and doors as possible. A large room, preferably with a water supply - something like a master bedroom that is connected to a bathroom.
- Contact your workplaces, your children’s schools, nursing homes where you may have family and your local town or city officials to find out what their plans are for “Shelter-in-Place”.
- Find out when warning systems will be tested. When tested in your area, determine whether you can hear or see sirens and/or warning lights from your home.
- Develop your own family emergency plan so that every family member knows what to do. Practice it regularly.
- Assemble a disaster supplies kit that includes emergency water and food supplies.

At Work

- Help ensure that the emergency plan and checklist involves all employees. Volunteers or recruits should be assigned specific duties during an emergency. Alternates should be assigned to each duty.
- The shelter kit should be checked on a regular basis. Duct tape and first aid supplies can sometimes disappear when all employees know where the shelter kit is stored. Batteries for the radio and flashlights should be replaced regularly.

For more information, contact any of the following:

- Your local American Red Cross Chapter - <http://www.redcross.org/where/where.html>
- Your state and local health department - <http://www.apha.org>
- Your local emergency management agency - <http://www.ready.gov/community-state-info>