

US DISASTER PROGRAM

Individual & Family Preparedness



According to FEMA, there are three basic things you can do to ensure you and your family's safety and well-being during disasters: make a plan, be informed and get a kit.

PREPARE WITH YOUR FAMILY

MAKE A PLAN

Phone numbers: Be sure you and your loved ones memorize a phone number for someone outside of your immediate area that you can call in case of an emergency. Keep in mind that cell phones can be lost/stolen or batteries can run out. Inform other family and friends who this contact person will be.

Make a wallet card: Make a card that includes important numbers and information.

Establish a meeting point: Talk with your family about where you would meet in the event of an evacuation. Where would you go? Who would you contact?

Texting: Teach all of your loved ones to text. Text messages may still work even when phone calls don't go through.

BE INFORMED

Find an easy way to access information: You can sign up for text alerts. To find a local agency providing alerts, go to: www.ready.gov/alerts.

Local area weather radio stations: To find your local station, visit: www.weather.gov.

Know how to turn off utilities in your home: Being able to turn off water, power and gas in an emergency can help reduce the risk of further damage.

GET A KIT

The three most basic things you'll need are water, food and cash.

Water: Store one gallon of water per person per day, with enough for at least three days.

Food: As part of your regular grocery shopping, purchase extra items. It is recommended to have enough food for at least three days in your pantry.

Cash: In the event of a city-wide power outage, ATM and credit card networks will likely be down. It's good to have small bills and change.

TIPS

- Teach children emergency numbers as soon as possible.
- Make sure everyone in your family knows where the emergency kit is in your home.
- Consider giving your emergency contact an extra copy of your keys and copies of important documents.

DO YOU KNOW YOUR NEIGHBORS?

Get to know your neighbors, local businesses and organizations. Having strong interpersonal and community relationships is a key component of resilience. Your neighbors are often some of the first people you will interact with in the event of a crisis.

NOTE FOR GEOGRAPHICALLY ISOLATED AREAS

Depending on where you live, you may need to stock up on even more supplies. Consult with local emergency management services to see how much water and food they recommend having on hand.

EMERGENCY SUPPLY KIT RECOMMENDATIONS

Also known as a “go kit,” you can keep it stashed in your house. None of these items go bad, so you can store them for a long time.

Radio: Make sure it is solar, battery-powered or a hand-crank radio.

First aid kit: Your first aid kit should include items like adhesive bandages, scissor, tweezers, chewable aspirin, latex-free gloves and a thermometer. Consider including a first aid book as well.

Keys: Make copies of your home and vehicle keys.

Entertainment: Think about including things like cards, books and games.

Whistle: A whistle can be used to signal for help.

Sanitation supplies: This includes trash bags, paper towels, pre-moistened towelettes, hand sanitizer, toilet paper, menstrual supplies and personal hygiene items.

Basic tools: Screwdriver, utility knife, pliers, batteries, paper, pen, flashlight, matches, manual can opener and duct tape.

Local maps: Disasters can be very disorienting, and local landmarks may be destroyed.

Charged cell phone battery: Have an extra battery or external battery pack on-hand in case you don't have electricity to charge your cell phone.

Prescription medication and glasses: It is recommended to have a week's worth of medications and supplies like insulin, hearing aid and extra batteries, denture needs, contact lens solution, etc., as well as a list of medicines you take regularly and/or pertinent medical information.

Personalize your kit: Pack foods that you like and are easy to eat for every member of your family (pets included). Take a minute to think about items you/your family use on a regular basis that keep you safe and comfortable. Consider including infant formula, diapers or pet food.

Important documents: Include copies of insurance policies, identification documents, contact information for someone outside of your area and bank account records. Consider also keeping an electronic copy offsite or “in the cloud,” and keep documents in a waterproof or resealable plastic bag.

Blankets: Have a blanket or sleeping bag for each person. Consider having more blankets if you live in a cold climate.

Change of clothing: This should include a long-sleeve shirt, pants and sturdy shoes. Consider more layers if you live in a cold climate.

DO WHAT YOU CAN

Building a kit can be expensive. Many people find it helpful to buy supplies little by little instead of buying all items at once. Local churches or organizations may offer disaster preparedness assistance as well!

FOOD ITEMS TO INCLUDE IN YOUR KIT

Aside from having enough water for you and any pets you may have, make sure you store nonperishable foods you like. Canned meats, vegetables and soups come in handy! Don't forget other snacks like nuts, cereals or sweets.

ITEMS TO HAVE WHILE SHELTERING IN PLACE

- The **fire extinguisher** is an essential tool during disasters. Make sure yours hasn't expired and make sure everyone in your household knows where it is and how to use it.
- Carbon monoxide poisoning is often called a 'disaster within a disaster.' Make sure your household has a **carbon monoxide detector** to avoid preventable illness or even death.