



Be Prepared for an Emergency— Build an Emergency Plan and Emergency Kit

Emergency Plan:

- Know the types of disasters that can happen in your area.
- Create a family disaster plan and practice it every six months.
- Designate meeting places near your home and outside your neighborhood.
- Have a way to communicate with family members and ensure everyone knows emergency contact information.
- Post emergency telephone numbers by phones and teach children how and when to call 911.
- Identify an out-of-town contact, ensure family members have the number, and list the number as ICE (In Case of Emergency) in cell phones.
- Determine the best escape routes from your home. Find two ways out of each room. Identify safe spots in your home for each type of disaster.
- Teach each family member the location and use of a fire extinguisher. Install smoke detectors on each floor of your home and test monthly.
- Get CPR and first aid trained. Purchase first aid kits for your home and cars.
- Check your insurance coverage.
- Conduct a home hazard hunt.
- Teach family members how/when to turn off the water, gas, and electricity to your home.
- Subscribe to alert services, such as through Connect CTY. Know how alerts are communicated. Identify local TV and radio stations.
- Know the emergency plan at work, school, and daycare.
- Make a plan for your pets.

Emergency Kit:

- Plastic, rolling storage container.
- Non-perishable food items.
- Flashlight and extra batteries.
- Whistle.
- Plastic sheeting.
- Moist towelettes/personal care items.
- Wrench, pliers, multi-purpose tool, gloves.
- Local maps.
- Prescription medication.
- Infant formula and diapers, baby food.
- Activities for children.
- Emergency reference materials.
- Change of clothes, hat, sunscreen.
- Fire extinguisher.
- Paper/plastic towels, plates, utensils, cups.
- Important documents and personal papers.
- Insect repellent
- Bottled water.
- Battery-powered/hand crank or weather radio.
- First aid kit.
- Dust mask.
- Duct tape.
- Garbage bags.
- Manual can opener.
- Cell phone with charger, traditional phone.
- Extra glasses.
- Pet food and water.
- Cash or traveler's checks.
- Sleeping bags, bedding, towels.
- Bleach and dropper (16 drops/gallon).
- Matches in water-proof container.
- Paper and pencil.
- Vitamins.

Additional Items: generator; a full tank in your vehicle; line bathtub with plastic and fill.

Resources: Red Cross, www.ready.gov, www.cdc.gov

Suggested Directions: Post this on your refrigerator until every item is checked!