

FAMILY EMERGENCY PLAN

Emergencies can and do happen at any time. Sometimes you see them coming – the news has been tracking a blizzard across the country for days – and sometimes you don't – a truck filled with toxic chemicals overturns in your neighborhood.

Being prepared for any emergency can help you, your family and your community survive; reduce fear, anxiety and losses; and reduce the impact.

If a disaster occurs in your community, you need to be ready to be self-sufficient for at least three days because local responders may not be able to reach you immediately or they may need to focus their efforts elsewhere. This may mean providing your own shelter, first aid, food, water and sanitation.

In case of an emergency you might be forced to evacuate or you could be asked to "shelter in place" – stay at home and indoors. You might not be at home – you might be at school or at work or on the road. You can plan for any of these eventualities by taking the following advice:

- Create an easy-to-grab evacuation kit with all the items you and your family need to stay healthy for at least three days, including water, food and protection from the elements. Older children can carry their own kits.
- Make sure you have supplies in each vehicle and at each work

site. Have a designated meeting place if you and family members are separated. Designate and memorize a phone number outside your area that family members can call – during emergencies local phone systems often become overloaded.

- Involve your entire family in creating the plan and have trial runs to work out the inevitable kinks. Does everyone know where to meet and what number to call? Do they know where the evacuation kits are located?
- Do you know your children's school emergency plans? Does your employer have a plan? If not, you should at least have a plan for yourself.

Basic Emergency Supply Kit

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, hand crank or battery-powered radio and extra batteries.
- Cell phones with chargers.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper, etc.).
- Matches in a waterproof container.
- A whistle.
- Extra clothing, comfortable shoes and bedding suited to our cooler climate.

