

**READY  
OR NOT?**

HAVE A PLAN

## SPECIAL CONSIDERATIONS



WHEN DISASTER STRIKES, IT'S TOO LATE TO PREPARE. HERE ARE SOME TIPS TO HELP YOU GET READY NOW.



### POWER LOSS — IN AN EMERGENCY, YOU MAY LOSE POWER FOR SEVERAL DAYS.

- Make a plan now for any power needs, such as medical equipment or refrigerated medicine.
- Do **not** use generators, charcoal grills, or camp stoves indoors. To avoid carbon monoxide poisoning only use them outside.
- Keep your vehicles full of gasoline, in case you have to evacuate. Gas pumps use electricity, so you may not be able to fill up.
- Get cash. Stores may not accept debit or credit cards during power outages.



### MEDICAL SPECIAL NEEDS — PLAN NOW FOR YOUR HEALTH AWAY FROM HOME.

- Label important medical equipment.
- Pack a small cooler with cold packs to keep refrigerated medicine cool.
- Think of special-diet food, syringes, glucose monitoring strips, and other needed items.
- Have extra medicine in case you cannot get to your pharmacy.
- Get copies of your prescriptions from your doctor in case you are away from home.
- Register with 2-1-1 to get a ride during a hurricane evacuation.



### POST-DISASTER — EVEN AFTER A NATURAL DISASTER, HAZARDS MAY STILL EXIST.

- Watch out for power lines, fallen tree limbs, or other dangers.
- Practice chainsaw safety.
- Do **not** approach trees if they are touching power lines.
- Be aware of gas odors. Use caution when lighting a flame, whether indoors or outside.
- Remember, feelings of sadness, anger, and grief are normal after any disaster. You're not alone. There are people you can talk to. Dial 2-1-1 for help in your area.

\*First-aid kit: A first-aid kit recommended by the Red Cross is best. Or, you can build a kit yourself. It should at least include antiseptic, bandages, gauze, medical tape, aspirin or ibuprofen, and a cold compress.

#### NOTES:

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## Living Without Power

Plan ahead so that if the power goes out you will know other ways to cook, foods to select, how to get light, how to communicate, how to keep cool (or warm), how to get water, and how to live without a sewer or septic system.

### Cooking

- ◆ You can cook on a camp stove, charcoal or propane gas grill, wood stove, or outdoor fire. Indoors, you can cook in a fireplace if the chimney has not been damaged or clogged by debris. Make sure the chimney damper is open. With a portable generator, you will be able to use small electrical appliances.
- ◆ Never use camp stoves or grills indoors.
- ◆ If you build a fire on the ground, make sure it is contained, with a ring of stones or metal drum around the fire bed. Build fires well away from buildings, and never in a carport. Sparks can easily get into the ceiling and start a fire.
- ◆ Never use gasoline to start a wood or charcoal fire.
- ◆ Tend fires carefully and put them out when you have finished cooking.

### Water

- ◆ If your home's water supply is cut off, bottled water should be available from local emergency supply distribution points. Each person needs 1 gallon per day.
- ◆ Water in toilet tanks (not the bowls) can be used for drinking after treatment, if cleaning chemicals are not placed in the tanks. You can also drain water from the water heater (make sure the power is off first).

### Suggested foods

- ◆ If you have no running water, buy foods that require little or no water in preparation. Choose low-salt foods to help minimize thirst.

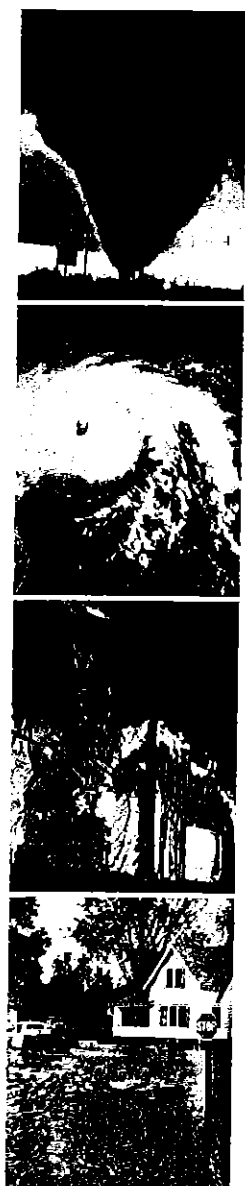
- ◆ Many foods need no cooking—breakfast cereal, granola bars, cookies, crackers, jerky, ready-to-eat meats in cans or pouches, canned vegetables, peanut butter, trail mix, canned meals such as spaghetti/pasta, canned infant formula, and baby/toddler foods in jars.
- ◆ Open only as much of these foods as you will need for one meal to avoid the need for refrigeration.
- ◆ Choose foods that your family will eat during this stressful time. Be sure everyone eats enough to remain healthy.
- ◆ Hard candy will help keep the mouth moist if water supplies are limited.
- ◆ Take vitamins if you have them.
- ◆ Buy nonperishable (dry) foods for your pets.

### Food storage and preparation supplies

- ◆ Manual can opener
- ◆ Metal pans and cooking utensils for cooking on a fire or grill
- ◆ Aluminum foil and plastic wrap
- ◆ Plastic forks, knives, and spoons
- ◆ Paper napkins and plates
- ◆ Storage bags for food
- ◆ Paper towels
- ◆ Garbage bags for disposing of trash
- ◆ Ice chest—ice will probably be available at an emergency supply distribution center

### Lights and communication

- ◆ Have a flashlight and batteries (all the same size) for every member of the family.
- ◆ Use direct current-powered lights, solar rechargeable lamps, oil or kerosene lamps, or candles (with caution) as alternatives to electric light.
- ◆ Each home should have one phone that is connected to the wall (not a portable/cell phone), as well as a solar or DC charger for cell phones.



# Special Considerations



## Document Bag Contents

- Cash, current picture I.D.s
- Medical records, x-rays, benefits documents, etc.
- Social security cards, birth certificates or proof of citizenship
- List of medications with dosages, doctors' phone numbers
- Duplicate prescriptions from doctor
- List of important phone numbers (family, friends, etc.)
- Financial statements (bank accounts, tax returns, etc.)
- Copies of recent bills (power, water, etc.)
- Wills
- Insurance documents (homeowner, renter, life, flood)
- Home or other property deeds, leases, mortgages etc
- Vehicle titles, leases, loan documents, etc.
- Inventory of possessions and their value
- Backup computer files (on a CD, DVD, USB drive, etc.)
- Copies of important keys



## First Aid Kit Contents

Recommended by the Red Cross

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 2 packets of aspirin (81 mg each)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- oral thermometer, scissors, tweezers
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- 2 triangular bandages
- First aid instruction booklet



## Sheltering in Place Q&A

What type of radio is best? An AM/FM/Weatherband radio that can be powered by batteries AND plugged into an electrical outlet is your best choice for an emergency. However, any battery-powered radio will do.

Why a corded phone? Cordless phones won't work during a power outage. A corded phone can be used during a power outage, since it doesn't plug in to an electrical outlet. The long cord means you can take it to the safest part of your house.

Why a carbon-monoxide detector? Deadly carbon monoxide from a generator outside your house can filter in through vents or open windows. You would never know it was happening without an inexpensive detector.

What does bleach do? Non-scented bleach can be used to purify water for drinking or sanitize water for bathing, cooking and cleaning. To purify water, add 16 drops (1/8 teaspoon) per gallon in a large pot or kettle. Stir and let stand for 30 minutes.

Why a pet carrier/cage? While you might not cage your pet at home, having a carrier will help transport your pet safely during an evacuation, and may be required, depending on where you spend the night.

Why plastic sheeting? It can be used with duct tape to seal doors, windows, and air vents at home, and offers some protection from contaminated air, hazardous materials and bad weather if you must evacuate.

## Notes

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# Family Emergency Plan



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency essentials kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

Local Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
 Out-of-Town Meeting Place: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name: \_\_\_\_\_ Social Security Number: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Important Medical Information: \_\_\_\_\_

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Name: \_\_\_\_\_ Social Security Number: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Important Medical Information: \_\_\_\_\_

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

**Work Location One**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

**School Location One**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

**Work Location Two**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

**School Location Two**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

**Other place you frequent**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

**Other place you frequent**  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies