FAMILY CARE

MAKE A PLAN:
Disaster can strike quickly and without warning. Families can cope with disaster by creating a disaster plan. Knowing what to do is not only your responsibility, but is the best protection for your family.

PLAN:
• Meet with your family and discuss the importance of preparing for disaster.
• Explain the dangers of fire, severe weather, and earthquakes to children.
• Discuss the types of disasters that are most likely to occur. Explain what to do in each case.
• Discuss what to do in an evacuation.
• Plan how to take care of pets.
• Pick two places to meet:
  o Right outside your.
  o Outside your neighborhood.
• Ask an out-of-state or out-of-town friend to be your “family contact” – after a disaster it’s often easier to call long distance. All family members should know the contact’s phone number.
• Inquire about emergency plans at places where your family spends time (work, daycare, school, etc.).
• Determine the best escape routes from your home. Plan two exits from each room.

GET INFORMED
• Call your local emergency management office or health department to find out what types of disasters are likely to occur in your area.
• Request information on how to prepare for each.
• Find out what warning system your community has in place. Subscribe to the alerting system to receive notifications to your cell phone.

PRACTICE AND MAINTAIN
• Attend a basic first aid and CPR class
• Every month – Test your smoke alarms.
• Every 6 months – Go over family disaster plan and do escape drills. Quiz children.
• Every year – replace batteries in smoke alarms (unless your smoke alarm uses long-life batteries).
• Every year – Replace food items and water in your disaster kit (sooner if necessary due to storage conditions or expiration dates

ASSEMBLE SUPPLIES
• Create simple, one page emergency instructions and keep them updated. Include information on fire extinguishers, exits, and utility shut offs.
• Instruct each family member on how and when to turn off the water, gas, and electricity at the main switches.
• Post emergency phone numbers by the telephone or in a common area (such as the refrigerator or kitchen cabinet).
• Teach children how and when to call 911.
  o Stock emergency supplies and prepare a disaster supplies kit.
  o Plan for 7-14 days of food, water, shelter in your kit
  o Don’t forget to make an emergency kit for animals
  o Have fun items in your kit to occupy children