

FAMILY CARE

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.

Get Informed

- Contact 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 notification to your cell phone.



Make a Plan

- Meet with your family and discuss the importance of preparing for a disaster.
- Discuss the types of disasters that are most likely to occur. Explain the dangers and what to do in each type of event.
- Discuss what to do in an evacuation.
- Pick places to meet:
 - Right outside your house.
 - Outside your neighborhood.
- Ask an out-of-state or out-of-town person to be your family contact. All family members should know the contact's phone number.
- Inquire about emergency plans at places where your family spends time.

Assemble Supplies

- Create simple emergency instructions and keep them updated.
- Post emergency phone numbers in a common area.
- Instruct each family member on how and when to turn off the water, gas, and electricity at the main switches.
- Teach children how and when to call 9-1-1
- Stock emergency supplies and prepare an emergency kit.
 - Plan for 7-14 days of food, water, and shelter in your kit.
 - Do not forget your pets needs.
 - Include fun items to occupy children.

Practice and Maintain

- Attend a basic first aid and CPR class.
- Every month: test your smoke alarms.
- Every 6 months: Review 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).

