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.

• 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:
  o Right outside your house
  o 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
• 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)

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
  o Plan for 7-14 days of food, water, and shelter in your kit
  o Do not forget your pets needs
  o Include fun items to occupy children

https://emergency.oregonstate.edu/emergency-preparedness/preparedness-topics
https://www.ready.gov/plan