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:
  - 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
- 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
  - 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

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