

Step 1

Emergency Supply List

The U.S. Department of Homeland Security recommends each family have the following items on hand in case of emergency. Check your home first; you probably have many of these items already available. All you need is to organize them for easy accessibility:

Store in a safe place outside:

- **Water** Store in a safe and secure place outside one gallon for every person per day for at least three days for drinking and sanitation. If you have adequate storage, more would be better.
- **Food** Store in a safe and secure place outside at least a three-day supply of non-perishable food

Store in a portable bag or backpack in a garage or other easily accessible area:

- **Radios** - including NOAA Weather Radio with tone alert - battery powered, with extra batteries, or crank powered
- **Flashlight** with extra batteries
- **First aid kit**, including matches
- **Whistle** to signal help
- **Dust mask**, one or more for each person, to help filter contaminated air
- **Plastic sheeting** and duct tape to shelter-in-place
- **Moist towelettes**, garbage bag, and plastic ties for personal sanitation
- **Wrench** or pliers to turn off utilities
- **Can opener** for food (if kit contains canned food)
- **Local maps** to follow radio information to evacuate if necessary
- **Prescription medicines**
- **Paperwork** essential to securing recovery assistance, including notarized copies of social security cards, driver's license, and birth certificate

Step 2

Monthly disaster preparedness

The simple steps on the reverse side of this flyer will keep you ready for an emergency. Consider cutting out the orange squares and fixing one to each month to remind you to complete the suggested tasks.



Step 3

Emergency contact cards

All family members may not be at home when disaster strikes. Create emergency cards for all family members and make sure they carry these cards at all times. Each card should include the following information:

Emergency number After a disaster, it's often easier to call long distance. Determine someone you know outside of your area who will serve as a common point of contact for your family. List this number on an emergency card. When disaster strikes, make sure every family member knows to call this number.

Emergency meeting place Emergency meeting places are essential in case you need to evacuate your home or you cannot return home following a disaster. Pick two places to meet:

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood in case you can't return home. Place this information on the emergency contact card, including the address and phone number.

Simple Family Disaster Preparedness



Disaster can strike quickly and without warning.

What would you do if basic services, such as water, gas, electricity, or telephones were cut off?

Would you have what you and your family need to survive?

Simple ways to prepare your family for disaster:

- Just 15 minutes a month can keep your family ready for disaster
- It's inexpensive to make your family and home safe
- Know what to have on hand, and be confident that you are ready in an emergency

Don't wait for a disaster to think about what you wished your family had done to prepare.

Here's your guide to begin planning now!

January

Develop a "buddy system" with a near neighbor, allowing you to back up each other's emergency plans for utility safety and family reunion.

February

Establish an emergency water supply, one gallon for every person per day for up to three days. Replace the water every six months.

March

For your family fire drill, you might shout "fire drill" or hold down the smoke alarm button, sounding the alarm. Everyone should exit the home.

April

Conduct a home hazard hunt. For example, move objects that could cause injury at night if the electricity goes out, and clear all paths to the gas main, power box, and water.

May

Purchase and organize your emergency food supply. Make two shopping lists to replace your food every six months.

June

Review household safety with all family members. Instruct all family members on water, electricity, and natural gas shut-off procedures. Write instructions on a card, laminate, and attach to each utility.

July

Check or purchase fire extinguishers and batteries in your smoke alarm, emergency radios, flashlights, and battery supply. Know how to use your fire extinguisher.

August

Replace your emergency water supply, one gallon for every person per day for up to three days. Replace the water every six months.

September

Identify a safe place in each room of your house. Practice taking cover in these safe places as part of an earthquake drill. Also determine a safe place for your pets.

October

Check your first aid supplies, and purchase replacement items if needed.

November

Using your shopping list, replace half of the food items. Put replaced items in your kitchen for more immediate use.

December

Update your emergency contact card, and place the card in every family member's purse, wallet, and backpack.



Detach this panel, cut out the squares and stick one per month in the white boxes to the left.

Establish/review emergency plans with a neighbor "buddy" family

Check and/or purchase safety supplies and equipment

Replace your emergency water supply

Conduct a family fire drill

Conduct a family earthquake drill

Replace your emergency water supply

Secure or eliminate one household hazard

Check and/or purchase your first aid supplies

Replace your emergency food supply

Review utility safety with all family members

Update out-of-area contact cards for the whole family

Replace your emergency food supply