

Family Emergency Plan

By their very nature, emergencies strike when you're not expecting them. That disruption can become problematic if you're not prepared to react and recover. Start now with a little research; include knowledge about your family, friends and community to create a plan for dealing with emergency situations at home. Using that information, you can put together the plan and emergency supplies that will help get you through the first critical days of a disaster. Every home should have an emergency plan that includes information about communications, evacuation, emergency supplies and an out-of-state contact.

20 basic questions to help you begin to write a family plan.

1. What type of emergency is most likely to happen in our area?
2. Does everyone know what to do if the emergency occurs?
3. What radio or TV stations broadcast emergency info for our area?
4. In case we're separated during a sudden emergency, like a house fire, where is the family meeting place right outside of the house?
5. Where is the family meeting place outside of the neighborhood, in case we can't return home?
6. If evacuation is necessary, does each family member know what task they are responsible for (ie. loading the supplies into the car) and understand what's expected of them?
7. Where would we evacuate to? Have we mapped the routes out (Mapquest, Google Maps, GPS)?
8. If the roads aren't passable, what's our secondary evacuation plan?
9. What is our children's school and our employer emergency plan or disaster procedure?
10. Do all cell phone users have an "In Case of Emergency" in their contacts list, so first responders would know who to call?
11. Who is the out-of-state contact person for our family?
12. Who is the local contact person for our family?
13. Is at least one person in the family certified in first aid and CPR?
14. Do we have all family records stored in a water and fire-proof container?
15. Do all adults have a Living Will and/or Healthcare Power of Attorney?
16. Do we have adequate insurance—life, auto, home, flood?
17. Do our pets have tags and microchips for identification purposes?
18. If we have to evacuate, which family member will be responsible for gathering our pets?
19. Is our evacuation spot a pet-friendly place?
- 20. When will we gather again to review and/or make changes to this plan?**

Gather the clan for a meeting and write out the plan!

Binder of Life

Store in a Waterproof, Fireproof place!

- I. Emergency Plan including contact numbers

- II. Personal:
 1. Picture and fingerprints of each family member
 2. Copy of passports and Naturalization and Immigration papers
 3. Social Security records
 4. Birth Certificates
 5. Marriage Certificates
 6. Trust and Wills information
 7. Divorce information and settlement papers
 8. Death Certificates and inheritance records
 9. Medical directive
 10. ID's and membership cards
 11. Dental and medical records
 12. Prescriptions (remember your glasses)
 13. Health Insurance Card – Dr. contact info
 14. Immunization Records
 15. Military Records
 16. Adoption, Custody, Foster Care Records
 17. Pet ID information
 18. Medicare, Medicaid and Food Stamp information

- III. Financial
 - CASH and Checkbook

 - Bank:
 1. Bank account statements with contact information
 2. Credit and debit cards with contact information
 3. Passwords and pin numbers
 4. Brokerage statements with contact information
 5. Bonds with contact information

6. Credit Reports
 7. Debts with contact information
 8. Contracts and contact information
 9. Pension plan records
 10. 401k plan and contact information
 11. Debts owed to you with contact information
 12. Safety deposit box information
- Property
 1. Auto registration, title and bill of sale for each vehicle
 2. Boats, Trailers, ATV's etc., registration, title and bill of sale for each vehicle
 3. License plate and vin numbers
 4. Home purchase, title, mortgage and finance records
 5. Home security codes and contact information
 6. Lease agreements with contact information
 7. Property tax records
 8. Deeds to cemetery plots
 - Insurance:
 1. Homeowner policy and contact numbers
 2. Car policy and contact numbers
 3. Boats, Trailers, ATV's etc., policy and contact information
 4. Life Insurance with contact information
 5. Employment benefits records and contacts
 6. Business insurance, license and records
 7. Home inventory written and video records

IV. Odds and Ends:

1. Keys – Home, Cars, Business, Safe, Storage, mailbox, Safety deposit box.....
2. Serial numbers of valuable items
3. Safe combinations
4. Diploma
5. Court Documents
6. Resumes
7. Guarantees and Warranties
8. Family history and pictures digital copy

First Aid Supplies

Size your kit according to your family's needs. Customize with natural items such as herbs or essential oils.

If you are the neighborhood go to person for help, better stock more.....

First aid book

1 month supply of all **prescribed medications** and daily vitamins (adult & children)

A written medical history for each family member

Band aids (assorted sizes), Gauze pads, Butterfly closures, Cotton balls

Medical tape, Splints, Cotton swabs, Ace wraps, Dental floss, Sling, Tourniquet, Moleskine

Non Latex Gloves, Hand Sanitizer and **SOAP**

Neosporin, Wound Spray, Alcohol Swabs, Hydrogen Peroxide, Iodine, Betadine Swabs, Eye Wash

Scissors, Tweezers, CPR mask, Thermometer, N 95 Face Masks

Acetaminophen, Ibuprofen, Aspirin (adult & children)

Cough syrup, Cough Drops, Menthol Inhaler Stick, Sinus Meds

Anti-diarrheal, Anti Gas, Laxatives

Bee sting kit, Benadryl (adult & child), Anti-itch cream, Insect repellent

Feminine Supplies and Personal Hygiene items

SPECIAL NEEDS ITEMS: Glucose Tablets (low blood sugar), Digital BP cuff.....

Pet First Aid Supplies

Your pet can use many of the same supplies that you do.

Compression gauze, Ace wraps, Eye Wash, Hydrogen Peroxide, Neosporin.....

1 month supply of all **medications** and vitamins

Medical Records (microchip information) and Veterinary contact

Flea and Tick Treatments

Worming Treatments

Tick remover

Muzzle

Recovery Collar (cone of shame)

Food Supplies

The practice of storing food supply items varies widely depending on the philosophy behind the length of time being prepared for. FEMA recommends that a 3 day supply of food and water be kept on hand.

Recent events and studies of local and regional preparedness and infrastructure survivability have highlighted the 3 day for rescue plan is not enough for home preparedness. The Oregon Office of Emergency Management has upgraded their recommendations for storing enough food supplies to cover 2 – 3 weeks.

There is no correct way to put together 2 weeks' worth of supplies. Take into account family dietary and medical needs. **Children, elders and pets will have additional needs.**

What does 2 weeks look like?

- **Water:** 14 gallons per person (DOES NOT include water for hygiene and cooking).
- **Food:** 42 meals per person (should be 2400 – 3000 calories per day) of high protein, high energy, nutrients and fiber.

Suggestions:

1. Peanut Butter
Whole Wheat Crackers
Nuts/Trail Mixes
Cereal (individually packed)
Granola/Power bars
Dried Fruit
Canned tuna, salmon, chicken and turkey
Canned vegetables if fresh are not available
Soup/Chili
Powdered milk
Hard candy
Formula and items for infants
Manual can opener
Plates, cups, utensils

2. Emergency Buckets of pre-packaged rations. These come in sizes to last a family of 4 (3 meals a day) for 1 year, to 1 bucket of a specific food item.

They can be found at Costco, Sam's Club or an online emergency prep website.

3. Complete meal MRE's. Yes these are the military ready to eat meals you have heard so much about. They are easy, and come ready to heat or self-heating. Most MRE's contain an entree, dessert, snack, beverage powders, and seasoning packets.

- **Cooking:** Plan for electricity and gas lines to be non-functioning. Think in terms of cooking as if you are camping out. Camp stoves and fire pits are the most likely source of cooking available if your home is damaged in an earthquake. Keep extra sterno and gas canisters on hand if you use a camp stove. If you plan on using a fire, keep dry wood available all year round.

Include extra water and soap for hygiene and cooking!

Personal

Taking the time to prepare personal items for use during an emergency can be just as important as items critical to survival. Due to the unknown nature of damage to infrastructure and when help may arrive, mean personal items you pack can impact health both mental and physical.

Clothing –think layers to cover all types of weather with the fewest articles

- 2 – 3 complete changes of clothing
 - Include **EXTRA** socks and underwear
- Coats, gloves, and hats
- Rain ponchos
- Space blankets
- Sturdy boots and rubber boots if possible
- Hand warmers

Hygiene

- Soap
- Oral care items
- Brush/Comb
- Lotion
- Lip balm

Entertainment – Yes entertainment

- Books
- Card Games
- Crossword or Sudoku
- Coloring book/Crayons
- A small toy
- Note book
- Blankie
- Emergency light sticks
- the list is endless.....but keep it to a minimum.

Tools

There are certain tools that are necessary to have access to during earthquakes or other severe weather related events. These tools make it possible to shelter inside or outside safely. Below is a list of tools to have in your emergency supplies and instructions for use.

Necessary

- Gas, Electric and Water turnoff tools
- N-95 Face masks
- Pocket Knife/Multi tool
- Small camp stove – fuel
- Matches –in waterproof container
- Tent or tarps
- Zip Ties – (**many**) in different sizes
- Paracord
- Work gloves
- Crowbar – small

Important

- Flashlight and batteries – crank flashlights
- Radio – NOAA alerts, Solar or battery powered
- Large heavy duty garbage bags
- Extra batteries

Helpful

- Maps
- Cell phone chargers
- Bandana
- Compass
- Whistle
- Carabineers
- Mirror
- Camp shovel
- 5 gal. bucket
- Water jug

Any other tools or camping gear you think you will need.....

Gas, Electric and Water shut-off

Gas:

Natural gas leaks and explosions are responsible for significant number of fires following disasters. Because there is different gas shut off procedures for different gas meter configurations it is important to contact your local gas company for any guidance on preparation and response regarding gas service to your home.

- Keep an adjustable pipe or crescent wrench to turn off the main gas service shutoff valve.
- Leave it off until service can be restored by your provider.

Water:

Before an emergency happens, locate the shut-off valve for the water line that enters your house and label this valve with a tag for easy identification. Make sure all household members know where it is located.

This is not the street valve in the cement box at the curb – the street valve is extremely difficult to turn and requires a special tool.

Make sure this valve can be completely shut off. Your valve may be rusted open or it may only partially close. If so, replace it.

Cracked lines may pollute the water supply to your house. It is wise to shut off your water until you hear from authorities that it is safe for drinking.

Teach all competent household members how to turn off the valve. **Use an adjustable pipe or crescent wrench.**

Electricity:

Electrical sparks have the potential of igniting natural gas if it is leaking. Locate your electrical circuit box.

Teach all responsible household members where and how to shut off the electricity.

For your safety, always shut off all the individual circuits before shutting off the main circuit.

Sanitation



HANDWASHING STATION

Use it OFTEN!

Use **CLEAN** water jugs:

1. **SANITIZE** with 2 tbsp unscented bleach in 1 gallon of water – **SLOSH** to cover all surfaces.
2. Let **STAND** 5 minutes and **DRAIN**. **DO NOT RINSE!**
3. **FILL** with approved drinking water

