

SOME WAYS TO GET PREPARED

TO LEARN MORE, ATTEND A WORKSHOP OR REVIEW *WHEN DISASTER STRIKES HOME!*

EMERGENCY EQUIPMENT

1. **Smoke detectors** — Learn and use proper testing technique (one out of four don't work). Have one near the entry door if in apartment with only one entrance/exit; others by each bedroom.
2. **Carbon monoxide detector** — Learn and use proper testing technique.
3. **Mechanical phone** — Have a standard phone not requiring electricity or batteries.
4. **Emergency supplies kit** — Develop an emergency supplies kit (see checklists).
5. **Water supply** — Have an adequate supply (two gallons/day per person).
6. **Flashlights** — Keep a flashlight with fresh batteries in each bedroom; tape emergency phone numbers to side of light.
7. **Shoes** — The most important article of clothing to keep at bedside is shoes.
8. **Coins** — Have correct change available for public phones and vending machines.
9. **Clothes** — Keep a complete change of clothes for each family member.
10. **Fire extinguishers** — Have several handy where fire is most likely to break out.
11. **Whistle** — Have a whistle in each bedroom to warn others.
12. **Radio** — Have a battery-operated or crank-powered radio with an emergency band; keep it with emergency supplies kit.

COMMUNICATIONS STRATEGIES

13. **Contact plan** — Have a plan to find family members in an emergency or disaster.
14. **Meeting place** — Pre-arrange two meeting places: one near home for evacuation in case of emergency and one outside of neighborhood in case of wide-area evacuation or inability to return home because roads are closed.
15. **Contact person** — Pre-arrange an out-of-state family contact person if local phone service is unavailable and family is scattered in various places.
16. **Backup place** — Have a back-up place for children to go if your family members can't get to them.
17. **Cell numbers** — Know cell phone number of baby-sitters and caregivers.
18. **Index card** — Give children an index card with important contact information.
19. **Pre-paid phone card** — Have a pre-paid, no expiration phone card in wallet or purse.



GETTING HELP IN AN EMERGENCY

20. 10 Steps to reduce 9-1-1 response time

- Test the 9-1-1 system from your home before an emergency exists.
- Call your firehouse to verify they have your address in their system.
- Have someone outside, if possible, to meet fire or police personnel first to arrive at your location.
- Verify your home address visibility at night when power is out.
- Have a flashing light on the porch or in house if possible.
- Have your home phone number and address on each phone.
- Have non-emergency phone numbers of local police and fire services for neighboring towns near all phones.
- Keep written directions to your home near each phone for visitors, baby-sitters, in an emergency.

21. **Disabled persons** — Register disabled persons for assistance with local authorities.

22. **Medical release** — Have a medical release for minor child in an emergency.

23. **Medical ID** — Wear your medical ID tag at all times.

24. **9-1-1** — Teach children to dial 9-1-1 and long distance numbers.

FORCED EVACUATION AND TEMPORARY RELOCATION

25. **Turn off utilities!** — The last things to do before evacuating in an emergency

26. **Evacuation plan** — Have a written, practiced evacuation plan!

27. **Gas tank** — Keep gas tank in car(s) at least half full at all times; if power fails so do gas pumps.

28. **Home-work kit** — Go to work every day with some cash, a credit card, emergency phone numbers list, I/D, walking shoes and recent family photo.

29. **Road options** — Know your road options to get into and out of your neighborhood, away from work-place and to kids' schools, daycare, play locations.

SAFETY

30. **Common household items** — Common household items not to be stored together (household bleach and ammonia).

31. **Escape plan** — Teach sitters and caregivers your emergency escape plan.

32. **Floor plan** — Make floor plan of home showing exits, heavy bulky furniture; determine and rehearse escape routes.

33. **Home hazards** — Conduct home hazard inspections (see checklist).

34. **Neighborhood watch** — Join your neighborhood watch program.

35. **Fire extinguisher** — Teach family members to use a fire extinguisher.

FAMILY OR PET DISASTERS OR EMERGENCIES

36. **National Weather Service** — Know warning signals (National Weather Service watch and warning advisories, audible signals from community sirens) and teach them to your children.
37. **Exits** — In high-rise public buildings know where emergency exits are at all times.
38. **Be attentive** — Learn to be attentive wherever you go; awareness is a good defense against crime as well as terrorism.
39. **Pet policies** — Check no-pet policy in emergency shelters.
Shots — Have proof of shots for pets.
40. **ID tags** — Update ID tags on pets.
41. **Pet facilities** — Identify emergency pet care facilities if appropriate.
42. **Personal property** — Document and inventory personal property.
43. **Photos** — Carry recent photo of immediate family and pet(s) in wallet or purse.
44. **Evacuation plans** — Know evacuation plans of schools and daycare facilities in emergency.
45. **Checklists** — Complete emergency information checklists and have copies in more than one place.
46. **Common sense** — Promote use of common sense to family members in an emergency.
47. **Disaster supply kits** — Prepare separate disaster supply kits for home, car, work, pets and disabled family members (see checklists).
48. **Neighbors** — Learn about other members in your area with special skills, such as trained medical skills, first aid, firemen, policemen, etc.
49. **Exits** — Watch for emergency exits in restaurants, theaters and other places of entertainment.
50. **Teach your young children** to “Yell, Run and Tell” or yell “No” and “Stop” when approached by anyone who makes them feel uncomfortable — even someone they know.