

# NATURAL DISASTERS PREPAREDNESS PLAN

Use this checklist to help plan and be safe during natural disasters.

## Have a plan

- Involve each family member in the planning process. Make kids a part of the discussion and planning, and encourage them to think of it as preparing for a challenge.
- Make sure each family member understands your family plan for each emergency situation, including where to meet in the event of a fire in the home or where the emergency shelter would be in case of a tornado or other severe weather event.
- Have a plan in case family members are not home at the time of an emergency. This should include where you will meet up, how you will get in contact with each other and planning a safe meeting place such as a friend or relatives home.

## Make an emergency kit

- Be sure to have enough food and water for you and every member of your family to last at least three days. In a large-scale disaster it may take days before relief supplies arrive.
- Stock your kit with important items, such as extra medications you may need and a spare set of eyeglasses if you require them. And don't forget baby formula and diapers for small children.
- Pack a radio and extra batteries. This may be your only source of information after a large-scale disaster.
- If you have a cell phone, you will need a way to keep it charged. Solar chargers or portable battery packs may be a good option. Make sure they are charged and ready to go, but keep in mind, after a large-scale disaster cellular networks may not be functioning properly.
- Remember your pets. Many people with pets will treat them like members of the family. Be sure to have food and water for pets on hand as well, so you don't have to share your own supplies.

## Be sure your home is safe

- Check your smoke detector batteries at least twice a year and even if you have smoke detectors wired into your home electrical system, they still may take batteries. Be sure to also test your smoke detectors periodically.
- Consider a carbon monoxide detector. Most homes contain appliances that may produce carbon monoxide if they are not functioning properly. A carbon monoxide detector can alert you to this invisible, odorless gas that can be deadly, sometimes without warning.

## Medical preparedness

- Keeping a week of medications on hand for emergencies can be very important, especially for people with conditions such as transplants, heart failure, or those that require careful adherence to a regular regimen.
- Remember that medications do expire, so be sure to rotate them. Alternatively, keep a week supply in one convenient carrier with your medications where you can grab it quickly on your way to your shelter.
- If you require oxygen, remember that if power is disrupted, devices like concentrators won't work once the batteries run out. Have a backup plan, such as extra batteries, or a portable generator.
- Remember not to run generators indoors or where exhaust can accumulate and become a hazard. If possible, have a portable oxygen tank for emergencies until you are able to get to a location where power or more oxygen is available.
- People who use nebulizers for breathing treatments should also keep an inhaler, or alternate ways of administering their medications in the event that power remains unavailable for a prolonged period of time.

# NATURAL DISASTERS PREPAREDNESS PLAN

Use this checklist to help plan and prepare for when an emergency happens.  
Make sure to also prepare a go-bag in case you have to get out of dodge quickly.

## Basic emergency kit

- First aid kit and instructions (re-stock if anything is missing)
- Fire extinguisher (check date and still good)
- Extra batteries (all varieties)
- Flashlights, solar lights or battery operator lantern
- Cooking and eating utensils
- Paper cups, paper plates, napkins, paper towels, plastic utensils
- Towels
- Blankets/sleeping bags
- Road emergency kit and jumper cables
- Full tank of gas in car as well as extra containers
- Paper maps/GPS (separate from phone)
- Cell phones, charger cables (fully charged)
- Cash (ATM's/credit card machines without power)
- Toilet paper
- Disinfectant, bleach, peroxide and cotton swabs
- Garbage bags
- Feminine supplies
- Soap, dish soap, hand sanitizer, wet wipes
- Whistle
- Rain gear
- Shoes
- Rope and duct tape
- Aluminum foil
- Mosquito repellent, bug spray and sunscreen
- Matches
- Various sized plastic bags
- Grill, charcoal, lighter fluid and lighter
- Basic tool kit and plastic buckets
- Hand crank can opener
- Scissors
- Heavy gloves
- Emergency plan
- Medical records/important docs in water proof bag
- Medicine for one week
- Radio (AM/FM battery operated)
- Extra set of keys (house and car)

## House checklist

- Remove outdoor items
- Trim dead branches or dangerous limbs
- Board up windows
- Move furniture away from windows
- Unplug all appliances (except Freezer and Fridge) turn to lowest settings
- Anchor outdoor items that can't be moved indoors
- Take pictures of house
- Talk to neighbors and exchange information
- Memorize important phone numbers
- Get generator ready and know how to use it

## Food and water

- Non-perishable food
- Bottled water; purified drinking water in plastic containers (do not drink from tap)
- Snacks and dietary needs snacks
- Vitamins and supplements
- Freeze drinking water in gallon jugs of water in freezer, thaw as needed (also keeps freezer colder longer when no power)

## Baby and children's needs

- Diapers, rash cream, wipes
- Baby food, formula, bottles
- Toys, pacifiers, blankets
- Teething medicine/general medicine
- Medical records
- Thermometer

## Prepare your pet

- Food and water
- Microchip your pets
- Photos of your pets (on phone and printed)
- Have crates and kennels ready for traveling
- Treats, toys, blankets
- Leashes, collars, harness
- Medication/shot record
- Litter/indoor potty system

## In addition

- Avoid pools of water on roads and walkways
- Listen to all instructions from the authorities
- Do not use electrical equipment if wet or in standing water
- Do not drink water from the tap as it may contain water surge, pollutants and sewage
- After the storm, clean everything as dirt and debris may contain pollutants and sewage