

# **PLAN TO BE SAFE by creating a disaster plan and deciding how you will communicate in an emergency.**

Will everyone in your household do the right thing during a disaster or the violent shaking of a major earthquake? Before the next disaster, get together with your family or housemates to **plan now what each person will do before, during and after.**

Once the disaster is over, we will have to live with the risk of fire, the potential lack of utilities and basic services. By planning now, you will be ready. This plan will also be useful for other emergencies.

Planning for a disaster, earthquake, terrorist attack, or other emergency is not much different from planning for a party or vacation. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

## **Plan NOW to communicate and recover after an disaster:**

- Select a safe place outside of your home to meet your family or housemates after the disaster ends.
- Designate an out-of-area contact person who can be called by everyone in the household to relay information.
- Provide all family members with a list of important contact phone numbers.
- Determine where you might live if your home cannot be occupied after an disaster.
- Know about the disaster plan developed by your children's school or day care. Keep your children's school emergency release card current.
- Keep copies of essential documents, such as identification, insurance policies, and financial records, in a secure, waterproof container, and keep with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional disaster "drills" to practice your plan. Share your plan with people who take care of your children, pets, or home. Additional emergency

planning resources including checklists and templates are available at [www.ready.gov](http://www.ready.gov).

## **ORGANIZE DISASTER SUPPLIES in convenient locations.**

Everyone should have personal disaster supplies kits. Keep them where you spend most of your time, so they can be reached even if your building is badly damaged. The kits will be useful for many emergencies.

Keep one kit in your home, another in your car, and a third kit at work. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. Include at least the following items:

## **Home Survival Kit**

A home survival kit is a valuable tool to keep your family safe in the event of any emergency, *including earthquakes*. A well supplied home survival kit will allow you to eat, administer simple first aid, receive emergency information, and more. Your kit can be stored in your basement, garage or backyard storage shed. Make sure that it will be accessible in an emergency. In addition to the home survival kit, you will want to have a [personal emergency kit](#) in case you have to leave your home quickly.

33-Gallon plastic trash barrels and stackable totes/containers with lids make excellent storage bins for your home survival kit. Some are available with wheels and can be purchased at your local hardware or big-box store. Your containers or barrel should have tight fitting or latching lids to keep insects or household pets from disturbing your supplies.

Some general points about making a disaster preparedness or home survival kit are:

- Store your emergency supplies in quantities sufficient to [meet the needs of your household for at least two weeks](#).

- Do not store food items in areas subject to extreme temperatures during the year.
- Customize your kit to include items for pets, emergency contact information, and account numbers for utilities, banking, insurance, etc.
- Check your kit at least once a year to make sure it is up-to-date.

## Recommended contents for a home survival kit:

### GENERAL SUPPLIES

- Water (1 gallon per person per day)
- First Aid Kit (ample, freshly stocked)
- First Aid Manual (know how to use it)
- Food (canned or individually packaged & precooked)
- Infant Food (canned or precooked)
- Manual can opener
- Blankets or sleeping bags for each family member
- Critical medication and eyeglasses
- Fire Extinguishers (dry chemical, type ABC)
- Flashlight (spare batteries and bulbs)
- Watch or clock (battery or spring wound)
- Dust Masks
- Portable Radio with spare batteries
- Spare Cash
- Duct Tape
- Basic Tool Kit

### COOKING SUPPLIES

- Grill (use **OUTSIDE ONLY** – charcoal or sterno)
- Small Pots & Pans w/utensils
- Plastic bags (various sizes)
- Paper plates, plastic cups and utensils, paper towels

### SANITATION SUPPLIES

- Large plastic trash bags (for trash, waste, water protection)
- Ground cloth or tarp
- Toiletries (personal hygiene supplies, toilet paper, feminine supplies, soap, etc.)
- Infant supplies

- Chlorine bleach and powdered chlorinated lime (add to sewage to disinfect and keep away insects)
- Newspapers (wrap waste and garbage) A personal emergency kit is a necessary addition to keep in the trunk of your car, or at your office desk. An emergency kit will allow you to administer simple first aid, receive emergency information, and more. Your personal kit can be stored in a backpack or duffel bag, or also in a plastic tote. Rotate out any perishables on a regular basis.

## **Recommended contents for a personal emergency kit:**

- Portable radio with extra batteries
  - Flashlight and extra batteries
  - Emergency Contact information
  - First aid kit
  - Toilet tissue, tooth brush and tooth paste
  - Handy wipes
  - Several days supply of any prescribed medicine
  - \$2.00 in quarters for telephone
  - Blanket
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- Canned goods & can opener (no cooking required)
  - Bottled water
  - Extra clothing
  - Walking shoes
  - Gloves

## **MINIMIZE FINANCIAL HARDSHIP by organizing important documents.**

### **Organize Important Documents in a “Grab and Go” Bag**

You may need to leave your house quickly after an disaster. To help you organize the most important information you will need, begin with designating a “grab-and-go” backpack or bag. Consider what documents you will need if you are away from home for an extended period of time (such as what you will need as identification, to reach loved ones, to file an insurance claim, etc.) Put

all of these important documents in a sealed plastic bag, then place it into your “grab-and-go” bag. Leave your “grab-and-go” somewhere you can get to easily.

Consider what important documents you will need:

- Copies of identification.
- Copies of insurance cards.
- List of emergency contact numbers.
- Copies of prescriptions.
- Photos of belongings in your home. (This will help you file an insurance claim)