

Plan Ahead for Disasters

How to Make a Disaster Plan

- Involve all members of your family.
- Get information for your area. Look on the Web sites of the Red Cross, FEMA (Federal Emergency Management Agency), and/or county emergency services to find out what community-response plans are in place.
- Decide where you will go if you are evacuated, and how you will get there.
- If you don't have a car, arrange transportation with a friend or relative.
- Select a friend or family member who lives out of the area to be your family contact person. If family members are separated, they might not be able to call each other across town.
- Tell everyone in your family to check in with that contact person as soon as he/she can after a disaster.
- Fill out and laminate cards with the family contact numbers for each person's purse or wallet.
- Assemble a duffle bag of essential supplies and important papers to take with you.
- Assemble another kit if you need to shelter in place—for example, during a winter storm.
- Check those kits every six months.
- Make plans for your pet.
- Find out how your children's schools will communicate with you during a crisis.
- Ask where the children will be taken if they need to evacuate.
- Ask if there are plans in place if the children need to remain in the school.

Essential Basic Supplies for Evacuation

- Enough food for three days, nonperishable items that don't need cooking or refrigeration.
- Can opener
- Water—1 gallon per person per day
- Battery-powered radio with extra batteries
- Flashlights and extra batteries
- Change of clothing for each family member, including sturdy shoes and a jacket
- Sleeping bag and pillow for each family member (Check out lightweight "Space Emergency Blankets" at sporting goods stores)
- First-aid kit (see "Basic First-aid Kit" below for details)
- Prescription medications in their original containers
- Eyeglasses, hearing aids, canes, walkers
- Supplies your infant requires

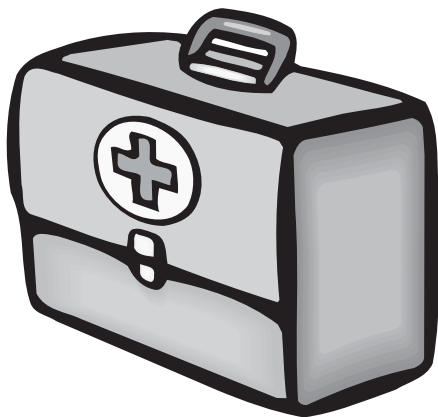


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610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE



Plan Ahead for Disasters

- Notebook and pen
- Toilet paper, toothpaste and toothbrushes, soap
- Whistle for summoning help
- Playing cards and other small games
- Wet-wipes
- Cash, including change for pay-phones

Important Papers to Safeguard or Take With You

- Driver's licenses, passports, social security cards
- Credit cards and checkbook
- Copies of marriage license, birth certificates
- Insurance policies
- Mortgage or lease agreements
- Copy of last year's tax return
- Copy of recent medical records
- Copy of your will and medical advance directives
- List of important phone numbers—your pharmacy, family doctor, bank, insurance agent, family members who live outside the area

Pet Supplies

- Leash and collar with identification
- Copy of immunization certificates
- Pet food and water

Basic First-aid Kit

- Pain relievers for adults and children
- Cough medicine
- Anti-diarrhea medication
- Laxative
- Band-aids
- Gauze bandages
- Non-latex gloves
- Adhesive tape
- Insect repellent
- Sunscreen
- Scissors
- Tweezers
- Antiseptic wipes
- Antibacterial cream
- Antibacterial hand-sanitizer, like Purell



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Sources: www.redcross.org, www.fema.gov and www.ready.gov