

ARE YOU READY FOR AN EMERGENCY

Family Plan

It's important to have a family plan so every member of your family knows where you will go and what you will do in an emergency. Talk about this before anything happens! Don't forget to include

- An emergency kit that is available and portable
- A set place to meet in case of evacuation
- Where to call to check-in if you get separated

What to include in your Emergency Kit:

1. Water - multiply the number of people in the house by 3 to get the total number of gallons you'll need – Don't forget your pets
2. Food - non-perishables - ready to eat canned foods
 - High energy foods like peanut butter and jelly or granola
 - Don't forget any pets
3. First aid supplies
 - Sterile bandages, soap, aspirin, and scissors would be the basics
4. Flashlight with extra batteries
5. Radio with extra batteries
6. Toilet paper
7. Clothes - complete change of clothes per person
8. Rain gear
9. Blankets
10. Whistle
11. Filter mask
12. Wrench or Pliers
13. Manual can opener
14. Plastic sheeting and duct tape
15. Garbage bags and plastic ties

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Extra precautions for emergency preparedness:

Infants, elderly, and disabled

1. Always be sure to have enough formula, diapers, bottles, powdered milk and medications for all infants and small children.
2. Elderly persons should make sure they have extra prescription medications, documentation of health risks, and most importantly enough time to get away from disaster areas.
3. Those with cognitive disabilities should prepare in the same way, however, they should have additional practice in what to do during and after a disaster, as well as to make sure they have a network of people to help with personal support.
4. Wearing a medical alert tag or bracelet to identify your disability may help in case of an emergency.
5. Contact your local emergency information management office now. Many local and County emergency offices can help with your planning questions.

Other resources for further research:

[Http://www.fema.gov](http://www.fema.gov)

[Http://www.fema.gov/kids/ready.htm](http://www.fema.gov/kids/ready.htm)

[Http://www.fema.gov/library](http://www.fema.gov/library)

[Http://www.redcross.org](http://www.redcross.org)

[Http://www.dsf.health.state.pa.us](http://www.dsf.health.state.pa.us)