

# FAMILY PREPAREDNESS GUIDE

## BE PREPARED FOR ANY EMERGENCY

A few simple steps can make a big difference.

1

### GET A KIT

Review the included Ready Kit checklist for suggested emergency supplies.

2

### MAKE A PLAN

Gather your family to fill out the communications and contact info forms, and coordinate how you will get in touch during an emergency.

3

### BE INFORMED

Visit [www.ready.gov](http://www.ready.gov) for additional information and comprehensive emergency preparation tips.

## READY KIT CHECKLIST

Since spring of 2020, the Centers for Disease Control and Prevention (CDC) has recommended additional items for ready kits to help prevent the spread of coronavirus or other viruses and the flu, such as masks, hand sanitizer and more.

### EVERY FAMILY MEMBER SHOULD HAVE:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Family Communications Plan and Contact Info forms | <input type="checkbox"/> Water (one gallon per person, per day) | <input type="checkbox"/> Plastic bags and ties  |
| <input type="checkbox"/> Backpack for emergency supplies                   | <input type="checkbox"/> Food (800 calories per day)            | <input type="checkbox"/> Moist towelettes   |
| <input type="checkbox"/> Battery- or crank-operated radio                  | <input type="checkbox"/> Masks (for everyone ages 2 and above)  | <input type="checkbox"/> Extra doses of personal prescription medication(s)             |
| <input type="checkbox"/> Battery- or crank-operated flashlight             | <input type="checkbox"/> First aid kit                          | <input type="checkbox"/> Soap, hand sanitizer, disinfecting wipes to disinfect surfaces |
| <input type="checkbox"/> Extra batteries                                   | <input type="checkbox"/> Whistle                                |   |
|  | <input type="checkbox"/> Duct tape                              |   |

### ADDITIONAL ITEMS YOUR FAMILY MAY NEED:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Extra water and food                 | <input type="checkbox"/> Rain gear/poncho      | <input type="checkbox"/> Two-way radio or walkie-talkie                 |
| <input type="checkbox"/> Eye dropper                          | <input type="checkbox"/> Glow stick            | <input type="checkbox"/> Plastic sheeting                               |
| <input type="checkbox"/> Can opener (if you have canned food) | <input type="checkbox"/> Identification        | <input type="checkbox"/> Mobile phone chargers and backup battery packs |
| <input type="checkbox"/> Warm clothing/emergency blanket      | <input type="checkbox"/> Cash                  | <input type="checkbox"/> Local maps                                     |
|   | <input type="checkbox"/> Baby/children's items |   |

# FAMILY EMERGENCY COMMUNICATIONS TOOLS

Print and/or save digital copies of the information below.

Post in a central location of your home, and store in frequently used bags and vehicles.

## HOUSEHOLD CONTACT INFORMATION

NAME PHONE

DOB

IMPORTANT MEDICAL INFO

NAME PHONE

DOB

IMPORTANT MEDICAL INFO

NAME PHONE

DOB

IMPORTANT MEDICAL INFO

NAME PHONE

DOB

IMPORTANT MEDICAL INFO

NAME PHONE

DOB

IMPORTANT MEDICAL INFO

## WHERE TO GO IN AN EMERGENCY

MEETING PLACE #1

ADDRESS

PHONE

MEETING PLACE #2

ADDRESS

PHONE

## OUT-OF-STATE CONTACTS

CONTACT #1

ADDRESS

PHONE

CONTACT #2

ADDRESS

PHONE

## LOCAL EMERGENCY CONTACTS

DOCTOR #1

PHONE

DOCTOR #2

PHONE

PHARMACIST

PHONE

ADDRESS

MEDICAL INSURANCE

HOMEOWNER'S AND/OR RENTER'S INSURANCE