

Family Preparedness Guide



Be Prepared for an Emergency

A few simple steps can make a big difference.

1 GET A KIT

Purchase or create an emergency kit. Review the checklist below 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.WBDReady.com for preparedness materials, and sign up for WBD Alerts to receive important information during a crisis.

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

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		WHERE TO GO IN AN EMERGENCY	
Name	Phone	Meeting Place #1	
Important Medical Info	DOB	Phone	
Name	Phone	Address	
Important Medical Info	DOB	Meeting Place #2	
Name	Phone	Phone	
Important Medical Info	DOB	Address	
Name	Phone	Contact #1	
Important Medical Info	DOB	Phone	
Name	Phone	Address	
Important Medical Info	DOB	Contact #2	
		Phone	
		Address	

LOCAL EMERGENCY CONTACTS	
Doctor #1	Doctor #2
Phone	Phone
Pharmacist	Medical Insurance
Phone	Homeowner's and/or Renter's Insurance
Address	