



ARE YOU READY?

Family Preparedness Plan

PART 1 Contact Information

Address:

Primary Phone:

Family members who reside at this address:

Name: Cell Phone: Email:

Name: Cell Phone: Email:

Name: Cell Phone: Email:

Name: Cell Phone: Email:

Name: Cell Phone: Email:

Name: Cell Phone: Email:

Pets: type and names

Where to Meet Information

Location Name:

Address:

City/State:

Primary Phone:

Optional Details:



SRMT Emergency Planning
www.srmt-nsn.gov
(518) 358-2272





Part 2 Planning Tips and Information

Planning for the worst can make the aftermath of severe weather or a disaster a tolerable situation. Follow these now:

Planning Assumptions

- Electricity will be out for 3-4 days;
- Drinkable water will not be available for 2-3 days;
- Telephone service will not be working;
- Gasoline pumps will not be working;
- Trees and Debris or flooding will block some roadways;
- Minor medical services will be required;

You should always have 3 days worth of non-perishable **food** (that does not require refrigeration.) Example include: canned meats and vegetables, canned milk and juice, peanut butter, granola/energy bars, crackers, instant coffee or tea, cookies, candy and food that meets special dietary needs. Your supplies should be checked and/or replaced every six months. (Review when you change your clocks for daylight savings time.) Make sure to include a manual can opener and utensils.

Keep a minimum of 3 gallons of **drinking water** for each person in your household. In a disaster water may be contaminated or pipes may break leaving you with safe water.

In addition to drinking water, you also need 3 days worth of **water for cooking meals and personal hygiene**. Another gallon per person per day is the rule of thumb.

Have at least one week's worth of critical **medications** in case of emergency. In addition, a comprehensive first aid kit is critical.

Emergencies can be overwhelming to **kids**. Have an activity kit ready for them. Suggested items are: favorite books, crayons & coloring books, stuffed animals, dolls, cards, board games.

Physical strain is difficult for the **elderly**. They are especially susceptible to heat and dehydration. Take extra precautions to keep them cool and well hydrated. Make sure to stock up on all required medications. If you have a relative in an assisted living residence, learn about their plans for dealing with disaster and evacuation.

Make sure to consider how **mentally or physically challenged** relatives condition will affect them during an emergency. If they take medication or require the use of specialized equipment, make sure that you have enough to last a week. If you don't live with this individual, contact their local police department or caregiver and find out what local officials are doing to ensure their safety.



Part 3 Supply Kit List

An important part of creating your Family Preparedness Plan is compiling a emergency supply kit. Having the essentials you need to survive until help can reach you and keeping it in a safe room is imperative. These contents can be assembled over time, and perishable items should be changed or replaced regularly.

Where the emergency supply kit is located:

Essentials - *Do not include candles, which cause more fires after a disaster than anything else*

- ☐ Battery-operated radio to listen to CKON 97.3 FM
- ☐ Flashlight
- ☐ Extra batteries

Water

- ☐ 3 gallons/person, minimum, in a food-grade, plastic container
- ☐ Additional water for sanitation

Food - *Minimum three-day supply of non-perishable food that requires no refrigeration or preparation and little or no water.*

- ☐ Dry cereal
- ☐ Peanut butter
- ☐ Canned fruits
- ☐ Canned vegetables
- ☐ Canned juice
- ☐ Ready-to-eat canned meats
- ☐ Ready-to-eat soups (not concentrated)
- ☐ Quick energy snacks, graham crackers

First Aid Kit: *One for your home and one for each car*

- ☐ Scissors
- ☐ Thermometer
- ☐ Tweezers
- ☐ Needle
- ☐ Sunscreen
- ☐ Cleansing agent/soap
- ☐ Latex gloves (2 pair)
- ☐ Tongue blades (2)
- ☐ Moist towelettes
- ☐ Assorted sizes of safety pins
- ☐ 2" sterile gauze pads (4-6)
- ☐ 4" sterile gauze pads (4-6)
- ☐ 2" sterile roller bandages (3 rolls)
- ☐ 3" sterile roller bandages (3 rolls)
- ☐ Triangular bandages (3)
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Sterile adhesive bandages in assorted sizes

Non-Prescription Drugs

- ☐ Laxative
- ☐ Anti-diarrhea medication
- ☐ Aspirin or non-aspirin pain reliever
- ☐ Antacid (for stomach upset)
- ☐ Activated Charcoal (use if advised by the Poison Control Center)
- ☐ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

Sanitation

- ☐ Disinfectant
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Toilet paper, paper towels, towelettes
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Household chlorine bleach
- ☐ Personal hygiene items Plastic bucket with tight lid

Part 3 Supply Kit List (continued)

Tools and Supplies

- ☐ Whistle
- ☐ Crowbar
- ☐ Paper, pencil
- ☐ Medicine dropper
- ☐ Needles, thread
- ☐ Signal flare
- ☐ Assorted nails, wood screws
- ☐ Plastic storage containers
- ☐ Cash or traveler's checks, change
- ☐ Non-electric can opener
- ☐ Utility knife
- ☐ Aluminum foil
- ☐ Plastic sheeting
- ☐ Compass
- ☐ Pliers, screwdriver, hammer
- ☐ Heavy cotton or hemp rope
- ☐ Matches in a waterproof container
- ☐ Mess kits, or paper cups, plates and plastic utensils
- ☐ Tape, duct and plumber's tape or strap iron
- ☐ Patch kit and can of seal-in-air for tires
- ☐ Shut-off wrench, to turn off household gas and water
- ☐ Map of the area (for locating shelters)

Clothing and Bedding

- ☐ Sunglasses
- ☐ Hat and gloves
- ☐ Blankets or sleeping bags
- ☐ One complete change of clothing and footwear per person
- ☐ Rain gear
- ☐ Sturdy shoes or work boots
- ☐ Thermal underwear

For Baby

- ☐ Formula
- ☐ Bottles
- ☐ Powdered milk
- ☐ Diapers Medications

Important Family Documents

- ☐ Important telephone numbers
- ☐ Record of bank account numbers
- ☐ Family records (birth, marriage, death certificates)
- ☐ Inventory of valuable household goods
- ☐ Copy of will, insurance policies, contracts, deeds, stocks and bonds
- ☐ Record of credit card account numbers and companies
- ☐ Copy of passports, social security cards, immunization records

Family Medical Needs

- ☐ Insulin
- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Extra eye glasses
- ☐ Contact lenses and supplies
- ☐ Heart and high blood pressure medications

Entertainment






- ☐ Games and books











Part 4 Before and After a Storm

What to Do Now, Before a Storm

- ☐ Compile a Disaster Supply Kit
 - ☐ Discuss with your family:
 - Where your “safe room” is, basement or interior room
 - Where you will meet if separated
 - Who your out of town contact is
 - Where your Disaster Supply Kit is located
 - ☐ Take pictures or videos of your home contents for insurance purposes and store at a friend’s or relative’s house
 - ☐ Locate gas and water shut-off valves
 - ☐ Get cash (without power, credit cards are unusable)
 - ☐ Fill up gas tank in your vehicle
 - ☐ Plan for your pets:
- 
- 
- 
- 
- 

What to do AFTER a Storm

- ☐ Call your out-of-town contact or other family members to let them know you are OK.
 - ☐ Listen to emergency announcements on CKON 97.3 FM. Wait for “all clear” to know it is safe to return home.
 - ☐ Check for damage in your home
 - ☐ Contact your insurance provider to report any damages
 - ☐ Clean up spilled medicines, bleaches, gasolines, and other flammable liquids immediately
 - ☐ Check on your neighbors, especially elderly or disabled persons
 - ☐ Repair or block access to anything in your home that is damaged and could cause injuries
 - ☐ Stay away from downed power lines
- 
- 
- 
- 
- 
- 
- 