**PART 1 Contact Information**

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<th>Address:</th>
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<tr>
<td>Primary Phone:</td>
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<tr>
<td>Family members who reside at this address:</td>
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<tr>
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**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
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 gingival, contact their local police department or caregiver and find out what local officials are doing to ensure their safety.
An important part of creating your Family Preparedness Plan is compiling an 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