

6. Home Exit Plan

- Create basic floor plan of home and clearly mark exits to be used for emergencies. Post in each room.
- Create an evacuation box to “grab and go” in a waterproof container. Include:
 - Small amount of cash.
 - Irreplaceable photos/negatives in plastic.
 - A written inventory of your valuable possessions (update annually).
 - Insurance policy number and company phone numbers.
 - Copies of other important family or home documents and contact list.
 - Copies of prescriptions.
 - Copies of important legal documents—deeds, wills, birth certificates, immunization records, first two pages of prior two years’ tax returns, etc. *Original documents (except wills) should be kept in a safe deposit box.*

A CHILD’S REACTION TO DISASTER

If the child:

- is upset over loss of toy, blanket, or other item adult might think insignificant;
- has nightmares or is unable to sleep alone or without a light;
- reverts to younger behavior, e.g., bedwetting;
- loses trust in adults;
- wants parents in sight always; or
- feels responsible for the disaster

the child may need formal counseling to help cope with the disaster.



www.fema.gov



www.catholiccharitiesinfo.org

Emergency Contacts

Police Department: _____
 Fire Department: _____
 Local Hospital: _____
 Local Contact: _____
 Out-of-State Contact: _____
 Family Work Numbers: _____

 Insurance Agent: _____
 Utility Company: _____
 Local Red Cross: _____
 Local Catholic Charities: _____

Local sponsorship provided by:

Catholic Charities USA
 Office of Disaster Response
 1731 King Street
 Alexandria, VA 22314

Ph: (703) 549-1390, ext. 118
 Fax: (703) 549-1656
 www.catholiccharitiesusa.org

Your

FAMILY

Prepared for Disaster

Before
 Disaster
 Happens



Developing a Disaster Plan

Before September 11, 2001, emergencies in our lives had usually been unexpected. Since that terrible day, we are no longer able to say it won't happen to us, and we must learn to be prepared.

Knowing what to do in the face of an emergency is the best protection for your family. Preparedness will bring peace of mind and knowing what to do is every family's responsibility.

Use the information in this brochure to create an emergency-ready home environment for the safety and well being of you and your loved ones.

1. Family Training

- ➔ Show all adults where and how to shut off main utility valves for water, gas, electricity.
- ➔ Teach young children how and when to dial 911 and what to say.
- ➔ Post all emergency numbers by every phone.
- ➔ Hold evacuation drills periodically with all members of the family.
- ➔ Quiz family members periodically (every six months) on procedures and contact information.

2. Meeting Plan

- ➔ Have two places to meet in case you cannot return to your home—one spot just outside the home and another outside the neighborhood.
- ➔ Have an out-of-state relative or friend as a family contact in case family members are in separate locations at the time of disaster. Be sure school offices have this number on file.
- ➔ Create a contact list.

3. Be a Good Neighbor

- ➔ Meet with your neighbors to plan how to work together in case of an emergency.
- ➔ Know your neighbors' special needs or skills, e.g., medical, technical.
- ➔ Make plans for each other's children in case a parent is not able to get home.

4. Supplies

- Store the following items in a sturdy, pest-free container and place in an accessible location:
- ➔ Water—one gallon per person, per day in a plastic container. Mark date of storage on container and replace every three months.
 - ➔ Non-perishable foods (including pet food, if applicable). Replace every six months.
 - ➔ Manual can opener.
 - ➔ Flashlights with extra batteries.
 - ➔ Extra pair of prescription eyeglasses.
 - ➔ Battery-operated radio or TV and extra batteries.
 - ➔ First aid kit.

- ➔ Prescription drugs that are used regularly.
- ➔ Extra set of car keys.
- ➔ Blankets or sleeping bags.
- ➔ Information (style, serial number, etc.) on crucial medical devices, e.g., pacemaker.
- ➔ Small amount of cash (or traveler's checks) and a credit card.
- ➔ Have children prepare an emergency kit for themselves with books, toys, games, pictures, etc.

5. Utilities

- ➔ Locate the main water and gas shutoffs—all adults in the home should know how to shut off.
- ➔ Install smoke detectors on each floor—test and replace batteries regularly.
- ➔ Test fire extinguishers regularly.