

In light of the recent California fire storms, we are pleased to offer basic emergency preparedness information to our clients. The following lists are merely a basic starting point to help you and your family in extreme times of need.

Personal and Family Preparedness Checklist

Family Disaster Supply Kit

PERSONAL AND FAMILY PREPAREDNESS CHECKLIST

- I. Contact local FEMA office or Red Cross and learn/get information about:**
 - 1. likely disasters**
 - 2. how you'll be warned**
 - 3. how to prepare for each type of disaster**
- II. Complete your evacuation planning**
 - 1. make escape plan for each room and building**
 - 2. make escape plans for family members with unique needs (infants, elderly, disabled)**
 - 3. explain escape and evacuation plans to family members**
- III. Involve family**
 - 1. discuss types of disasters in your area**
 - 2. explain how to prepare/respond**
 - 3. discuss what to do if told to evacuate**
 - 4. practice escape and evacuation plans**
- IV. Devise communication plans**
 - 1. pick two meeting places:**
 - a. location safe distance from house if there is a fire**
 - b. location outside area if house can't be reached**
 - 2. pick out-of-state friend/family member to be "check-in person" for everyone to call**
 - 3. post emergency numbers, including contact person's number, by every telephone**
- V. Prepare**
 - 1. learn how to shut off gas/utilities; teach responsible family members how to do it**
 - 2. Install a smoke detector on each level, especially near bedrooms. Test monthly and change batteries every six months**
 - 3. Make disaster supplies kits for home and vehicles**
 - 4. Learn first aid and CPR from Red Cross**

VI. Meet with neighbors to:

- 1. Plan how neighborhood can work together after a disaster**
- 2. Identify, record neighbors' skills (medical, technical, electrical, carpentry, plumbing, logistics)**
- 3. Plan on how neighbors with special needs will be helped (elderly, disabled, non-English speaking, etc)**
- 4. Plan for child care if parents can't get home during disaster**

FAMILY DISASTER SUPPLY KIT

Basic Three-Day Supply

- **Non-perishable food: three meals per person and pet per day**
- **Water: one-gallon of drinkable water per person and pet per day**
- **Portable battery or crank-powered radio or television**
- **LED flashlight or headlamp: one for each person**
- **Extra batteries**
- **Standard first-aid kit (from Red Cross)**
- **Sanitation and hygiene items (moist towelettes, toilet paper, washcloth, towel, soap, hand sanitizer, razors, contact lens solution, feminine supplies, sunscreen, insect repellent, small mirror)**
- **Matches and waterproof container**
- **Whistles**
- **Multi-tool pocket knife/Swiss Army knife**
- **Extra clothing: one complete change per person, including socks, underwear, shirt, pants**
- **Cold climate items, including shell parka, insulating coat (fleece) or sweater, hat, mittens/gloves, sleeping bag or warm blanket**
- **Kitchen accessories and cooking utensils, including a can opener**
- **Photocopies of credit cards, identification cards, driver's license, passport, immunization records, wills, deeds, stocks, bonds, contracts, bank numbers and inventories**
- **Cash: try for a minimum of \$25 per person/day**
- **Specialty items: prescription medicines, eye glasses/contact lenses, hearing aids/hearing aid batteries, denture supplies, small sewing kit**
- **Infant items: formula, diapers, bottles, pacifiers**
- **Small entertainment items: paperbacks, books, iPods**
- **Extra house and car keys**
- **Paper goods and pens, pencils**
- **Local telephone directory**
- **Family contact card**
- **Fire extinguisher**
- **Work gloves**

- **Camp shovel**
- **Cooking stove and utensils**
- **Mess kit**
- **Dishwashing and anti-bacterial soaps**
- **Bleach**
- **Containers/Contractor-weight trash bags/backpacks/"Go-Bags"
to pack critical supplies**