Plan for an Emergency

An emergency may be a tornado, house fire, flood or bombing. Plan ahead to help protect you and your family and limit the effects of an emergency.

Use these three steps to prepare:
1. **Make a plan** for you and your family.
2. **Prepare an emergency kit** of supplies for your home, work and car.
3. **Listen for information** about what to do and where to go during an emergency.

**Step 1. Make a Plan**

Make an emergency plan for you and your family. Talk to your family about this plan. Your family may need to stay home or they may need to leave to go to a safer place. Decide how your family members will contact each other. You may decide to have each member of your family contact one person by phone or e-mail. An out of town contact may be best since a local contact may also be involved in the disaster or local phone services may not be working. Plan a meeting place for your family and how each person will get there.

Your plan should also include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.
- A local and an out of town emergency contact.

Plan Ahead for Special Situations

- **Children in child care centers or schools** – Most schools and child care centers have emergency plans and practice fire, earthquake and tornado drills. Make sure the child care center or school has your current work, home and cell phone numbers and e-mail address. Be sure to ask:

  - How parents will be contacted in an emergency.
  - What steps will be taken to protect your children.
  - If extra water, food and first aid supplies are stored on site.
  - How the school plans to keep exposed children away from other children.
  - Where the children will be taken if they must evacuate.

- **Health information for each member of the family including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.**

- **Doctors’ names and phone numbers.**

- **Locations of hospitals near work, school and home and their phone numbers.**

- **Locations of local and state health departments and their phone numbers.**

- **Pharmacy name and phone number.**

- **Religious or spiritual information.**

- **Someone to care for your pets in case you cannot be there or you become ill. Keep your pets up to date on vaccines and have a copy of your pets’ vaccine records in case they need to go to a shelter.**

- **Pets’ veterinarian name and phone number.**

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**विशिष्ट स्थितिहरू आइलाग्नु अधिनै योजना बनाउनुहोस्**

- **शिशु स्थाहर के-ज्याह्रू र स्कूलहरूमा बच्चाहरू** – प्राप्त-जस्ता स्कूलहरू र शिशु स्थाहर के-ज्याह्रूमा आपकालीन योजनाहरू हुँदैन र तलहाँ आफैयालागी, भुईँचालो र तुलनात्मक स्थितिका लागि अयासहरू गरिएनु। शिशु स्थाहर के-न्द्र र शिशु स्थाहर के-ज्याह्रू एकत्रित गरिएको प्रायः खरका सेल फोन नबरहरू र ईमेल ठेगानाहरू भएको सुनिश्चित गरिएको छ। यी कुराहरू पक्का सम्बन्धहरूः

  - आपकालीन स्थितिमा माता-पिताहरूसम्बन्धी कसरी सम्बन्ध गरिएको छ।
  - तपाईको बच्चाहरूलाई सुरक्षाका लागि के-ज्याह्रूमा र शिशु स्थाहरमा पाइलाई सारिस्तरी गरिएको छ।
  - स्थलमा अतिरिक्त पानी, खाना र प्राथमिक विकित्त सामग्री हरूलाई राखिएको छन् र छन्न।
  - प्रभावित बच्चाहरूलाई अन्य बच्चाहरूबाट अलग राख्नै स्कूलहरूको योजनाहरू छन्।
  - बच्चाहरूलाई ल्याउँदै बचाएर निकाल्ने पहिच भयो भने कहाँ लग्नेछ।
• **Work** – Check with your employer about work policies and emergency plans. Make plans for your family if you have to go to work.

• **People with special needs** – Wear a medical alert tag or bracelet that lists your health care needs. Make a plan for someone to help during an emergency. This person will need to get into your home and know how to provide care.
  - For those who are living at home, keep extra medicines and supplies.
  - For those who need dialysis or other life-sustaining treatment, know the location of more than one facility where you can get care.
  - For those who are living in a special care center, the facility should have an emergency plan.

• **Safe shelter** – If there is an emergency where poisons are in the air, you may be told to stay inside. Turn off all furnaces, air conditioners and fans. Close vents. Close and lock all doors and windows. Listen to the television or a battery powered radio for information.

• **Pets** – Make a supply kit for your pet that includes food, water, medicine, a carrier, leash and litter (for cats). Be prepared to bring your pet with you, or to have someone care for your pet. Keep your pets' vaccines up to date and keep their tags on their collars.
Step 2. Prepare an Emergency Kit

If an emergency happens, you may not be able to get food or water for days or weeks and your electricity may not work. Keep emergency supplies in a container that you can take with you if you need to leave home, such as a large bag or plastic container. Check your supplies every few months for freshness.

Have a 3 day supply of these items for each person and pet.

Food and Other Items

☐ Water in clean, sealed plastic containers – store one gallon for each person and pet for each day
☐ Ready to eat canned meats, fruits and vegetables
☐ Manual can opener
☐ Protein and fruit bars
☐ Dry cereal, granola, nuts and crackers
☐ Peanut butter
☐ Dried foods such as dried fruits and dehydrated meals
☐ Canned juices
☐ Powdered milk or cans of evaporated milk
☐ Cans or jars of baby food and baby formula
☐ Pet food

Basic Supplies

☐ Flashlight and extra batteries
☐ Battery powered radio and extra batteries
☐ Sleeping bags or blankets
☐ Baby supplies such as diapers and bottles
Paper towels and a disinfectant cleaner or a cleaner with bleach. You can mix your own water and bleach solution. Mix ten parts water with one part bleach.

- Tissues and toilet paper
- Feminine hygiene supplies
- Paper plates, plastic silverware and napkins
- Matches in a waterproof container
- Plastic sheets and heavy tape such as duct tape or electrical tape
- Trash bags
- Plastic bucket with tight lid
- Prescription medicines
- Copies of important family documents stored in a waterproof container including identification, health information for each family member, insurance information and birth certificates
- Extra batteries for equipment such as a wheelchair or hearing aids

First-aid Kit
- Digital thermometer
- Adhesive bandages in different sizes, two and four inch gauze pads, triangular bandages and sterile rolled bandages
- Bandage tape
- Soap and alcohol-based hand sanitizer
- Washcloths and moistened towelettes
- Antibiotic ointment
- Latex gloves
- Scissors, tweezers, a needle and thread and safety pins
- Cotton swabs
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea

- पेपर तौलिकाहरू र जीवाणुसारीक वित्तन वा बिल्चयुक्त वित्तन तपाईले पानी र बिल्चको आफ्नै सोल्युशन तयार पाने सक्नुहुन्छ। एक भाग बिल्चमा दस भाग पानी मिसाउँछु।
- दिश्यु र टेंपमेट पेपरहरू
- महिलाहरूको सस्फाइसीम्बरको सामग्रीहरू
- पेपर लेटहरू, ज्यास्तिक सिल्भरेम्यार र न्यापकिनहरू
- पानी नछिन्ने भाँडा दियासलाई
- प्लास्टिकका चादरहरू र बलियो टेप जस्ते डक्ट टेप वा इलेक्ट्रिक टेप
- फोहोर फ्याँने ठैलोहरू
- कस्सिएको डक्टन भएको प्लास्टिकको बाल्टिन
- डक्टरवर प्रेस्काइब गरेको औषधीहरू
- पानी नछिन्ने भाँडा मा परिवारको सबै महत्त्वपूर्ण दस्तावेजहरूका प्रतिलिपि जसमा परिवारको हरेक सदस्यको परिचयपत्र, खास्यसम्बन्धी जनाकायी, बीमासम्बन्धी जनाकायी र जन्म प्रमाणपत्रहरू हुन पछ्छ।
- ह्लु चेयर र श्रवण सहायता जस्ता उपकरणहरूका लागि अतिरिक्त ब्याट्रीहरू

प्राथमिक विकित्त्व किट
- डिजिटल थर्ममीटर
- विभिन्न साइजका टालिने पट्टीहरू, दुई र चार इन्चका गैउज पाईडहरू, तीनकुनी पट्टीहरू र रोगानुसार पट्टीहरू।
- ब्यान्डेज पट्टी
- साबुन र अत्कोहल्युक्त ह्यान्स्ट्राइपेजर
- हातमुख पुद्वु र भिजाइएको तोलियाहरू
- एटिबायोटलिक अइन्टेंमेंट
- ल्याटेक्स दस्ताना
- कैंची, चिम्टा, सुई र धागो तथा सेप्टी पिनहरू
- रुई
- ज्वरो, दृढाइ, पेटका समस्याहरू, खोकी, रुचा र पखाला निको पाने औषधी पसलमा सजिले किन्न सकिने औषधीहरू
If you need to leave your home, also include these supplies:

- Clothes and sturdy shoes
- Coats, hats, rain gear and gloves
- Toothpaste, toothbrush and other toiletries
- Prepaid, long-distance calling card
- Keys for your car and house
- Money and a credit card
- Books, playing cards and board games

Car Supplies

Keep a small emergency supply kit in your car at all times with:

- A flashlight with extra batteries
- A sleeping bag or blanket
- Road maps
- First-aid supplies
- Tire repair kit, jumper cables and flares

Step 3. Listen for Information

Local and state officials have plans to protect the public. Stay calm and listen for reports on the television, radio, social media or Internet. Have a radio with extra batteries in case there is no electricity. If there is limited communication, you may need to decide what is best for you and your family.