



Tips and Lessons – Family Preparedness

Individual & Family Preparedness

According to FEMA and the American Red Cross, there are three basic things you can do that will make a big difference in ensuring you and your family's safety and well-being: **make a plan, be informed and get a kit.**

PREPARE WITH YOUR FAMILY

Make a Plan

Phone numbers – Be sure you and your loved ones memorize a phone number for someone outside of your immediate area that you can call in case of an emergency. Keep in mind that cell phones can be lost/stolen or batteries can run out. Inform other family and friends who this contact person will be.

Make a wallet card – Make a card that includes important numbers and information. Make your own, or print and fill out the card from the following link: https://www.ready.gov/sites/default/files/documents/files/FamEmePlan_Adult.pdf

Establish a meeting point – Talk with your family about where you would meet in the event of an evacuation. Where would you go? Who would you contact?

Texting – Teach all of your loved ones to text. Text messages may still work even when phone calls don't go through.

Be Informed

Find an easy way to access information – You can sign up for text alerts. To find a local agency providing alerts, go to: www.ready.gov/alerts.

Local area weather radio stations – To find your local station, visit: www.weather.gov.

Know how to turn off utilities in your home – Being able to turn off water, power and gas in an emergency can help reduce the risk of further damage.

Get a Kit

The three most basic things you'll need are **water, food and cash.**

- **Water** – One gallon of water per person per day, with enough for three days.
- **Food** – Enough non-perishable food items for three days. These purchases can be part of your regular grocery shopping; just make sure you have enough food for three days in your pantry.
- **Cash** – In the event of a city-wide power outage, ATM and credit card networks will likely be down. It's also good to have small bills and change.



Prepare

“Be prepared, and prepare yourself, you and all your companies that are assembled about you, and be a guard for them.” - Ezekiel 38:7

First Aid Kit Contents



- Absorbent Compress
- Adhesive Bandages
- Adhesive Tape (cloth) 1”
- Antibiotic Ointment Packets
- Aspirin (chewable) 81 mg
- CPR Breathing Barrier
- Diphenhydramine
- Instant Cold Compress
- Gloves (large), Non-Latex
- Hydrocortisone Ointment
- Scissors
- Roller Bandage 3” or 4”
- Sterile Gauze Pad 3x3, 4x4
- Thermometer, Oral
- Triangular Bandage
- Tweezers
- First Aid Instruction Booklet



Emergency Supply Kit:

Also known as a “go kit,” you can keep it stashed in your house. None of these items go bad, so you can store them for a long time.

- **Radio** – Make sure it is battery-powered or a hand-crank radio.
- **First aid kit** – Consider including a first aid book as well.
- **Keys** – Spare keys for your home and vehicle.
- **Flashlight**
- **Extra batteries**
- **Whistle** – If necessary, use this to signal for help.
- **Sanitation supplies** – This includes trash bags, paper towels, moist towelettes, hand sanitizer, toilet paper, menstrual supplies and personal hygiene items.
- **Basic tools** – Screwdriver, utility knife, pliers and duct tape.
- **Manual can opener**
- **Local maps** – Disasters can be very disorienting, and local landmarks may be destroyed.
- **Charged cell phone battery** – Have an extra battery or external battery pack on-hand in case you don’t have electricity to charge your cell phone.
- **A week’s supply of prescription medication and glasses** – Possible things to include: insulin, hearing aid and extra batteries, denture needs, contact lens solution, etc., as well as a list of medicines you take regularly and/or pertinent medical information.
- **Food**
- **Special needs** – such as infant formula, diapers or pet food.

Other Supplies:

- **Important documents** – Include copies of insurance policies, identification documents, contact information for someone outside of your area and bank account records. Consider also keeping an electronic copy offsite or “in the cloud,” and keep documents in a waterproof or resealable plastic bag.
- **Blankets** – A blanket or sleeping bag for each person. Consider having more blankets if you live in a cold climate.
- **Change of clothing** – This should include a long-sleeve shirt, pants and sturdy shoes. Consider more layers if you live in a cold climate.
- **Fire extinguisher**
- **Matches**
- **Paper and pen**
- **Duct tape**
- **Rain gear**
- **Entertainment** – This could include things like cards, books and games.

Food Kit Contents



The food kit doesn’t need to be something separate from your regular food shopping. Just be sure you always have enough food for three days in your pantry.

- **Water** – 1 gallon per person per day, with enough for 3 days. If you have pets, they will also need extra water!
- **Canned meats** – such as tuna, salmon, chicken or turkey
- **Canned vegetables** – such as green beans, carrots, etc.
- **Canned soups and chili** – soups and chili can be eaten straight out of the can.
- **Trail mixes**
- **Granola bars and power bars** – healthy and filling, these portable snacks usually stay fresh for at least six months.
- **Peanut butter**
- **Whole wheat crackers**
- **Cereal** – multi-grain varieties usually don’t go stale for a while after opening.

Tips



- Teach children emergency numbers as soon as possible.
- Make sure everyone in your family knows where the emergency kit is in your home.
- Consider giving your emergency contact an extra copy of your keys and copies of important documents.
- Check out “[A Season of Resilience](#),” Episcopal Relief & Development’s five-week curriculum for individual disaster preparedness.
- Visit Episcopalrelief.org/preparedness for more tips and information about preparing for disasters.