



Steps To Safety Readiness



This guide will help you and your family prepare for a disaster. Keep this sheet in a special place so you will always know where to find it. Get the family together now to start following the 4 steps to safety!



FIND OUT WHAT COULD HAPPEN TO YOUR FAMILY

Find Out From Your Local Emergency Management Office Or American Red Cross Chapter:

- What types of disasters are likely to happen and how to prepare for each.
- What your community's warning signals sound like and what to do if you hear them.
- How to help the elderly/people with special needs.



CREATE A FAMILY DISASTER PLAN

Hold A Family Meeting: Keep It Simple And Work As A Team.

What To Tell Children

It is important to warn children, without overly alarming them, about disasters. Use the following guidelines:

Tell children that a disaster is something that could hurt people or cause damage. Explain that nature sometimes provides "too much of a good thing" - fire, rain and wind.

Explain how important it is to make a Family Disaster Plan.

Tell children there are many people who can help them during a disaster.

Teach children:

- How to call for help
- When to call each emergency number
- To call the family contact if separated.

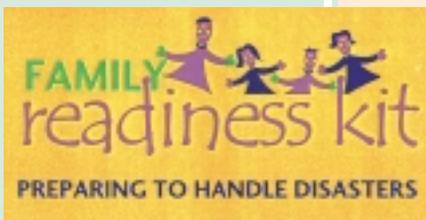
Evacuation

If you are told to evacuate, take these steps:

- Leave right away if told to do so.
- Listen to your battery-powered radio for instructions from local officials.
- Wear protective clothing and shoes.
- Shut off water, gas and electricity if told to do so.
- Leave a note telling when you left and where you are going.
- Call your family contact to tell them where you are going.
- Take your Family Readiness Kit and disaster supplies.
- Lock your home.
- Use routes suggested by officials.

Talk

- About the dangers of the disaster(s) with children.
- Have a plan in case you are separated.
 - A-Choose a place outside your neighborhood in case you can't go home.
 - B-Choose someone out of town to be your family contact. Everyone must know the address and phone number for A and B.
- Fill out the local emergency phone numbers and child identification cards in the Family Readiness Kit.
- Discuss what to do if you are asked to Evacuate. Plan several escape routes.
- Plan how to take care of your pets - see Pets and Disasters brochure.



3

COMPLETE THIS CHECKLIST



- Put emergency phone numbers by each phone.
- Show everyone how and when to turn off the utilities.
- Make sure you have enough insurance coverage.
- Do a home hazard hunt for items that can move, fall, break or cause a fire.
- Stock enough emergency supplies to last three days.
- Take a Red Cross first aid and CPR class.
- Plan home escape routes - two from each room.
- Find safe places in your home for each type of disaster.
- Make 2 copies of important documents and keep the originals in a safe deposit box. Keep one copy in your family readiness kit and give the second to your out-of-town contact.

PRACTICE AND MAINTAIN YOUR PLAN



- Every Month** - - - - -
Test your smoke alarms.
- Every 6 Months** - - - - -
Go over Family Disaster Plan and do escape drills. Quiz children. Replace stored food and water.
- Every Year** - - - - -
Replace batteries in smoke alarms.

NEIGHBORS HELPING NEIGHBORS



Meet with neighbors to plan how you can work together during a disaster.

- Talk about who has special skills (medical, technical).
- Make plans for child care in case parents can't get home.

UTILITIES

Do the following so you will be ready if told to turn off your utilities:

- Find the main electric fuse box, water service main and natural gas main.
- Learn how and when to turn these off and teach family members.
- Keep a wrench near gas and water shut-off valves.
- If you turn the gas off, you will need a professional to turn it back on.

IMPORTANT DOCUMENTS

Make two copies and keep the originals of the following in a safe deposit box or waterproof container:

- Wills, insurance policies, contracts, deeds, investments.
- Passports, social security cards, immunization records.
- Bank account numbers/credit card account numbers.
- Inventory of valuable household goods.
- Family records (birth, marriage certificates).

EMERGENCY SUPPLIES LIST

Put the following supplies in an easy-to-carry waterproof container to keep with your Family Readiness Kit:

- Battery-powered radio, flashlight, and extra batteries.
- First aid kit and manual and prescription medications.
- Credit card and cash.
- Personal identification.
- An extra set of car keys.
- An extra pair of eyeglasses.
- Matches in a waterproof container.
- Signal flare.
- Map of the area and important phone numbers.
- Special items for infants/elderly.
- Three gallons of water per person.
- Three-day supply of ready-to-eat canned or packaged food.
- Manual can opener.
- Paper cups, plates and plastic utensils.
- Blankets or sleeping bags.
- Toiletries.
- A change of clothing, rain gear, and sturdy shoes for each family member.

