



# PROTECT YOUR FAMILY BEFORE DISASTER STRIKES



***Where will you and your family be in an emergency?  
What will you do if basic services (electricity, gas,  
telephone and water) are disrupted for long periods?***

*Whether faced with a family emergency or a regional disaster, the effort you've put into family preparedness and disaster planning will play a large role in how well you "survive" the event. The following steps can help you enhance your family's preparedness.*

## **① Identify the Hazards**

Visit the library, contact the American Red Cross or your local Emergency Manager, and/or log on to the Federal Emergency Management Agency (FEMA) Web site at [www.fema.gov](http://www.fema.gov) to learn about the hazards in your area.

- Winter Storm
- Flood
- Wind Storm
- Hazardous Material Spill
- Earthquake
- Wildfire
- Landslide

## **② Learn How the Hazards Can Impact Your Family**

Assess what the consequences might be for your family when disaster strikes. Consider the time of day, the day of the week, and the time of year.

- Injury
- Isolation
- Phone Outage
- Property Damage
- Power Outage
- Separation
- Water Outage

## **③ IDENTIFY STEPS YOU CAN TAKE TO MINIMIZE OR PREVENT THE HAZARD IMPACTS**

Determine procedures and practices you can develop/implement to enhance your disaster resistance. Consult with the Red Cross, your local Emergency Manager, and/or FEMA for assistance.

- Plans for fire escape, family communication, and neighborhood evacuation
- Procedures for drop, cover, and hold on; shelter in-place; and utility shutoff
- Training in CPR, basic first aid, and use of a fire extinguisher
- Hazard-resistant construction materials
- Flood-proofing, landscaping, and site drainage practices
- Non-structural earthquake hazard mitigation techniques
- Warning systems such as smoke alarms
- Comprehensive hazard insurance for your home and personal property (e.g., earthquake, fire, and flood)
- Neighborhood disaster resource inventory

#### **④ Identify Equipment and Supplies You'll Need to Survive**

- Clothing and bedding
- First aid kit
- Food and water
- Light sources (candles, flashlights, and/or light sticks)
- Critical prescription and non-prescription medications
- Sanitation supplies
- Special items (e.g., baby supplies, pet food)
- Copies of critical documents
- Tools, equipment, and supplies (batteries, fire extinguisher, manual can opener, matches, money, utensils, etc.)

#### **⑤ Identify the Equipment, Supplies, Procedures, and Practices You Already Have in Place**

- Camping gear (cooking equipment, sleeping bags, utensils, etc.)
- Extra food and water
- Medical supplies
- Fire escape plan

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#### **⑥ Identify Your Shortfalls**

What equipment, supplies, procedures, and plans do you need to complete your family preparedness effort?

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### **⑦ Develop a Plan to Eliminate the Shortfalls**

Identify short and long-term objectives. For the short term, focus on items that are low cost or easy to implement and that have high payoff. Some suggestions include:

- Install and maintain hazard warning systems such as smoke alarms and carbon monoxide alarms.
- Perform simple non-structural earthquake mitigation by securing bookcases, water heaters, and other home contents in place.
- Develop fire escape and neighborhood evacuation plans.
- Develop a simple family communication plan, such as wallet card with common numbers to call and important policy numbers.
- Develop drop, cover, and hold on; utility shutoff; and shelter-in-place procedures.
- Obtain CPR, basic first aid, and fire extinguisher training.
- Begin or expand your disaster supplies kit. Start with basic necessities such as food, water, critical medications, light sources, first aid supplies, clothing, and bedding.
- Host a neighborhood meeting to exchange preparedness information and ideas.
- Give emergency preparedness items as gifts.

For the long term, focus on higher cost items or those that are more difficult to implement. These items might include:

- Special tools and equipment
- Expanded insurance coverage
- Structural earthquake mitigation
- Drainage improvements

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### **⑧ TRAIN AND MAINTAIN**

- Conduct fire evacuation drills
- Test/recharge fire extinguishers
- Practice procedures for drop, cover, and hold on; shelter in-place; and utility shutoff
- Replace stored food, medicines, and water by the expiration date
- Test smoke alarms
- Test communications plan