

AMERICAN RED CROSS **EMERGENCY PREPAREDNESS** **FOR FAMILIES**



The Big One
Just Ahead

Make a Plan

Know What to Do in Case of Emergency

It is important to make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and should have plans for making sure you are able to contact and find one another.

The American Red Cross suggests some basic steps to make sure you remain safe:

Meet with your family or household members.

- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do In case you are separated during an emergency

Choose two places to meet:

- Right outside your home in case of a sudden emergency, such as a fire
- Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or saved on their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well website to let your family and friends know you are safe. You may also call 1-800-RED CROSS (1-800-733-2767) and select the prompt for "Disaster" to register yourself and your family.

Get a Kit

Be Red Cross Ready!

Being prepared means being equipped with the proper supplies you may need in the event of an emergency. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

At a minimum, you should have the basic supplies listed below:

- Water-one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food-non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries First aid kit - Anatomy of a First Aid Kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener
- Additional supplies to keep at home or in your kit based on the types of disasters common to your area:
- Whistle
- N95 or surgical masks
- Matches and rain gear
- Towels and work gloves
- Tools/supplies for securing your home
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

Be Informed

Know Important Information to Stay Safe

Learn the types of disasters or emergencies that may likely occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Red Cross References for Emergency Preparedness

Make a Plan

<http://www.redcross.org/prepare/location/home-family/plan>

Get a Kit

<http://www.redcross.org/prepare/location/home-family/get-kit>

Be Informed

<http://www.redcross.org/prepare/location/home-family/informed>

Tools and Resources for:

<http://www.redcross.org/prepare/disaster-safety-library>

Chemical Emergency, Drought, Earthquake, Flood, Flu, Food Safety, Heat Wave, Highway Safety, Home Fire, Hurricane, Pet Safety, Poisoning, Power outage, Terrorism, Thunderstorm, Tornado, Tsunami, Volcano, Water Safety, Wildfire, Winter Storm.

*Prepared for you by PaperChain
Member Relations Committee*

We lost everything in a fire.



The Red Cross gave us hope. They showed us love and were very understanding and helpful during my tragedy.



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PHOTO AND STORY BY:
THE PEREZ FAMILY

On a cold January morning, Angelina and her family woke to a fire that within hours had destroyed their home. The American Red Cross was there with shoes, warm clothes and shelter that allowed her family to stay together. Your donations help the Red Cross respond to a home fire like Angelina's every 9 minutes.

Please donate now at [redcross.org](https://www.redcross.org)

American Red Cross