FAMILY PREPAREDNESS GUIDE

Presented by Yamhill County, Oregon



February 2009

BUILDING A FAMILY PLAN

WHY?

A great and simple question with a complex answer. We plan our careers, we plan our vacations, we plan our weekends, we plan our retirement, but we seldom plan our survival of a major emergency or disaster. Some would argue that this seems to be a bit of mis-placed priority setting.

A Family Plan is a logical and straight-forward plan that – just as in the work place, details the actions family members should take during and immediately following a major event.

One of the principal pieces of this plan is the development of individual 72-hour survival kits. This kit need not be complicated nor need it be expensive. It merely needs to contain the basics to enable the possessor to survive for a period of time without the assistance of professional rescuers – fire, police etc. In this kit should be items of the users' choice that will do what's needed. A suggested list of personal 72 hour kit items is included on the following pages.

It is recommended that the family establish and practice three components of a good plan:

- 1. Arrange for a local meeting place with a schedule for attempts at communication.
- 2. Plan for ALL family members to check-in with a relative in a distant city, or for that matter another Country. This provides a means to determine who has survived, how they have fared, and where they are located.
- 3. Periodic review and evaluation of the 72 hour kit and its contents to ensure that foodstuffs are still good, the clothing still fits and the information on any documents is current.

Literature is available at the following web sited to assist you in the building of a Family Plan. Please visit either the FEMA site or the American Red Cross site.

http://www.fema.gov/rrr/prep2.shtm

http://www.redcross.org/services/prepare/0,1082,0 77 ,00.html

TIPS FOR YOUR DISASTER SUPPLIES KIT

- Keep a smaller Disaster Supplies Kit in the trunk of each car. If you become stranded or are not able to return home, having some items in your possession will help you to be more comfortable until help arrives.
- Keep items in airtight plastic bags. This will help protect them from damage or spoiling.
- Replace stored food and water every six months. Replacing your food and water supplies will help ensure their freshness. (Daylight Savings Time—clock, smoke detector batteries, food & water supplies.)
- Rethink your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications. It
 may be difficult to obtain prescription medications during a disaster because
 stores may be closed or supplies may be limited.
- Use an easy-to-carry container for the supplies you would most likely need for an evacuation. Possible containers include:
 - Large covered trash container with wheels.
 - Camping backpack
 - Duffel bag

Cargo container that will fit on the roof of your vehicle

BASIC DISASTER SUPPLIES KIT

This is a suggested guide only - use what works best for you.

Keep the following items in an easy-to-carry backpack or duffel bag in case you need to evacuate quickly. Store your kit in a convenient place known to all family members. Kit basics may include:

- Portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- Watch or clock (wind-up or battery)
- Medications, prescription and over the counter
- Personal identification, credit card and cash
- Extra set of car keys
- · Matches in a waterproof container/signal flare
- · Map of the area
- Phone numbers of places you could go
- Items for special needs; copies of prescriptions, hearing aid batteries, spare wheelchair battery, spare eyeglasses.
- Kitchen accessories: manual can opener; mess kits or paper cups, plates, and plastic/disposable utensils; utility knife; a can of cooking fuel if food must be cooked; household liquid bleach to treat drinking water; sugar, salt, pepper; aluminum foil; plastic re-sealable bags
- Clothing and footwear enough for a complete change: sturdy shoes or work boot; raingear; hat; gloves; thermal underwear, sunglasses.
- Blanket or sleeping bag.
- Tools and other accessories: needle and thread; pliers, gas meter shut-off wrench; shovel; duct tape; medicine dropper; whistle; plastic sheeting; small canister; A-B-C-type fire extinguisher; emergency preparedness manual; tube tent; compass
- Pencil and notebook
- Water 3 gallons per person and a three-day supply of nonperishable food
- List of emergency contact numbers
- Sanitation and hygiene items:
 - o Toilet paper/towelettes
 - o Soap, hand sanitizer and liquid detergent
 - Feminine supplies
 - o Shampoo, deodorant, toothpaste, toothbrush, comb/brush, lip balm
 - o Plastic garbage bags (heavy-duty) & ties (personal sanitation use)
 - Plastic medium sized bucket with tight lid
 - o Disinfectant
 - o Chlorine bleach
 - o Shovel for digging an expedient latrine
- First aid kit and first aid manual (see contents below)
- Others of your choice.

FIRST AID KIT

This is a suggested guide only - use what works best for you.

Assemble a First Aid Kit for your Disaster Kit and a smaller one for each car, to include:

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Sunscreen
- Latex gloves (2 pairs)
- 2-inch and 4-inch sterile gauze pads (4-6 each).
- Triangular bandages (3).
- 2-inch and 3-inch sterile roller bandages (3 rolls each)
- Scissors/tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressor blades (2)
- Tube of petroleum jelly or other antiseptic/lubricant.
- Non-prescription drugs
 - O Aspirin or non-aspirin pain reliever
 - o Anti-diarrhea medication
 - o Antacid (for stomach upset)
 - Syrup of ipecac and activated charcoal (used to induce vomiting if advised by the poison control center)
 - o Laxative
 - o Vitamins
 - o Other normal supplements

IMPORTANT DOCUMENTS

- Keep the following original documents in a safe deposit box if possible, and copies in a waterproof, fire-resistant portable container that you can include in 72 hour kits and/or keep where you think best. Make a copy of the cover page of insurance policies (you don't need the entire policy to file a claim) and note account numbers, etc.
 - Will and insurance policies,
 - Contracts
 - Deeds
 - Stocks and bonds
 - Passports
 - Immigration and/or Naturalization documents
 - Social security cards
 - Immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods
 - Important telephone numbers
 - Your family records (birth, marriage, death certificates)
 - Your personal records (birth, marriage, divorce, military, etc)
 - Copies of special certifications or licenses (EMT, Paramedic, Amateur radio, Aviation, Marine, weapons permits, etc)
 - Others