

Be Prepared

Develop of Family Disaster Plan *(Information from CDC)*

Families can cope with disaster by preparing in advance and working together as a team. Create a family disaster plan including a communication plan, disaster supplies kit, and an evacuation plan. Knowing what to do is your best protection *and* your responsibility.

Find out what could happen to you

Contact your American Red Cross chapter or local emergency management office — be prepared to take notes:

- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after disaster. Animals other than service animals may not be allowed inside emergency shelters.
- Next, find out about the disaster plans at your workplace, your children's school or daycare center, and other places where your family spends time.

Be Prepared ... Protect your Family and
Community Month

RESOURCES:

Livingston County Department of Public Health Website:

<http://www.lchd.org>

Disaster reparedness in Michigan

<http://www.michigan.gov/michiganprepares>

Ready America

<http://www.ready.gov/america/index.html>

American Red Cross

http://www.redcross.org/preparedness/cdc_english/home.asp

Federal Emergency Management Agency

<http://www.fema.gov/pdf/library/f&web.pdf#search=%22food%20water%20in%20an%20emergency%22>

Centers for Disease Control and Prevention Emergency Preparedness and Response

<http://www.bt.cdc.gov/>



Create a disaster plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team. Discuss the types of disasters that are most likely to happen. Explain what to do in each case.

Pick two places to meet:

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Ask an out-of-state friend to be your "family contact". After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.

Discuss what to do in an evacuation. Plan how to take care of your pets.

Families should develop different methods for communicating during emergency situations and share their plans beforehand with all those who would be worried about their welfare. For options on how to remain in contact with family visit the Centers for Disease Control and Prevention's Emergency Preparedness website at <http://www.bt.cdc.gov/>.

Complete this checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher, and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a disaster supplies kit (visit <http://www.bt.cdc.gov/disasters/> for more information).
- Take a Red Cross first aid and CPR class.

SERVICES AVAILABLE:

Livingston County Department of Public Health Website:

<http://co.livingston.mi.us/health/emergencypreparedness/index.htm>

Michigan Prepares is a new site with loads of information for you.

<http://www.michigan.gov/michiganprepares>

The American Red Cross has several programs available to help you and your family with disaster preparedness.

<http://www.redcross.org/>