

Prepare your Family for Disasters

Families can – and do – 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 or civil defense 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 may not be allowed inside emergency shelters due to health regulations.
 - Find out how to help elderly or disabled persons, if needed.
 - 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.
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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.
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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.
- 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 (ABC type), 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.

- Take a Red Cross first aid and CPR class.
 - 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.
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Practice your plan

- Test your smoke detectors monthly and change the batteries at least once a year.
- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions

http://www.redcross.org/services/prepare/0,1082,0_80_,00.html