

# PREPARING YOUR FAMILY FOR EMERGENCIES

*A Step-by-Step Guide*

*Prepared by Grant County Emergency Management*

# GRANT COUNTY EMERGENCY MANAGEMENT

Have you ever thought about how to prepare for an emergency?

How would you:

- Look after your family for 72 hours?
- Cope without power or tap water?
- Contact your family and receive information?

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Fast fact:

Although the majority of people believe that having an emergency plan and emergency kit are important, *only a small minority* have actually created them

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Learn the three steps to getting prepared:

1. Know the risks
2. Make a plan
3. Get a kit

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## Common misconceptions:

- Most emergencies are short-lived
- I won't ever have to deal with an emergency where I live
- There are a lot emergencies I just can't prepare for
- Preparing takes too much time

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## STEP 1

### Know the risks and know your region

The consequences of emergencies can be similar, but knowing the risks in your region can help you better prepare

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## STEP 2

### Make a Plan

**You aren't prepared--until you make a plan.**

- Use your *Family Preparedness Guide* as an outline
- Photocopy your plan
- Keep copies of your plan in safe and memorable places

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## FAMILY PLANS INCLUDE:

- Knowing where your exits are
- Designating a family meeting area
- Identifying escape routes from your neighborhood or region
- How to help disabled family members



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## Plan for school age family members

- What are the school's emergency policies?
- Update contact information
- Designate contact persons and ensure your children know how to get in touch with them

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## SPECIAL NEEDS PLAN

- Have a health information card
- Grab and Go bag with medication, prescriptions, medical documents
- Ensure walkers, oxygen tanks and other emergency supplies are included
- Identify your personal support network

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## PLANNING FOR YOUR PET'S WELFARE

- Know the location of “pet friendly” shelters/hotel
- Have extra food and water in your emergency kit
- Identify how you will transport your pet(s)

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## OTHER HELPFUL HINTS:

- Choose an out of town contact person
- Practice your plan
- Review your plan once a year

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## STEP 3

### PREPARE A KIT

- To prepare for an emergency that could last 72 hours or more, what would you put in your kit?
- Create and store for easy access a grab and go bag for each member of your family

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## MAKE A KIT AND INCLUDE:

- Water--at least 1/2 gallon of water per person per day. Include small bottles that can be easily carried
- Food that won't spoil, such as canned food, energy bars and dried foods (remember to rotate the food in your kit)
- Manual can opener
- First Aid kit
- Battery powered radio or wind-up radio and extra batteries. Use your radio to stay informed
- Wind-up flashlights (batteries if necessary)

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## MAKING A KIT TO INCLUDE:

- Special needs items; baby formula and prescription medicines
- Extra keys for your car and house
- Cash in smaller bills; \$5-\$10 bills and change. Card readers and cash registers may not be operational in/during a power outage
- Copy of your emergency plan and contact information
- Important documents; copies of birth certificates, passports, wills and insurance information. These items will help you stay organized during an emergency.

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## HINTS ON YOUR KIT:

- Make sure your kit is easy to carry
- Place it in a backpack, duffel bag or suitcase with wheels
- Place it in an easy to reach, accessible place such as a front hall closet
- Make sure everyone in the family knows where your kit is located



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The steps we reviewed today will help you get yourself and your family prepared for an emergency by:

- Knowing the risks
- Making a plan
- Getting/making a kit

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**REMEMBER.....**

*You are responsible for your own safety and  
emergency preparedness*

**DON'T DELAY**

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## RESOURCES:

- [ready.gov](https://www.ready.gov)
- [fema.gov](https://www.fema.gov)
- Grant County Emergency Management 580 541 1027 cell for Rich Donaldson, Director  
580 395 2214 (office)