

# Emergency Preparedness Checklist





## **Do You Have A Family Emergency Plan?**

We have seen and heard about a lot of natural and man-made disasters recently. Some of them were on the news, while others may have hit a little closer to home. If you haven't already done so, now is a great time to come up with a family emergency plan. Below you will find important checklists you will need!

# Basic First Aid Kit Checklist

- ☐ alcohol
- ☐ peroxide
- ☐ baby wipes
- ☐ gauze
- ☐ compression bandage
- ☐ triangular bandage
- ☐ adhesive tape
- ☐ polysporin
- ☐ neosporin
- ☐ bandages
- ☐ blister bandages
- ☐ hand sanitizer
- ☐ cotton balls/swabs
- ☐ scissors
- ☐ tweezers
- ☐ safety pins
- ☐ thermometer
- ☐ ibuprofen
- ☐ acetamenophen
- ☐ benadryl
- ☐ aspirin
- ☐ anti-diarrhea medication
- ☐ antacid
- ☐ laxative

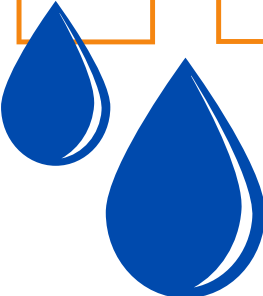
## NOTES

# Emergency Supplies Checklist

## NON-PERISHABLE FOODS & BEVERAGES

### CHECKLIST

- ☐ Canned Soups with Pull Tab
- ☐ Canned Meat with Pull Tab
- ☐ Tuna Fish Pouch or Pull Tab
- ☐ Peanut Butter
- ☐ Granola Bars
- ☐ Nuts/Trail Mix
- ☐ Dried Fruit
- ☐ Beef Jerky
- ☐ Canned Vegetables with Pull Tab
- ☐ Canned Fruit with Pull Tab
- ☐ Shelf-Stable Applesauce
- ☐ Shelf-Stable Pudding
- ☐ Peanut Butter Crackers
- ☐ Cheese Crackers
- ☐ Can Opener for Cans with no Pull Tab



**WATER IS VITAL:** 1 gallon per person for day for drinking. Add more if you'll be using it for personal hygiene. A 5 day supply for a family of 4 would equal 20 gallons of drinking water.

OTHER ITEMS YOU'LL APPRECIATE HAVING

## CHECKLIST

- ☐ Matches in a Waterproof Container
- ☐ Extra Batteries (AA, D, C, and 9V)
- ☐ Tool Kit: Pliers/Wrench/Screwdrivers
- ☐ Duct Tape
- ☐ Plastic Sheeting/Tarps
- ☐ Dust/Germ Masks
- ☐ Hand Cranked Radio
- ☐ Phone That Doesn't Require Electricity
- ☐ Cell Phone with Charger
- ☐ Solar Charger
- ☐ Whistle to Signal for Help
- ☐ Household Fire Extinguisher
- ☐ Cash
- ☐ Maps



### **Household Chlorine Bleach and Medicine Dropper:**

When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

## PAPER GOODS FOR MEALS

### CHECKLIST

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- ☐ Paper Plates
- ☐ Plastic Cups
- ☐ Plastic Utensils
- ☐ Paper Towels
- ☐ Garbage Bags

## FIRST AND MEDICATIONS

### CHECKLIST

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- ☐ First Aid Kit - (see first aid checklist)
- ☐ First Aid Manual
- ☐ Prescription Medication
- ☐ Over-the-Counter Medication
- ☐ Glasses
- ☐ Hearing Aids

### **TIP: Find A Safe Spot In The House**

If you are going to wait out a disaster or emergency in your home, it's a good time to find a designated safe spot. When the unexpected hits, you don't want to get overwhelmed and make a bad decision under stress. Think about the safest place now and make sure everyone in your household is aware of what and where that safe spot is. You can even stash a little emergency kit with a flashlight, emergency radio, and a bit of food and water in the spot just in case.





## PERSONAL COMFORT

### CHECKLIST

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- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Soap
- ☐ Feminine Hygiene Supplies
- ☐ Razor
- ☐ Towels
- ☐ Blankets/Sheets or Sleeping Bag
- ☐ Pillows
- ☐ Clothing/Shoes for the Weather
- ☐ Pet Food & Supplies



#### **TIP: Dealing With Long Power Outages**

One of the big problems in this day and age during a natural disaster is prolonged power outages. No matter where you live, or what kinds of emergencies you should expect to deal with, it's a good idea to think about and plan for long periods of times when you have to function without power.

#### **A Few Things to Think About:**

Alternative Sources Of Power

Keeping And Preparing Food Without Electricity

Staying Warm or Cool Without Power

## IMPORTANT DOCUMENTS

### CHECKLIST

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- ☐ Drivers License
- ☐ Credit/Debit Cards
- ☐ Insurance Policies/Wills
- ☐ Bank Records
- ☐ Stocks and Bonds
- ☐ Passports
- ☐ Extra Set of House and Car Keys
- ☐ Birth Certificates
- ☐ Marriage Certificate
- ☐ Social Security Cards
- ☐ Deeds
- ☐ Inventory of Household Items
- ☐ Immunization Records
- ☐ List with Important Phone Numbers



#### **TIP: Keeping Important Documents Safe and Secure**

We hope and pray that nothing will happen to our home, but it's a good idea to be prepared "just in case." Things like photos and important documents can be hard or impossible to replace. Missing documents can make it harder to rebuild after disaster strikes.

**Quick Tips to Secure Your Documents:** Invest In A Fire Safe, Get A Bank Deposit Box, Make Physical Copies, and/or Make Digital Copies And Store Them Online.



# Earthquake Safety Checklist

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Have an earthquake readiness plan.  
Take a look at [FEMA.gov](https://www.fema.gov) for ideas.

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Find a spot in your house where it is least likely for something to fall on you.

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Know how to turn off your gas and water mains.

☐

When an earthquake starts shaking drop down take cover under a desk, table or other solid surface.

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If you're inside when the shaking begins stay where you are until you know for sure it's safe.

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Stay away from any heavy furniture that might fall on you including bookcases.

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Stay away from windows.

☐

If you are outdoors, find a clear spot away from buildings, trees, and power lines.

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If you are driving stay in the car until the shaking stops. Find a clear place and park the car.

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## NOTES

# Hurricane Safety Checklist

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Before hurricane season trim or remove damaged trees and limbs to keep you and your property safe.

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Clean out rain gutters and downspouts to prevent water damage to your property.

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Purchase plywood or other material ahead of time to secure your doors & windows.

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Purchase a portable generator or install a generator for use during power outages.

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Choose a room where everyone will gather. An interior room on the lowest floor with no windows.

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Bring any outdoor furniture, garbage cans or any other item the wind can pick up and become a projectile.

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## NOTES



**IMPORTANT:** Only operate generators outdoors with at least 20 feet away from windows and doors and kept dry to avoid accidental carbon monoxide poisoning.

Evacuate If Needed – The Earlier The Better: If you are asked to evacuate, don't hesitate to pack up and head out. Things can be replaced, people can't. The earlier you leave the better.

# Blizzard Safety Checklist

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Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.

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Insulate your home from cold air. If storm windows aren't in the budget cover them with plastic to bar drafts.

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Maintain heating equipment and chimneys by having them cleaned and inspected every year.

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If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

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Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery.

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Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

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Running water helps prevent pipes from freezing. If you have water lines in your garage, keep the garage doors closed.

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Opening cabinet doors will allow warmer air to circulate around the plumbing to help keep those water lines clear.

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Keep the thermostat set to the same temperature both during the day and at night.

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Avoid driving when conditions include sleet, freezing rain, snow or fog.

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Learn the signs & symptoms of frostbite & hypothermia. These are both potentially life-threatening.

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Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members.

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Go to a designated public shelter if your home loses power or heat during periods of extreme cold.

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## NOTES



**Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.**

# Tornado Safety Checklist

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Know your community's warning system, and make sure that you practice periodic tornado drills.

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Remove limbs from trees and shrubs that may cause damage during high winds.

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Choose a room in your home where everyone will gather. A basement, or interior room on lowest floor with no windows.

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Bring any outdoor furniture, garbage cans or any other item the wind can pick up and become a projectile.

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Watch out for fallen power lines or broken gas lines.

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Immediately leave damaged buildings and/or stay out of damaged buildings.

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Use battery-powered flashlights when examining buildings—do NOT use candles in of undetected gas line leaks.

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If you smell gas or hear blowing or hissing noise, open a window and get everyone out of the building quickly.

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Clean up spilled chemicals, gasoline or other flammable liquids that could become a fire hazard.

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Use the telephone ONLY for emergency calls but report outages to the utility company when it is practical.

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## NOTES



**IMPORTANT: Know what the tornado danger signs**

**are:** Dark, often greenish clouds—a phenomenon caused by hail, Wall cloud—an isolated lowering of the base of a thunderstorm, Cloud of debris, Large hail, Funnel cloud—a visible rotating extension of the cloud base, and/or Roaring noise.