

# 5 Actions For Emergency Preparedness



1 MAKE A PLAN



2 BUILD A KIT



3 GET TRAINED



4 VOLUNTEER



5 GIVE BLOOD

# 1

MAKE A PLAN



Planning ahead is the first step to a calmer and more assured disaster response.

- 1. Talk.** Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent.
- 2. Plan.** Choose two places to meet after a disaster:
  - Right outside your home, in case of a sudden emergency, such as a fire.
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.
- 3. Learn.** Each adult in your household should learn how and when to turn off utilities such as electricity, water and gas. Ask someone at the fire department to show you how to use the fire extinguisher you store in your home.
- 4. Check supplies.** Review your disaster supplies and replace water and food every six months. (More information on disaster supplies appears in the following section.)
- 5. Tell.** Let everyone in the household know where emergency contact information is kept. Make copies for everyone to carry with them. Be sure to include an out-of-town contact. It may be easier to call out of the area if local phone lines are overloaded or out of service. Keep the information updated.
- 6. Practice.** Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable or grid-locked. Practice earthquake, tornado and fire drills at home, school and work.