

## #3 BE INFORMED

- ✓
- KNOW WHAT KIND OF DISASTERS**, both natural and man-made, are most likely to occur in your area and how you will be notified (emergency radio, TV broadcasts); you may hear a special siren
- USE AVAILABLE SERVICES AND ASSISTANCE** in developing your response plan (your city, county, and state have emergency preparedness officials); Red Cross; FEMA; local police and fire departments
- GET TRAINED**, and volunteer to work with agencies who respond to emergencies: by learning as much as you can, you can prepare yourself and assist others to react in an emergency; go to [www.ready.gov](http://www.ready.gov) to learn more, or call **1-800-BE-READY** (1-800-237-3239) to request a free brochure. Be prepared to adapt this information to your circumstances, and make every effort to follow instructions received from authorities on the scene

### PUT YOUR EMERGENCY ON “ICE”!!

**ICE** stands for “in case of emergency”...

Paramedics responding to an accident may waste precious lifesaving moments if someone who is injured/unconscious carries no medical history or allergy information. A medical band or ICE card in the wallet is a simple way to be prepared for the unexpected!

**HAVE A CELL PHONE?** ..... Turn your cell phone into a source of information for emergency personnel responding to accidents, crimes or disasters: enter ICE in your cell phone contact list with the phone numbers of persons who should be called if something has happened to you. By placing an “ICE” sticker on your phone, first responders will be alerted to your contact list.

**NO CELL PHONE?** ... carry a wallet card like the sample below, and keep emergency contact information with you at all times!

IN CASE OF EMERGENCY.....	
NAME _____	DOB ____/____/____
DOCTOR _____	PHONE _____
#1 CONTACT _____	PHONE _____
#2 CONTACT _____	PHONE _____

# EMERGENCY PLAN & SUPPLY KIT LIST



## What will you need if disaster strikes?

Compiled by  
Marla Lichtsinn, RN, MPA, FCN  
LCMS – Pacific Southwest District

MARCH 2011

## #1 GET (OR MAKE) AN EMERGENCY KIT

(to provide for you and your family for 7-10 days)

- ✓
- WATER** one gallon per person per day, for drinking and sanitation
- NON-PERISHABLE FOOD** canned, boxed, ready-to-eat in small containers: dry foods like pasta, rice; manual can opener; remember infant formulas, food for pets too
- RADIO**, battery powered or hand crank **WEATHER RADIO** with tone alert; extra batteries for both
- FLASHLIGHT** with extra batteries
- FIRST AID KIT** (basic first aid booklet would be helpful)
- WHISTLE** to signal for help (**FLARES** are a bonus!!)
- DUST MASKS** (or cotton tee shirt to wear over face to help filter the air)
- MOIST TOWELETES, GARBAGE BAGS, AND PLASTIC TIES** for personal hygiene; diapers for infants/toddlers
- WRENCH OR PLIERS** to turn off utilities (do you know where your water, gas, electrical shut-offs are, and how to use them?)
- LOCAL MAPS**
- CELL PHONE with charger**
- MEDICATIONS, EYEGASSES, CONTACT LENSES**
- PLASTIC SHEETING and DUCT TAPE** to shelter-in-place ♦
- WATER PURIFICATION TABLETS** (available from camping supply stores) or **HOUSEHOLD CHLORINE BLEACH** (one part bleach plus nine parts water makes a disinfectant solution; 16 drops of bleach per gallon of water sanitizes water for drinking)
- MATCHES in a waterproof container**
- BLANKETS** for warmth, **SHELTER (TENT?)**
- IMPORTANT FAMILY DOCUMENTS** copies of driver's license or other ID; insurance policies; social security cards; birth certificates; marriage and death records; credit cards; recent income tax returns; mortgage or rental receipts; employment paycheck stubs; deeds to properties; recent stock and bond reports; savings, checking account books
- CASH** in small denominations: a disaster may disrupt power, closing banks and ATMs for indefinite periods of time



## #2 MAKE A FAMILY EMERGENCY PLAN



- IDENTIFY AN OUT-OF-TOWN/OUT-OF-STATE CONTACT** so each family member calls, emails, or texts the same friend or relative in the event of an emergency: be sure each person knows the phone number and has a cell phone or prepaid phone card to call the emergency contact
- SEND COPIES OF IMPORTANT DOCUMENTS** to trusted family or friends at a distant location
- SUBSCRIBE TO "ALERT" SERVICES** if available
- PREPARE FOR BOTH EVACUATION and SHELTER-IN-PLACE...** depending on the nature of the emergency, do you stay put or get away???
- SHELTER-IN-PLACE** ♦ means staying put and creating a barrier between you and potentially contaminated air outside by sealing room(s): **consider pre-cutting plastic sheeting** to seal windows, doors and air vents (each piece should be several inches larger than the space you want to cover, so that you can duct tape it flat against the wall; label each piece with the location where it fits so you can work quickly); quickly **bring all family and pets inside**, lock doors, close windows, air vents and fireplace dampers; immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers; **take your emergency supplies** and go to the room(s) that you have designated; now, **seal all doors, windows and vents** in that area; remember that sealing the room is a temporary measure to create a barrier between you and contaminated air: watch TV, listen to the radio or check the internet for instructions from local emergency management officials
- GETTING AWAY...** if you must evacuate quickly for your safety, plan in advance how to assemble your family and where to go... choose **several destinations** in different directions (options); keep at least a **half tank of gas in your car** at all times; become familiar with **alternate routes** and other means of transportation out of your area; know **emergency plans** at places where you and family spend time (school, work, daycare); plan how to care for **pets**: have current ID tags; be aware that only service animals (e.g., "canine companions") may be permitted in public shelters in emergencies