

Family Disaster Plan and Personal Survival Guide

(courtesy of the American Red Cross)

There are many different kinds of disasters. Earthquakes, floods, fires, airplane crashes, chemical spills, pipeline leaks and explosions, and others, small and large, which seldom give warning and are always equally devastating to their victims. This guide is primarily geared to earthquakes, but the planning you and your family do now will be of benefit when and if any disaster strikes you.

Preparation

Family Meetings: At least once a year have a meeting with your family to discuss and update your plan and determine what training, equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency. Share your plans with neighbors, friends, relatives and co-workers.

Training:

1. Learn how to protect yourselves from falling objects, smoke, fire, caustic fumes, etc.
2. Learn first aid (available through your American Red Cross Chapter)

Persons trained: _____

Date _____

Date _____

Location of first aid kit: _____

3. Learn who and where to shut of utilities:

Location of gas valve _____

Location of wrench _____

Location of main water valve _____

Location of main circuit breaker _____

Location of other utilities _____

4. Draw a Plan of your home

On a separate piece of paper draw a floor plan of your home showing the location of exit

windows, doors, utility cutoffs, first aid kit, emergency supplies, food, clothing, tools, etc. Be sure everyone in your household is familiar with it. Show it to babysitters and house guests when you're going to be away. They could use it to direct someone to a utility cutoff in an emergency.

5. Alternate places to meet around home

Outside _____

Inside _____

6. Alternate reunion locations when family is not at home, e.g. home, Red Cross shelter, neighbor, relative, park, school.

7. Name and telephone number of person outside area for family member to call to report location and condition.

8. Learn and discuss school disaster policy. Church? Club? Are medical consent forms complete?

9. Where are emergency supplies and equipment located?

Fire extinguisher: _____

Flashlight/Batteries: _____

Portable radio: _____

Tools: _____

Safety equipment: _____

Water: _____

Sanitation supplies: _____

Food: _____

Cooking equipment: _____

Blankets: _____

Prescription glasses: _____

Medication: _____

First aid supplies: _____

Complete set of clothes, shoes, gloves:

Inspect your home:

Secure water heater, refrigerator, tall and heavy furniture to wall studs.

Move heavy items to lower shelves.

Install clips, latches and other locking devices on cabinet doors.

Provide strong support and flexible connections on gas appliances.

Remove or isolate flammable materials.

American Red Cross Disaster Relief Services

Red Cross disaster assistance may be in the form of feeding stations, clothing, shelter, cleaning supplies, comfort kits, first aid, or the provision of other basic needs. The Red Cross supplies blood and handles welfare inquiries, and as soon as possible helps with the most urgent needs to enable families to resume living as a unit. Given on the basis of verified need, help may include funds for food, clothing, housing, fuel, cooking and eating utensils, bed and bedding, cleaning supplies, linens, rent, necessary furniture, medical and health care, prescription drugs, prosthetic devices, eyeglasses, personal occupational supplies and equipment, transportation, and minor home repairs.

All Red Cross help to disaster victims is an outright gift. No repayment is required or requested. All funds used by the Red Cross for this purpose are voluntarily donated by the American people.

Red Cross disaster services are carried out by trained volunteers supported by a few paid staff. Your local chapter needs your help. Why not call or come in soon to find out how you can become a Red Cross volunteer.

HOME EMERGENCY SUPPLIES

The list consists of items usually available in a home and used regularly. It is designed to help your family identify and organize them for any emergency. Quantities of emergency supplies should be adequate for at least 48 hours.

A 2 week supply is recommended as a minimum reserve of water, food, medicine and other

consumable items.

SURVIVAL

Water - 2 quarts to 1 gallon per person per day.

First Aid Kit ample and freshly stocked.

First Aid Book know how to use it.

Essential medication and glasses as required.

Smoke detector

Fire Extinguisher dry chemical, type ABC.

Flashlight fresh and spare batteries and bulb.

Escape ladder for second story bedrooms.

Whistle on your key chain.

Radio portable, battery operated.

Spare batteries'

Food- canned or pre-cooked and requiring minimum heat and water. Consider special diets, such as for infants or elderly.

Food for pets.

Blankets or sleeping bag for each member of family.

Money.

Watch or clock battery or spring wound.

SANITATION SUPPLIES

Large plastic trash bags for trash, waste, water protection, ground cloth.

Large trash cans.

Hand soap.

Liquid detergent.

Toothpaste and toothbrush.

Deodorant.

Dentures.

Feminine supplies.

Infant supplies.

Toilet paper.

Household bleach.

Newspapers to wrap garbage and waste. Can also be used for warmth.

SAFETY

Heavy shoes for very family member

Heavy gloves for every person clearing debris.

Candles.

Matches dipped in wax and kept in waterproof container.

Clothes complete change kept dry.

Sharp knife or razor blades.

Garden hose for siphoning and fire fighting.

Hat or cap protection from sun, rain & cold.

COOKING

Barbecue hibachi, camp stove, or Sterno stove

Fuel for cooking equipment charcoal, lighter fluid, Sterno.

Pots and heavy duty aluminum foil.
Paper plates.
Plastic knives, forks, spoons.
Paper towels.

TOOLS

Crescent wrench for turning off gas main.
Axe, shovel, broom.
Screw driver, pliers, hammer.
Coil of 1/2" rope.
Coil of baling wire.
Plastic tape,
Pen and Paper.

CAR MINI SURVIVAL KIT

Sturdy shoes
Extra clothes jeans, sweater.
Local maps.
Bottled water.
First aid kit and book.
Essential medications.
Fire extinguisher.
Flares.
Flashlight with spare batteries and bulbs.
Tools screw driver, pliers, wire, knife.
Short rubber hose for siphoning.
Non perishable food store in empty coffee cans.
Blanket or sleeping bag.
Sealable plastic bags.
Small package of tissue.
Pre-moistened towelettes.

WATER TIPS

To purify drinking water use any of the following methods:

1. Boil for 5-10 minutes.
2. Add 10 drops of household bleach solution per gallon of water, mix well and let stand for 30 minutes. A slight smell or taste of chlorine indicates water is good to drink.
3. Add household tincture of iodine in the same manner as bleach above.
4. Use commercial purification tablets such as Halazone or Globaline. Follow package instructions.
5. Learn how to remove the water in the hot water heater and other water supplies.

IMPORTANT TELEPHONES NUMBERS

1. Fire Dept. _____

2. Police Dept. _____

3. Emergency Medical _____

4. Physician _____

5. Gas Co. _____

6. Electric Co. _____

7. Water Co. _____

8. _____

9. _____

10. _____