



# Family Disaster Plan

## Step 1

### Educate Yourself

- ★ Find out what could happen to you. Ask what type of natural or man-made disasters are most likely to happen.
- ★ Learn about your community's warning signals. What do they sound like and what should you do when you hear them.
- ★ Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- ★ Find out how to help elderly or disabled persons, if needed.
- ★ Find out about the disaster plans at your workplace, your children's school or daycare center and other places where you family spends time.

### Cache Valley Information

- ★ Natural Disasters we must be aware of are: Earthquakes, Fires, Floods, Winter Storms.
- ★ Man-Made Disaster we must be aware of are: Hazard Material/Chemical Spills, Terrorism.
- ★ Local warning systems will consist of the Emergency Alert System which is 610 AM KVNU. It may also include emergency vehicles going through neighborhoods using a wigwag siren and loudspeaker.
- ★ Do not call 9-1-1 unless you need to report an emergency. If you need information, tune into the radio 610 AM KVNU. The information you need will be broadcast.

## Step 2

### Create a Disaster Plan

Meet with your family and discuss why you need to prepare for a disaster. Explain the dangers of fires, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- ★ Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- ★ Pick two places to meet:
  - 1) Right outside your home in case of a sudden emergency, like a fire.
  - 2) Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- ★ Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.

- ★ Discuss what to do in an evacuation. Plan how to take care of your pets.

## Special Notes

- ★ You may want to consider buying a calling card for each member of your family and taping 3-4 quarters to it and have them carry this with them at all times. You could also tape this information card to the calling card.

Family Disaster Plan	
Emergency Meeting Place _____	
Meeting Place _____	Outside your home
Address _____	Phone _____
Family Contact _____	outside your neighborhood
Phone ( ) _____	Phone ( ) _____
	Day Night

**Fill out, copy and distribute to all family members**

## Step 3

Complete this checklist

- Post emergency telephone numbers by phones (fire, police, etc).
- Teach children how and when to call 9-1-1 or your local emergency number for emergency help.
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Check to see if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergencies supplies and assemble a Disaster Supplies Kit.
- Take a first aid, CPR or CERT (Community Emergency Response Team) class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

## Special Notes

- When posting emergency telephone numbers, you may also want to have the non-emergency/business line also. Sometime the emergency lines might be busy, this would give you another option.
- Make sure each child knows their complete name, address, phone number, and parent's names.
- Have each child draw a picture of the house with the escape routes and tape it to the back of their bedroom door. Quiz the child every once in a while to refresh their memory of the escape routes.

## Step 4

### Practice and maintain your plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.