

Natural Disasters: General Guidance

Basic Planning

Advance planning helps reduce fear, anxiety, and losses that accompany disasters. Since an emergency can occur without warning, communities, families, and individuals should know what to do and where to seek shelter if needed. They should be ready to evacuate their homes, or to shelter-in-place, while taking care of their own basic food, water, and medical needs.

If a disaster occurs, local government and disaster-relief organizations will help, but individuals need to be ready as well. Local responders may not be able to reach affected persons immediately, or they may need to focus their efforts elsewhere at first. Each family should be ready to be self-sufficient for at least three days.

General disaster preparation involves three phases.

1. Before the disaster:
 - Know the risks and danger signs. Identify potential hazards.
 - Develop emergency plans for what to do.
 - Share your plans with others. Practice and maintain your plans.
 - Assemble emergency disaster supplies kit(s).
 - Volunteer to help others.
2. During the disaster:
 - Put your plans into action.
 - Follow the advice of officials and trained professionals.
 - Help others as you are able.
3. After the disaster:
 - Continue to follow the advice of professionals.
 - Be alert to stress reactions and the need for emotional support.
 - Take steps to prepare for future disasters.

Evacuation, Escape, and Shelter

When community evacuations become necessary, local officials will provide information to the public through the media. In some circumstances, other warning methods, such as sirens or telephone calls, also are used. The amount of time to leave will depend on the hazard. If the event is a weather condition that can be monitored, there may be a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential. Local authorities will advise emergency evacuation routes and shelter sites.

Recommended places of shelter will vary depending on the hazard type. Sheltering outside the hazard area may include staying with friends or relatives, seeking commercial lodging, or staying in a mass care facility operated by disaster relief organizations. Sheltering in the home may be appropriate, as recommended by emergency personnel.

Sheltering-in-Place Guidelines:

1. Stay inside as instructed by authorities.
2. Close and lock doors, windows, and dampers.
3. Turn off fans, ventilation systems, air conditioners, and forced air heating systems.
4. Seal gaps under doorways and windows with wet towels and/or seal all openings with plastic and duct tape if instructed to do so.
 - a. Cut 2-4 mil thick plastic sheeting several inches wider than openings.
 - b. Duct tape diagonally across corners first, then tape down all edges.
5. Turn off water and gas, if instructed.

Evacuation Guidelines:

1. Take your emergency supplies kit. Leave immediately if instructed to do so.
2. Keep a full tank of gas if evacuation seems likely, and take only one car per family.
3. Make other transportation arrangements if necessary.
4. Listen to a battery-powered radio and follow local instructions.
5. Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
6. Be alert for washed-out roads and bridges. Do not drive into flooded areas.
7. Leave early enough to avoid being trapped by severe weather.
8. Stay away from downed power lines.
9. Wear sturdy shoes and clothing that provides some protection.
10. Let others know where you are going.
11. Secure your home by locking doors and windows.
12. If there is time, unplug electrical equipment, but leave freezers and refrigerators plugged in unless there is a risk of flooding.

Home Escape Guidelines:

1. Using a floor plan of your home, plan two escape routes from each room.
2. Establish two family meeting places outside, one near home and one farther away.
3. Educate children and all family members on the escape routes and meeting places.

Family Communications

Since families may not be together when disaster strikes, planning should include how they will contact one another in different situations:

1. Complete a contact card for each family member and keep them in a wallet or purse.
2. Pick a friend or relative who lives out-of-state for household members to notify.
3. Complete a written Family Emergency Communications Plan.
4. Know school and workplace emergency, evacuation, and sheltering plans.
5. Maintain contact with media and other sources for official information.

Power Outage and Utilities**Power Outage Safety Tips:**

1. Use only a flashlight; never use candles or open combustion units inside the home due to risk of fire.
2. Turn off electrical equipment in use when the power went out, except refrigerator and freezer. Leave one light on so you will know when the power comes back on.
3. Avoid opening the refrigerator and freezer.
4. Do not use a generator inside a home or garage.
5. If using a generator, connect equipment you want to power directly to the outlets on the generator. Do not connect a generator to the home's electrical system.
6. If driving, treat all intersections as 4-way stops.
7. Remember that these items will not work during a power outage: garage door openers, cordless phones, gas furnaces with electric fans, gas station pumps, ATM machines, elevators, non-battery operated radios, clocks, and other appliances.
8. Be sure to attend to individuals with special needs.
9. Listen to local radio for updated information.

Staying Warm:

1. Wear extra layers of clothing and use several layers of blankets.
2. Do not get wet.
3. Drink and eat enough to preserve health.
4. Close off all rooms not in use.
5. Close curtains or window shades and cover gaps around doors.
6. Never use gas ovens, ranges, or grills for indoor heating due to risk of carbon monoxide.
7. If using an alternate heat source, follow manufacturer's safety instructions.

Intentional Utility Shut-off:

For safety in some situations, it may be necessary to manually shut off gas, electric, and/or water service to your home. But do so only if you suspect the lines are damaged, or if you are instructed by the authorities to do so. Natural gas leaks and explosions are responsible for a significant number of fires following natural disasters. Electrical sparks have the potential of igniting natural gas if it is leaking. Water quickly becomes a precious resource following many disasters. All household members should know how to shut off these utilities.

Gas Utility Shut-off:

1. There are different gas shut-off procedures for different gas meter configurations.
2. Contact your local gas company for guidance ahead of time.
3. If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly.
4. Turn off gas using the outside main valve if possible.

Electric Utility Shut-off:

1. Locate your electricity circuit box and switch for the entire house.
2. Before shutting off power, turn off sensitive equipment and major appliances, except refrigerators and freezers.
3. Have flashlights with good batteries on hand for use after power is shut off.

Water Utility Shut-off:

1. Locate the shut-off valve for the water line that enters your house.
2. Make sure this valve can be completely shut off; the valve may be rusted open, or it may only partially close. Replace it if necessary.
3. Have a fresh water supply on hand as part of your emergency plan.

Insurance and Vital Records

It is advisable to review existing insurance policies for the amount and extent of coverage, and to obtain property, health, and life insurance ahead of time if you do not have them.

1. If you live in a flood-prone area, consider purchasing flood insurance to reduce your risk of flood loss. Information is available by calling 1-888-FLOOD29.
2. Inventory home possessions by making a list, photos, and/or video of your home and personal property.
3. Store important documents such as insurance policies, deeds, property records, and other important papers in a safe place, such as a safety deposit box away from your home. Make copies of important documents for your disaster supplies kit.
4. Keep a small amount of cash or traveler's checks at home in a safe place where you can quickly access it in an emergency.

Special Needs

Mechanisms to assist persons with disabilities or other special needs must be included in emergency disaster plans. These include hearing impaired and non-English speaking persons (warnings and instructions), mobility and sight impaired (evacuation), single parents (planning) persons without vehicles (transportation), persons with special dietary needs (food supply), etc.

General Special Needs Guidelines:

1. Find out what special assistance is available in your community. Register with the office of emergency services or the local fire department.
2. Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss needs with employer and landlord and make sure everyone knows how to operate necessary equipment.
3. Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and any other items you might need.
4. Be sure to make provisions for medications that require refrigeration.
5. Keep a list of needed dietary items, medications, and medical devices.

Animals

Animals, both pets and livestock, are also affected by disasters, either directly by the event itself, or indirectly through their owners' inability to care for them. With the exception of service

animals, pets are not typically permitted in emergency shelters, as they may affect the health and safety of humans there.

General Guidelines for Pets:

1. Plan ahead of time for sheltering your pets.
2. Check with local animal shelters and emergency management for advice.
3. Identify local boarding facilities and hotels that accept pets.
4. Create a pet survival kit that includes identification collars and rabies tags, carriers or cages, leashes, medications, veterinary records, newspapers and plastic trash bags for waste disposal, and at least a 2-week supply of food and water.
5. Do not leave pets behind unless you have no other choice. If you must leave them, place them in a safe area inside your home with plenty of food and water. Leave a note outside listing what pets are inside, with a phone number where you can be reached. Never leave them chained outside.

General Guidelines for Large Animals:

1. Ensure all animals have some form of identification.
2. Evacuate animals whenever possible. Map out primary and secondary routes in advance.
3. Have vehicles and trailers needed for transporting and supporting each type of animal, with experienced handlers and drivers.
4. Ensure destinations have food, water, veterinary care, and handling equipment.
5. If evacuation is not possible, animal owners must decide whether to move large animals to shelter or turn them outside.

Safety Skills

It is important that family members know how to administer first aid and CPR and how to use a fire extinguisher. Local American Red Cross chapters and fire departments can provide instruction.

Emergency Kits

An emergency supplies kit is a collection of basic items that members of a household may need in the event of an emergency. Since you do not know where you will be when an emergency occurs, kits should be prepared for home and vehicles. In case evacuation is needed, items should be assembled into a portable container.

Home kit items:

- 3-day supply of non-perishable food
- 3-day supply of water – one gallon per person, per day
- First aid supplies
- A small battery powered radio with extra batteries
- Flashlight with extra batteries

- Sanitation and hygiene items
- Matches in waterproof container
- Extra clothing
- Blankets or sleeping bags
- Kitchen and cooking accessories, can opener
- Items for infants, elderly, and special needs
- Small amount of cash, change, and a credit card
- Extra set of car and house keys
- Extra pair(s) of glasses
- Critical family documents in a portable, fireproof container – social security cards, insurance policies, wills, deeds, savings and checking account numbers, birth and marriage certificates, and inventory of personal property

Car kit items:

- A small battery powered radio with extra batteries
- Flashlight with extra batteries
- First aid supplies
- Jumper cables
- Tire repair kit and pump
- Flares
- Shovel
- Fire extinguisher
- Maps
- Blanket
- Bottled water
- Non-perishable foods

Safe Water

The human body has a much greater need for water than for any other nutrient. You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water per day just for drinking. Individual needs will vary depending on age, physical condition, activity, diet, and climate. Children, nursing mothers, and ill people need more water. Very hot temperatures or a medical emergency can double the amount needed.

Managing Water Supplies:

1. Allow people to drink according to their needs. Many people need even more than the average of one-half gallon, per day.
2. Never ration water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow. Under no circumstances should a person drink less than one quart (four cups) of water each day. You can minimize the amount of water your body needs by reducing activity and staying cool.
3. Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be

- used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.
4. Do not drink carbonated beverages instead of drinking water. Carbonated beverages do not meet drinking-water requirements. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.
 5. Turn off the main water valve to your home. You may need to protect the water sources already in your home from contamination if you hear reports of broken water or sewage lines, or if local officials advise you of a problem.

Water Storage Containers:

1. To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you are ready to use it.
2. If you are preparing your own containers of water, it is recommended you purchase food-grade water storage containers from surplus or camping supplies stores. Before filling, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling containers.
3. If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.
4. If storing water in plastic soda bottles, thoroughly clean them with as above and sanitize them by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces, then thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers:

1. Fill the bottle with regular tap water.
2. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean.
3. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger.
4. Place a date on the outside of the container so that you know when you filled it.
5. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

Safe Water Sources:

- Melted ice cubes
- Water drained from hot water heater (if the water heater has not been damaged)
- Water drained from water pipes

- Liquids from canned goods such as fruit or vegetable juices

Unsafe Water Sources:

- Radiators
- Hot water boilers (home heating system)
- Water beds (fungicides added to the water or chemicals in the vinyl may make water unsafe to use)
- Water from the toilet bowl or flush tank
- Swimming pools and spas (chemicals used to kill germs are too concentrated for safe drinking, but can be used for personal hygiene, cleaning, and related uses.)

Water Treatment:

All water of uncertain quality should be treated before use for drinking, food washing or preparation, washing dishes, brushing teeth, or making ice. In addition to having a bad odor and taste, contaminated water can contain disease-causing microorganisms. There are many ways to treat water; none is perfect. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth. Make sure you have the necessary materials in your disaster supplies kit for the chosen treatment method.

There are 3 methods for treating water:

1. **Boiling:** This is the safest method. In a large pot or kettle, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of any stored water.
2. **Chlorination:** Liquid household bleach will kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Because the potency of bleach diminishes with time, use only a newly opened bottle. Add 16 drops (1 /8 teaspoon) of bleach per gallon of water, stir, and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 to 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.
3. **Distillation:** While the two methods described above will kill most microbes in water, distillation will remove germs that resist these methods, as well as heavy metals, salts, and most other chemicals. Distillation involves boiling water and then collecting only the vapor that condenses. The condensed vapor will not include salt or most other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

Safe Food

Managing safe food supplies:

1. Use foods that spoil rapidly first.
2. Keep refrigerator and freezer closed.
3. In winter, keep appropriate foods outside.
4. Use an ice chest as available.
5. Discard meat, seafood, dairy products, and cooked foods that are not cold to the touch. If in doubt, throw it out.
6. Keep food in covered containers.
7. Keep cooking and eating utensils clean.
8. Keep garbage in closed containers and dispose outside, burying garbage if necessary.
9. Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected.
10. Use only pre-prepared canned baby formula for infants.
11. Discard any food that has come into contact with contaminated floodwater.
12. Discard any food that has been at room temperature for two hours or more. Thawed food can generally be eaten if it still feels cold. It can be re-frozen if it still contains ice crystals. If in doubt, throw it out.
13. Discard any food that has an unusual odor, color, or texture.
14. Don't eat foods from cans that are swollen, dented, or corroded, even though the product may look safe to eat.
15. Alternative cooking sources include candle warmers, chafing dishes, fondue pots, and fireplaces.
16. Charcoal grills and camp stoves are for outdoor use only.
17. Commercially canned food may be eaten out of the can without warming.
18. To heat food in a can, remove label, clean outside of can with mild bleach solution, and open can before heating.

Recovery

Recovering from a disaster is a gradual process. Be aware of personal safety, mental, and physical health. If assistance is available, know how to access it.

Aiding the Injured:

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, stabilize the neck and back first, then call for help immediately. Administer CPR and first aid as appropriate. Maintain body temperature with blankets, but take care to avoid overheating. Never try to give liquids to an unconscious person.

Protecting Your Own Health:

Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest. Drink plenty of clean water and eat well. Wear sturdy work boots and gloves. Wash hands thoroughly and often when working in debris.

Personal Safety Issues:

Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, slippery floors, chemical spills, downed power lines, smoldering insulation, and dead animals. Inform local authorities as appropriate.

Tips for Returning Home:

1. Keep a battery-powered radio with you to listen for emergency updates and news reports.
2. Use a battery-powered flash light to inspect a damaged home. Note: The flashlight should be turned on outside before entering - the battery may produce a spark that could ignite leaking gas.
3. Watch out for animals. Use a stick to poke through debris.
4. Use the phone only to report life-threatening emergencies.
5. Before entering, walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a professional before entering.
6. Do not enter if you smell gas, floodwaters remain around the building, or your home was damaged by fire and the authorities have not declared it safe.

Entering Your Home and Checking for Damage:

1. Natural gas – If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.
2. Electricity – Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they are safe to use.
3. Appliances – If appliances are wet, turn off the electricity at the main fuse box or circuit breaker, then unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.
4. Water and sewage systems – If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.
5. Your basement – If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.
6. Clean up – Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals.

7. Food and other supplies – Throw out anything you suspect may have become contaminated or come into contact with any floodwater.
8. Insurance – Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

Wildlife and Other Animals:

1. Be wary of any animals. Disasters and life-threatening situations often exacerbate the unpredictability of animal behavior.
2. Do not approach or attempt to help an injured or stranded animal. Call your local animal control office or wildlife resource office.
3. Do not approach wild animals that have taken refuge in your home. Wild animals such as snakes, opossums, and raccoons often seek refuge from floodwaters on upper levels of homes and have been known to remain after water recedes. If you encounter animals in this situation, open a window or provide another escape route and the animal will likely leave on its own. Do not attempt to capture or handle the animal. Should the animal stay, call your local animal control office or wildlife resource office.
4. Do not attempt to move a dead animal. Animal carcasses can present serious health risks. Contact your local emergency management office for assistance.
5. If bitten by an animal, seek immediate medical attention.

Stress and Mental Health Issues:

The emotional toll a disaster brings can often be more devastating than its physical or financial effects. Everyone who sees or experiences a disaster is affected by it in some way. It is normal to feel anxious about your own safety and that of your family and close friends. Profound sadness, grief, and anger are normal reactions to an abnormal event. Acknowledging your feelings helps you recover. Focusing on your strengths and abilities helps you heal. Accepting help from community programs and resources is healthy. Everyone has different needs and different ways of coping. It is common to want to strike back at people who have caused great pain. Children and older adults are of special concern in the aftermath of disasters. Be alert to signs of emotional stress in yourself and others and evaluate the need for crisis counseling or other support.

Tips for Easing Disaster-Related Stress:

1. Talk with someone about your feelings even though it may be difficult.
2. Seek help from professional counselors who deal with post-disaster stress.
3. Do not hold yourself responsible for the event or be frustrated because you feel you cannot help directly in the rescue work.
4. Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
5. Maintain a normal family and daily routine. Spend time with family and friends.
6. Participate in memorials.
7. Use existing support groups of family, friends, and religious institutions.
8. Ensure you are ready for future events by restocking your disaster supplies kits and updating your family plan.

Resources

The following organizations and websites provide more information on general and specific disaster preparedness:

American Red Cross	www.redcross.org
Be Ready Campaign	www.ready.gov
Centers for Disease Control and Prevention	www.cdc.gov
Department of Health and Human Services	www.hhs.gov/disasters
Department of Homeland Security	www.dhs.gov
Federal Emergency Management Agency	www.fema.gov
Michigan State Police	www.michigan.gov/msp
Michigan State Police Emergency Management	www.mspeemd.org
National Oceanic and Atmospheric Administration	www.noaa.gov
National Weather Service	www.nws.noaa.gov
State of Michigan	www.michigan.gov/prepare
US Geological Survey	www.usgs.gov

Personal and Family Emergency Plan

Since an emergency may occur with little or no warning, it is vital that you plan ahead for the protection of your family. Preparing for disaster helps everyone in the family accept the fact that disasters do happen, and provides an opportunity to identify and collect the resources needed to meet basic needs. When people feel prepared, everyone copes better.

Steps to Creating a Family Plan:

1. Contact your local Emergency Management office and/or American Red Cross to find out what hazards exist in your community, how to prepare for them, and how you will be warned if an event occurs.
2. Meet with your family to discuss these hazards and your plans for managing them. Plan where you will go if advised to evacuate.
3. Plan how your family will stay in contact with one another in case of separation.
 - a. Pick two meeting places – one close by your home and one outside the neighborhood in case you can't return home.
 - b. Choose an out-of-area (preferably out-of-state) friend or relative as a check-in contact for everyone to call if needed.
4. Complete a written Family Emergency Communications Plan and keep copies by the telephone, with your important papers, and in your emergency supplies kits.
5. Find the safe spots in your home for each type of disaster, and plan two escape routes out of each room.
6. Find out about disaster plans in place for schools, daycare, workplaces, apartment buildings, and other places your family spends time.
7. Consider how to meet special needs of infants, elderly, disabled, and others.
8. Consider how to care for pets and livestock.
9. Practice and maintain your plan. Update it as needed every six months.

District Health Department #10 Family Emergency Preparedness Checklist

- Identify local hazards and warning systems.
- Post emergency telephone numbers by the phone (fire, police, ambulance).
- Teach children how and when to call 911 or local emergency number for help.
- Teach family members how to turn off water, gas, and electric service at the main switch.
- Teach family members the location and how to use fire extinguisher (ABC type).
- Install smoke detectors on each level of your home and make sure they are working.
- Check to see if you have adequate insurance coverage.
- Take a Red Cross first aid and CPR course.
- Find the safe spots in your home for each type of emergency.
- Determine the best escape routes from your home. Find two ways out of each room.
- Establish two meeting places outside your home.
- Choose an out-of-state friend or relative as a family contact person.
- Assemble disaster/emergency supplies kits for home and car.
- Complete a Family Emergency Communications Plan. Include copies in emergency kits.
- Know emergency plans of schools, daycare, workplaces, and other places your family spends time.
- Plan for special needs of infants, elderly, disabled, and pets/livestock.
- Practice and maintain plan every six months.

District Health Department #10 Home Emergency Supplies Checklist

Water: 3-day supply of water

- One gallon per person, per day

Food: 3-day supply of non-perishable food per person

- Canned meats, fruits, vegetables, soups
- Milk, powdered or canned
- Juices, powdered or canned
- Smoked or dried meats, cereals, crackers
- High energy foods – peanut butter, nuts, trail mix, candy, cookies

Clothing & Bedding: One complete change extra clothing per person

- Sturdy shoes or boots
- Warm socks, hats, gloves, thermal underwear
- Rain gear, sunglasses
- Blankets or sleeping bags

First Aid Kit:

- Sterile bandages, gauze, tape, gloves
- Scissors, tweezers, needles, safety pins
- Soap, antiseptic cleanser, moist towelettes
- Petroleum jelly, antibiotic ointment, insect repellent
- Sunscreen, cold pack, pain/fever reliever

Sanitation Supplies:

- Personal hygiene items
- Plastic garbage bags and ties, plastic bucket with tight lid
- Spray disinfectant, bleach, water purification tablets
- Moist wipes and toilet paper

Special Items: Infants, elderly, other special needs

- Baby formula and juice, bottles
- Diapers and wipes
- Medications
- Extra eyeglasses, contacts, sunglasses, hearing aid batteries
- Any other special needs items

Tools & Equipment:

- Small battery-powered radio with extra batteries
- Flashlight with extra batteries and bulbs
- Matches in waterproof container
- Whistle, signal flare, fire extinguisher
- Aluminum foil, plastic wrap and bags
- Cooking and eating utensils, manual can opener
- Plastic sheeting and duct tape
- Small shovel, utility knife, other tools
- Paper cups, paper towel
- Extra set of car and house keys

Paperwork: Copies of important family documents

- Personal and Family Emergency Plan
- Other important phone numbers
- Small amount of cash, change, and a credit card
- Maps – state, county, city
- Passports, social security cards, birth, marriage, death certificates
- Insurance policies, wills, deeds, personal property inventory
- Immunization records, other medical records
- Savings and checking account numbers

District Health Department #10 Family Emergency Communications Plan

Head of Household Name _____ Date of Plan _____

<p>Meeting Locations: 1. Near Home _____ _____ 2. Away from Neighborhood _____ _____</p>	<p>Local Agency Contacts: Emergency Help <u>9-1-1</u> or Dispatch # _____ Poison Center <u>1-800-222-1222</u> Utilities: Consumers Energy <u>1-800-477-5050</u> DTE Energy <u>1-800-477-4747</u> Other Electric Company _____ Other Gas Company _____ Phone Company _____ Water Company _____ Cable Company _____ Other _____</p>
<p>Local Friend or Relative Contact: Name _____ City/State _____ Phone (Day) _____ (Eve) _____ Cell _____ Other _____</p>	<p>Health Care Providers: Physician/Phone _____ Physician/Phone _____ Pharmacy/Phone _____ Medical Insurance _____ Veterinarian/Phone _____</p>
<p>Out of Area Friend or Relative Contact: Name _____ City/State _____ Phone (Day) _____ (Eve) _____ Cell _____ Other _____</p>	<p>Family Member: Name _____ DOB _____ SS# _____ Workplace/Phone _____ School/Phone _____ Daycare/Other/Phone _____ Medical Info/Medications _____ _____ _____</p>
<p>Family Member: Name _____ DOB _____ SS# _____ Workplace/Phone _____ School/Phone _____ Daycare/Other/Phone _____ Medical Info/Medications _____ _____ _____</p>	<p>Family Member: Name _____ DOB _____ SS# _____ Workplace/Phone _____ School/Phone _____ Daycare/Other/Phone _____ Medical Info/Medications _____ _____ _____</p>
<p>Family Member: Name _____ DOB _____ SS# _____ Workplace/Phone _____ School/Phone _____ Daycare/Other/Phone _____ Medical Info/Medications _____ _____ _____</p>	<p>Family Member: Name _____ DOB _____ SS# _____ Workplace/Phone _____ School/Phone _____ Daycare/Other/Phone _____ Medical Info/Medications _____ _____ _____</p>