

# **Your Family Disaster Plan**

Where will your family be when disaster strikes?

They could be anywhere... at work, at school, or in the car.

How will you find each other?

Will you know if your children are safe?

Preparedness must begin with the individual

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. The Merrimack Fire Department and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Families can, and do, cope with disaster by preparing in advance and working together as a team.

Follow these steps to safety to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

## **STEPS TO SAFETY**

Find Out What Could Happen to You:

What types of disaster could happen:

Winter Storms

Hurricanes

Tornados

Microburst

Floods

Drought

High Heat

Hazardous Materials (Chemical Release)

Technological Disasters

Earthquakes

Terrorism (biological, explosive, radiation)

Wildland Fires

Building Fires

## Air Emergencies

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 your family spends time.

## Create a Disaster Plan:

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes etc 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:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can't return home. Everyone must know that location (the address and phone number.)
- Ask an out-of-state friend to be your "family contact". After a disaster, it is often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact person's phone number.
- Discuss what do in an evacuation. Plan how to take care of your pets.

## Complete This Checklist:

- Post emergency telephone numbers near phones (fire, police, ambulance, etc.)
- Teach children how and when to call 911 or your local Public Safety Service number for emergency help (424-3690 Fire/Ambulance, 424-3774 Police)
- Find out which disasters could occur in your area (Floods, Winter Storms, Thunder Storms, Microburst, Tornados, Hurricanes, Wildland Fires, Hazardous Materials, Extreme Heat, Drought, etc.)
- How to prepare for each disaster
- How you would be warned of an emergency
- Learn your community evacuation routes
- Special assistance for elderly or disabled persons
- 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.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center. Most times emergency services can provide the best protection for your children at the school.

## Practice and Maintain Your Plan:

- Quiz your kids every six months so they remember what to do
- Conduct fire and emergency evacuation drills
- Replace stored water every three months and stored food every six months (keep track of expiration dates and rotate your food as you buy your daily foods)
- Test and recharge your fire extinguisher or extinguishers according to manufacturer's

instructions

- Test your smoke detectors monthly and change the batteries at least once a year (include your Carbon Monoxide Detectors)

# **DISASTER SUPPLY KIT**

Assemble the supplies you might need. Store them in an easy-to-carry container.

Include:

- A supply of water for drinking and cooking (One gallon per person per day) stored in sealed, unbreakable containers
- A supply of non-perishable packaged or canned food and a non-electric can opener
- A change of clothing, rain gear and sturdy shoes
- Blankets or sleeping bags (as needed per person)
- A first aid kit
- Prescription medications
- An extra pair of eyeglasses, contact lens supplies
- A battery-powered radio, flashlight and plenty of extra batteries
- Credit cards and cash in a water proof container
- An extra set of car keys
- A list of important family information; the style and serial number of medical devices such as pacemakers
- Special items for infants, elderly or disabled family members, such as extra diapers, hearing aids, and medical certification
- Books, magazines, cards, toys and games
- Important documents in waterproof containers (Insurance Policies etc)
- Photographs or videotapes of personal property as well as an up-to-date inventory of items (include serial numbers)
- Hygiene supplies
- Shovel, axe and other useful tools
- Fire extinguisher

## **FIRST AID KIT**

You should have two first aid kits; one for your home, the other for your car, if you have one. An emergency first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch & 3-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch & 3-inch sterile roll bandages
- Scissors
- Tweezers
- Needle
- Safety razor blade

- Bar of soap
- Moistened towelettes
- Antiseptic spray
- Thermometer
- Tongue blades and wooden applicator sticks
- Tube petroleum jelly or other lubricant
- Safety pins in assorted sizes
- Cleansing agent/soap
- Latex gloves
- Burn spray or ointment
- Sun Screen

Non-Prescription Drugs such as:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Emetic (use to induce vomiting if advised by Poison Control Center)
- Laxative
- Eye Wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Activated charcoal (use if advised by the Poison Control Center)

## **SUPPLIES AND EQUIPMENT**

Keep the following items in one place, so you can get to them easily:

- A battery-operated radio (with extra batteries)
- Blankets or sleeping bags
- A flashlight (with extra batteries)
- Paper plates and utensils, including a bottle and can opener
- Candles and matches (in a water proof container) or an oil or kerosene lantern (always remember fire safety)
- Toilet articles and sanitary needs

## **If the Electricity Goes Off**

First, use perishable food and foods from the refrigerator. Then use foods from the freezer. To minimize the number of times you open the freezer door, post a list of the freezer contents on the door. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their center, (meaning the foods are safe to eat) for at least three days. Finally, begin to use nonperishable foods and staples.