

Every family member should carry a copy of this important information:

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Other Important Phone Numbers & Information:



### Family Communications Plan

Contact Name:

Telephone:

Out-of-Town Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:



**Dial 9-1-1 for Emergencies!**

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**Dial 9-1-1 for Emergencies!**



**Preparing For A  
Disaster Makes Sense.  
Get Ready Now!**

All the information in this booklet was found on the FEMA website 01/2019. [FEMA.gov](https://www.fema.gov) and developed in this booklet by RHA Health Services.



# Key Elements

You should plan in advance what you will do in an emergency. Be prepared to assess the situation, use common sense and whatever you have on hand to take care of yourself and your loved ones. Think about the places where your family spends time: school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency. If they do not have an emergency plan, consider helping develop one.

- **Develop a Family Communications Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.
- **Deciding to Stay or Go:** Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger.
- **Working Together:** Schools, daycare providers, workplaces, neighborhoods and apartment buildings, like individuals and families, should all have site-specific emergency plans. Ask about plans at the places where your family spends time: work, school and other places you frequent.

Some of the things you can do to prepare for the unexpected, such as making an **emergency supply kit** and **developing a family communications plan**, are the same for both a natural or man-made emergency. However, there are important differences among natural disasters that will impact the decisions you make and the actions you take. Some natural disasters are easily predicted, others happen without warning. Planning what to do in advance is an important part of being prepared.

# After A Disaster

## Disaster Survivor's Checklist:

- **Call my insurance agent (Homeowner & Flood)** To file a claim for damage to my home.
- **Register with FEMA** Go to [www.DisasterAssistance.gov](http://www.DisasterAssistance.gov) or call FEMA.
- **Schedule a FEMA inspection** If an inspector has not called within 14 days of my registration, check the status of my case by calling FEMA.
- **Read my FEMA determination letter carefully** It will explain if I'm ineligible; and the reason why may be easily fixed.
- **Use my FEMA grant wisely** Budgeting is important—recovery may take longer than expected.
- **Save receipts and maintain good records** Save receipts for all repairs, cleanup, and disaster-related costs. FEMA may audit the way the money is spent.
- **Stay in touch with FEMA** Keep my contact information current with FEMA and check back often.
- **Visit a Disaster Recovery Center** For help and expertise, and to talk to someone in person.
- **Visit a FEMA Hazard Mitigation display** Available at participating home improvement stores; look for public announcements.

**Stay in touch with FEMA:** 800-621-3362

800-462-7585 TTY

**[www.DisasterAssistance.gov](http://www.DisasterAssistance.gov)**



# About RHA

RHA offers high-quality services and supports that are guided by our **Core Values** of *Passion, Accountability, Communication, and Ethics* (PACE). Our staff is some of the best trained and most dedicated in the industry. We offer a comprehensive range of services and supports for people of all ages with developmental disabilities and/or behavioral health concerns. All **RHA services** are person-centered, meaning that we always strive to build support structures that are responsive to the needs and goals of the people we support.



**Interested in a career  
with us?**

**[www.rhajobs.com](http://www.rhajobs.com)**



To find services in your area, please visit  
**[rhahealthservices.org/contact-us-refer/](http://rhahealthservices.org/contact-us-refer/)**  
Or call 800-848-0180

# Have A Plan

## Family Communication



The likelihood of you and your family surviving a disaster depends upon preparation. Having a plan, a basic supply kit, communication with one another and an exit strategy are essential for being prepared and ready. Preparing for the unexpected makes sense.

## Put Your Plan In Writing



Every member of the home needs to know the plan. Who do we call, where do we go, what do we take with us? Each member should have this information, Practicing this plan and keeping it updated is essential in keeping you and your family safe.

## Emergency Supply Kit



Your emergency supply kit can be as unique as you are. It can be stored in a tote or duffle bag or a plastic storage bin. Whatever you chose, make sure to have the basic emergency t needed such as food and water. If you have pets, don't forget pet food. If you are on medications or are diabetic, ensure you have insulin and other necessary medications. Finally, always have cash on hand as ATM's may not be available or accessible.

# Helpful Resources

## Family Communications Plan

**Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.**

Out of Town Contact Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

**Fill out the following information for each family member and keep it up to date.**

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

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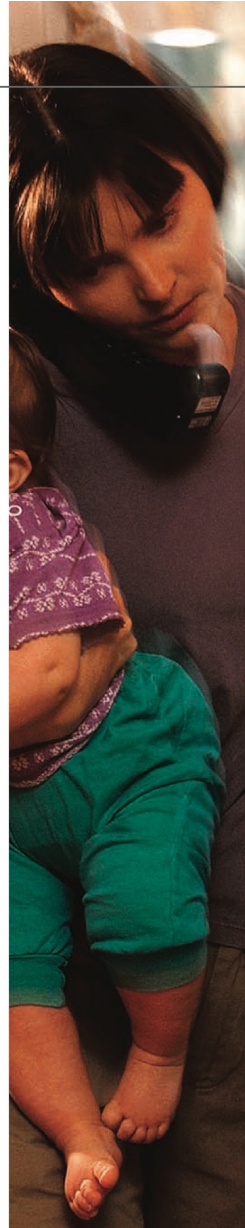
Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

**Where to go in an emergency.** Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans. (over)



# Your Plan

[www.fema.gov](http://www.fema.gov)

[www.redcross.org](http://www.redcross.org)

[www.sandhillscenter.org](http://www.sandhillscenter.org)

[www.dhs.gov](http://www.dhs.gov)

[www.rhanet.org](http://www.rhanet.org)

[www.samhsa.gov](http://www.samhsa.gov)

.....  
**KNOW**  
.....  
**YOUR**  
**RESOURCES**



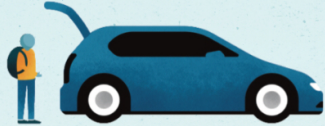
# Be Smart: Evacuate

## DECIDING TO STAY OR GO

If authorities advise or order you to evacuate, grab your “go bag” and **leave immediately**. If you are not in a mandatory evacuation zone, you may still decide to leave the area, you may need to move to higher ground, or you may choose to stay in your home. If you decide to stay home, remember that even if the high winds and floodwaters do not reach your home, you may lose power and water, and you may not be able to leave your home for several days if the roads are impassable.



### IF YOU ARE IN AN AREA WHERE AUTHORITIES ADVISE OR ORDER YOU TO EVACUATE: TAKE ACTION IMMEDIATELY TO EVACUATE!



Grab your “go bag” and leave immediately. Follow posted evacuation routes and do not try to take shortcuts because they may be blocked. Stick to designated evacuation routes. **For localized information:**

- **Evacuation routes:** Check with your state’s Department of Transportation or Office of Emergency Management website to find routes near you.
- **Emergency shelter location:** To find a shelter near you, check the FEMA mobile app: [fema.gov/mobile-app](https://fema.gov/mobile-app).

**Don’t forget:** Write down your evacuation route and shelter information on your Hurricane Preparedness Checklist.

## IF YOU ARE IN AN AREA WITHOUT AN EVACUATION NOTICE:



If you are in an area that is flooding (e.g., on the coast, on a floodplain, near a river, or on an island waterway), move to a location on higher ground before floodwaters reach you.



Stay indoors and away from windows and glass doors. If you are in a temporary structure, safely move to a sturdy building and go to a windowless room on the lowest level that is not likely to flood.



Never use a generator, gasoline-powered equipment and tools, grill, camp stove, or charcoal burning device inside or in any partially enclosed area. Keep these devices outside and at least 20 feet from doors, windows, and vents.



# Important Numbers

## Home

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Regional Meeting Place: \_\_\_\_\_

## Work

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Work

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Other place you frequent:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_


## Other place you frequent:

Address: \_\_\_\_\_


Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_


# Know Your Alerts



ADVISORY



WATCH



WARNING

**Advisory:** when conditions are such that they cause significant inconvenience that may be hazardous. \*Not life threatening.

**Watch:** is when a thunderstorm, tornado or Hurricane is possible within 48 hours. There is a potential that you may lose power-so get emergency supplies ready.

**Warning:** The weather concern is within 36 hours of occurring. During a warning, complete your storm preparations and immediately leave the threatened area if told to do so by local officials.

# Stay Tuned To News Reports



Important Information		Name	Telephone #	Policy #
Doctor(s):				
Other:				
Pharmacist:				
Medical Insurance:				
Homeowners/Rental Insurance:				
Veterinarian/Kennel (for pets):				

Other useful phone numbers: 9-1-1 for emergencies

Police Non-Emergency Phone #: \_\_\_\_\_

# Emergency Kit



## Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps



## Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children

# Car Emergency Kit

## Car Safety



Plan long trips carefully, listening to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if absolutely necessary.

## Emergency Kit for the Car



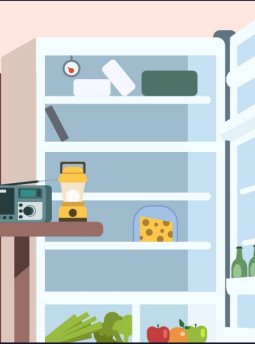




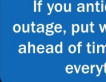




In case you are stranded, keep an emergency supply kit in your car with the addition of these automobile extras:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blanket
- Map
- Cat litter or sand for better tire traction

# Keep Your Kit Stocked

## Is Your Disaster Kit Stocked?

Food in your fridge stays good for approximately four hours without power. Hurricane Sandy knocked out power to 8.5 million customers for seven days. What is your disaster preparedness plan?

Be Prepared	When the Power Goes Out	When the Power Returns
		
 Make sure you have an appliance thermometer.	 If the freezer isn't full, group together to form an "igloo."	 Check temperature inside fridge and freezer.
 Have a few days of ready-to-eat food.	 If you anticipate a power outage, put water in the fridge ahead of time, it'll help keep everything cool.	 Discard perishables, meats, poultry, seafood, eggs, leftovers. When in doubt, throw it out!
 Know where to get dry ice or block ice.	 Keep the fridge and freezer door closed.	 Unusual odor, color, or texture? Throw it out!

### Prepare your Disaster Kit:

What items should you have on-hand for a power outage:

 Store at least a three-day supply of non-perishables.	 Choose foods your family will eat.	 Avoid foods that will make you thirsty.	 Remember any special dietary needs.	 Choose salt-free crackers, and whole grain cereals.
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Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

- 1 Ready-to-eat canned meats, fruits, vegetables and a can opener
- 2 Protein or fruit bars
- 3 Dry cereal or granola
- 4 Peanut butter
- 5 Dried fruit
- 6 Nuts
- 7 Crackers
- 8 Canned juices
- 9 Non-perishable pasteurized milk
- 10 High energy foods
- 11 Vitamins

# Disasters Can Happen Anywhere

Disasters can happen anywhere! So always have a plan and always be prepared. Some places you may want to consider are:

- Home
- Car
- Church
- Work
- School
- Event/Concert

Any time and any place-so have a plan, practice your plan and know what you would do. Being prepared makes sense.

