

# **Safeguarding the Family: An Emergency Preparedness Plan**

1. Develop a Family Plan
  - a. Review and complete check list with family members. Finalize needs and put the plan into action.
  - b. Practice an evacuation plan (car, house, office, school)
  - c. Compile and copy important documents.
  - d. Money (cash in small denominations) in car, kits, etc.
2. Assemble Evacuation Kits
  - a. Include items that fill physical and emotional needs during times of emergency. Include water, food, protective clothing, shelter, first aid supplies, light source, important documents, cash, entertainment, etc.
  - b. Keep supplies in portable containers (i.e., backpack, vest, wheeled luggage)
  - c. For easy access, store under bed or in a central location on the main floor.
3. Establish Emergency Communication Methods
  - a. Meeting place outside of home
  - b. Out-of-state contact person. Include in evacuation kit.
  - c. Determine best escape routes from home. Find two ways out of each room.
  - d. Discuss and record established travel routes from house, work, office, school. Include in evacuation kit.
  - e. Establish a network of support with close neighbors.
4. Acquire Emergency Food and Water (14-day supply)
  - a. Foods the family likes that provide reasonable balanced nutrition.
  - b. Foods that require no refrigeration.
  - c. Foods that need little or no cooking.
  - d. Water supply for consumption and sanitation (15 gallons per person per week).
5. Develop First-Aid Resources
  - a. Purchase a first-aid manual
  - b. Become trained in basic first aid and CPR.  
Resources: American Red Cross, local hospitals, campus continuing education programs, city fire departments
  - c. Assemble first-aid kit with basic supplies
  - d. Practice, practice, practice.
6. Prepare for Proper Sanitation Practices
  - a. Become familiar with and practice methods of purifying water
  - b. Establish emergency personal hygiene procedures for maintenance and disposal.
  - c. Acquire necessary equipment
7. Evaluate Special Needs
  - a. Determine needs for individual family members, (i.e., babies, elderly, pets, etc.).
  - b. Include special food, medication, and supplies as needed.

## Suggested Resources

American Red Cross: <http://www.redcross.org>

FEMA (Federal Emergency Management Agency): <http://www.fema.gov>

LDS Church Provident Living website: <http://providentliving.org>

Local state emergency organizations

Ward and Stake emergency specialists