

PREPARING FOR AN EMERGENCY

Prepared for the Arlington Civic Federation Delegates College 3/24/02

Sources: FEMA and Red Cross materials

FAMILY EMERGENCY KIT -- Perishables	FAMILY EMERGENCY KIT – Equipment/Tools
Water –1 gallon per person per day plus what pets need; 3 day supply winter storm; 2 weeks nuclear. Rotate every 3-6 months	Battery-powered radio; NOAA weather/alert radio Flashlight and extra batteries Canister ABC fire extinguisher
Food – Non-perishable; doesn't require heating – canned, dried, boxed. Replace every 3 months. Get favorites, high in calories	Clothing – extra underwear, socks; outer wear; sturdy shoes or boots; rain gear
Special Needs – Babies, toddlers, members with special dietary needs	Disposable gloves (rubber, latex)
Medicines – Both prescription and non-prescription – talk to pharmacist about storage of prescription medications	For each animal--animal crate and leash
Disinfectants – for both personal hygiene and to sterilize water (common household chlorine bleach)	Paper products (plates, cups, utensils) or mess kits; manual can opener
Vitamins and other necessary supplements	First aid kits (bandages, tweezers, scissors, cold packs)
Dry pet food	Money--cash
	Matches
	Sterno/food heating equipment (camp grill, fondue pot, etc.)
	Bedding/shelter (sleeping bags, tents)
	Plastic garbage bags

COPIES OF IMPORTANT FAMILY DOCUMENTS Should be stored in fire/water-proof receptacle
Birth certificates
Drivers' licenses
Powers of attorney, advance medical directives, wills
Insurance policies and beneficiary lists
Marriage certificates
Copies of prescriptions for essential medications
List of serial numbers for essential medical equipment (pace-makers, etc.) and extra batteries if applicable
Deeds, stocks, bonds
Immunization records
Bank account numbers
Credit card numbers, names and phone numbers of issuers
Proof of vaccinations for animals, as appropriate

PLANNING FOR AN EMERGENCY

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Know what to do if an emergency hits, if you're separated from other family members, if you're told to shelter in place or evacuate.

FAMILY EMERGENCY PLAN
Discuss the types of emergencies that might arise – natural or man-made. Include children where appropriate.
Discuss what you might have to do in case an emergency occurs while you're at home. Where and how would you take shelter inside your home? Do you know which parts of your home are safest under various circumstances (tornado, power outage, chemical spill)?
Discuss plans if you are separated from one another.
Communications – select an out-of-town contact (or out of state) who you would call to report in; make cards with all important phone numbers, e-mail addresses, pager numbers. Give them to each family member to keep with them. Give them to school, to work, and to your contact. Know your area's EAS (Emergency Alert stations – WTOP, Channel 31) and listen to them for instructions.
Establish a meeting place. If you must evacuate your home, where would you meet? If you are separated from one another and cannot return home, where would you meet? Do you have alternate shelter arrangements that would also include your pets?
Know your utility systems. Do you know how to turn off the electricity at the main power box? Do you know where the main water cut-off is and how to do it? Do you know where and how to turn off natural gas? (Caution: Natural gas should never be turned off unless specifically directed to do so by the power company. It takes a professional to turn it back on.) Do you have the necessary turn-off tools?
Practice and Review – evacuation; shelter in place; separation
Know the plans for your school, your work, your neighborhood. Know who might need help in an emergency (the elderly, the mobility-impaired, the ill). Consider how you might help others. Consider taking CPR or First Aid courses.