

# Family Disaster Plan and Personal Survival Guide



*Compliments of...*



**GLOBAL**  
**MANUFACTURING**

# Family Disaster Plan and Personal Survival Guide

## I. PREPARATION

### Family Meetings

At least once a year, have a meeting with your family to discuss and update your disaster plan. Determine what additional training, equipment, and supplies are needed to meet your family's needs. Don't forget to practice! Occasional drills can improve reaction time and help to avoid panic in an actual emergency.

- A.** Know how and where to shut off utilities.

Location of Main Water Valve: \_\_\_\_\_

Location of Gas Valve\*: \_\_\_\_\_

Location of Wrench: \_\_\_\_\_

Location of Garage Door Manual Override: \_\_\_\_\_

Location of Other Utilities: \_\_\_\_\_

\* Do not shut off gas unless you suspect a leak exists.

- B.** On a separate sheet of paper, draw a floor plan of your home showing the location of exit doors and windows, utility shutoffs, first aid kit, and emergency supplies. Ensure EVERYONE in your household is familiar with it. Show it to babysitters and house guests when you're going away.

- C.** Reunion locations: Establish two places where you and your family can meet following an emergency. One immediately outside of your home, e.g. a neighbor's mailbox, or community park **AND** another site outside of your immediate community in case you are unable to return home.

Home Location: \_\_\_\_\_

Away-from-Home Location: \_\_\_\_\_

- D.** Out-of-State Contact: Name and telephone number of a person outside of the state for family members to call and report their location and condition. Everyone should memorize this number!

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

Location: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

- E.** What is your children's school disaster policy?

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Are medical consent forms for your children complete and current? \_\_\_\_\_

Where are they located? \_\_\_\_\_

- F.** Assemble a Home Emergency Supply Kit. Store it in a convenient and accessible location. See Section VII for details on what to put inside your Home Emergency Supply Kit.

Location of Home Emergency Supply Kit: \_\_\_\_\_





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## II. TRAINING

- A. Learn how to protect yourself from falling objects, smoke, fire, toxic fumes, etc.
- B. Learn First Aid/CPR

Person(s) Trained:

Name: \_\_\_\_\_ Date Training Expires: \_\_\_\_\_

Name: \_\_\_\_\_ Date Training Expires: \_\_\_\_\_

## III. BEFORE A DISASTER

There are many different kinds of disasters, such as earthquakes, fires, floods, airplane crashes, chemical spills, and explosions, which seldom give warning and can be equally devastating to their victims. Although this guide is primarily about earthquake preparation, the steps you take will help your family prepare for any type of disaster that could strike in your community. For additional information on local disaster preparedness for your home, school, and business visit [www.redcross.org/get-help/prepare-for-emergencies/mobile-apps](http://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps)

- A. Download **Red Cross Emergency App** for Android and iOS devices.  
Disponible en español  
This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts, to help keep you and your loved ones safe.  
**OR text:** "GETEMERGENCY" to 90999
- B. Inspect your home. Identify potential hazards and evacuation routes.
- C. Secure water heater and tall or heavy furniture to wall studs.
- D. Move heavy items to lower shelves in bookcases.
- E. Install clips, latches and other locking devices on cabinet doors.
- F. Provide strong support and flexible connections on gas appliances.
- G. Remove or isolate and secure flammable materials.
- H. Review and practice this plan.

*The **MUST-Have**  
Preparedness App*

**Red Cross Mobile  
Apps** !

## IV. DURING AN EARTHQUAKE

- A. If you are indoors **STAY THERE**. Move away from windows, bookcases, and high/overhanging shelves. Get under a sturdy table or desk and hold onto it. Be prepared to move with it and **HOLD** that position until the shaking stops and it is safe to relocate. If there is no desk or table to get under, brace yourself in an interior corner. Watch for falling, flying and sliding objects, and be especially careful around windows, as they can shatter during an earthquake.  

**NOTE:** *If you are in a mobile home which is resting on A-Frame supports, get on top of the bed or sofa and cover your head and face. If a mobile home slips off the supports they may penetrate the flooring and cause injuries.*
- B. If you are outdoors, move to an open area away from buildings, trees, power poles, brick or block walls and other objects that could fall.
- C. If you are in an automobile, stop and stay in it until the shaking ends. Avoid stopping near trees and power lines or on or under overpasses or bridges.
- D. If you are in a multi-level building, get under a desk and hold on, or crouch next to an interior wall until the shaking stops. **DO NOT USE THE ELEVATOR TO EVACUATE**. Use the stairs.
- E. If you are in a store, get under a table or any sturdy object. Avoid stopping under anything that could fall. **DO NOT RUN FOR THE EXIT**. After the shaking has stopped, choose your exit carefully.

**PREPAREDNESS STARTS WITH YOU!**

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## V. IF YOU EVACUATE

- A.** Take with you:
- Medicines and first aid kit
  - Flashlight, radio and batteries
  - Important documents and cash
  - Blankets and extra clothes
  - Personal sanitary items
  - Any additional items you feel are necessary (e.g. photos, heirlooms, jewelry, etc.)
- B.** Make arrangements for pets. Don't forget food, medications, vaccination records, and other important items.

## VI. AFTER A DISASTER

- A.** Put on heavy shoes immediately to avoid injury from stepping on glass.
- B.** Locate a light source, such as a flashlight, if necessary.
- C.** Check for injuries and administer first aid.
- D.** Check for fires and fire hazards.
- Sniff for gas leaks, starting at the hot water heater. If you smell gas, hear a hissing sound or suspect a leak, turn off the main gas valve, open the windows and carefully leave the house. **DO NOT TURN LIGHTS ON OR OFF. DO NOT STRIKE MATCHES.**
- NOTE:** Do not shut off the gas unless you suspect a leak exists. Only the gas company can restore service.
- If necessary, turn off the electrical system at the main circuit breaker or fuse box.
- E.** Check on your neighbors.
- F.** Visit [www.ready.or](http://www.ready.or) or the **Red Cross Emergency App** for updates, shelter locations, interactive mapping information (e.g. evacuation areas and hazard perimeters), official social media feeds, and other critical information.
- G.** Listen for advisories using a battery powered radio. NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information from the nearest National Weather Service office.
- H.** Do not use the phone except in emergencies. Only call 9-1-1 for life threatening emergencies. Have a plug-in analog phone in case the power is out, but phone lines are still working.
- I.** For general and updated disaster information or volunteer opportunities, call 2-1-1.
- J.** Do not touch downed power lines or objects touching downed wires. Do not stand in water near downed lines.
- K.** Remove fallen debris that may cause personal injury.
- L.** Assess house, roof, and chimney for damages.
- M.** Be prepared for aftershocks.
- N.** Open closets and cupboards carefully because items may have fallen or become rearranged.
- O.** Cooperate with public safety officials.
- P.** Be prepared to evacuate when/if necessary.
- Q.** DO NOT GO SIGHTSEEING!

# Family Disaster Plan and Personal Survival Guide

## VII. HOME EMERGENCY SUPPLIES

This list contains items usually available in your home. It is recommended that they be organized and located together for easy access during an emergency. Your emergency supplies should be sufficient to sustain you, your family and pets for a **minimum of 72 hours**. A two (2) week supply of prescription and necessary over-the-counter medications is recommended.

### Basic Supplies

- |   |  |
|---|--|
| <input type="checkbox"/> Water* – minimum of 1 gallon per person per day  | <input type="checkbox"/> Blankets or sleeping bags for each member of the family |
| <input type="checkbox"/> Non-Perishable Foods*  | <input type="checkbox"/> Radio – portable, with spare batteries                  |
| <input type="checkbox"/> First Aid Kit and Manual   | <input type="checkbox"/> Prescription and over-the-counter medications*          |
| <input type="checkbox"/> Can opener – non-electric  | <input type="checkbox"/> Additional equipment – glasses, dentures, hearing aids  |
| <input type="checkbox"/> Watch or clock – non-electric  | <input type="checkbox"/> Flashlight – spare batteries and light bulb             |
| <input type="checkbox"/> Plug-in analog telephone   | <input type="checkbox"/> Fire extinguisher – multipurpose labeled “ABC”          |
| <input type="checkbox"/> Cash   | <input type="checkbox"/> Whistle   |
| <input type="checkbox"/> Important documents  | <input type="checkbox"/> Dust mask   |
| <input type="checkbox"/> Activity items for adults (e.g. deck of cards) and kids (e.g. coloring books with crayons) |  |

\*Rotate food, water, and medications as necessary. Remember to consider household members with unique needs: infants, elderly, disabled, allergies. Avoid salty foods, as they will make you thirsty.

### Water Tips

The best option is to store drinking water prior to a disaster, in appropriate containers. If purified water is not available, water should be boiled for 1 full minute, keeping in mind that some water will evaporate. Let the water completely cool before use.

### Sanitation Supplies

- |   |  |
|---|--|
| <input type="checkbox"/> Large plastic trash bags for waste, sanitation, and protection |  |
| <input type="checkbox"/> Pre-moistened towelettes                                       | <input type="checkbox"/> Feminine supplies             |
| <input type="checkbox"/> Hand soap and liquid detergent                                 | <input type="checkbox"/> Infant supplies               |
| <input type="checkbox"/> Shampoo  | <input type="checkbox"/> Toilet paper and paper towels |
| <input type="checkbox"/> Toothpaste & toothbrush  | <input type="checkbox"/> Deodorant                     |

### Cooking Supplies

- ☐ Plastic bags – various sizes, sealable
- ☐ Paper plates, plastic utensils, paper towels
- ☐ Pots (cooking) – at least two
- ☐ Barbecue or gas grill; charcoal and lighter or propane (**for outdoor use only**); Sterno® stove

# Family Disaster Plan and Personal Survival Guide

## VII. HOME EMERGENCY SUPPLIES (CONTINUED)

### Safety Supplies

- |  |   |
|--|---|
| <input type="checkbox"/> Knife, razor blade, and multipurpose tool   | <input type="checkbox"/> Heavy gloves for each adult        |
| <input type="checkbox"/> Clothes – complete change for each family member<br>(Preferably long pants and long sleeves for protection) | <input type="checkbox"/> Heavy shoes for each family member |

### Pet Supplies

- |  |  |
|--|--|
| <input type="checkbox"/> Carrier   | <input type="checkbox"/> Collar with ID tag and harness or leash                 |
| <input type="checkbox"/> Food  | <input type="checkbox"/> Water   |
| <input type="checkbox"/> Medications   | <input type="checkbox"/> Sanitation items – Litter and litter box if appropriate |
| <input type="checkbox"/> Important documents such as vaccination records and license information |  |

### Car Survival Kit

- |   |   |
|---|---|
| <input type="checkbox"/> Non-perishable food      | <input type="checkbox"/> Sealable plastic bags                |
| <input type="checkbox"/> Flares                   | <input type="checkbox"/> Flashlight with batteries            |
| <input type="checkbox"/> Bottled water            | <input type="checkbox"/> Tools and rubber hose                |
| <input type="checkbox"/> First Aid Kit and Manual | <input type="checkbox"/> Critical medications                 |
| <input type="checkbox"/> Fire extinguisher        | <input type="checkbox"/> Pre-moistened towelettes and tissues |
| <input type="checkbox"/> Blanket                  | <input type="checkbox"/> Extra clothing                       |

## VIII. IMPORTANT TELEPHONE NUMBERS

**USE "9-1-1" FOR LIFE THREATENING EMERGENCIES ONLY**

NON-EMERGENCY FIRE DEPARTMENT: \_\_\_\_\_

NON-EMERGENCY LAW ENFORCEMENT AGENCY: \_\_\_\_\_

PRIMARY DOCTOR: \_\_\_\_\_

GAS COMPANY: \_\_\_\_\_

ELECTRIC COMPANY: \_\_\_\_\_

WATER COMPANY: \_\_\_\_\_

OUT-OF-STATE CONTACT: \_\_\_\_\_

POISON CONTROL: 1-800-222-1222 \_\_\_\_\_

OTHER: \_\_\_\_\_

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## IX. PRACTICE YOUR PLAN AS A FAMILY

- A.** Practice helps people feel less disoriented and better organized in case of a disaster – even in the middle of the night.
- B.** Make sure your family knows where to locate fire extinguishers, gas and water valves, and the main circuit breaker.
- C.** Update your Family Disaster Plan every year.
- Verify the telephone numbers and personal information of everyone listed in the plan.
  - Print updated copies for all the members of your family.
- D.** In case of emergency, you should know the school's disaster plan.
- Determine what is required to release your child to your representatives if you cannot get there yourself.
  - Ensure that the school knows your current contact information and those people authorized to pick up your child.
- E.** Check the contents of your emergency kits.
- Change the batteries in your flashlights and portable radio; replace spare batteries.
  - Replenish your emergency kits. Replace bottled water; ensure that all food is still safe to eat and that medications have not expired.

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

### EMERGENCY CONTACT INFORMATION

Out-of-State Contact

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

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

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

Out-of-Area Meeting Place: \_\_\_\_\_

Call 2-1-1 for disaster information such as shelters, road closures, affected areas, and recovery and relief programs.

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## NOTICE:

The information presented in this brochure is believed to be accurate and of practical value in preparing for a disaster, however, no guarantee can be given that the guidance presented will provide protection.

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This original document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

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