



# FAMILY STEPS TO SURVIVAL

## Family Emergency Plan



### WHY?

**Plan now, to avoid trouble later!**

Do members of your family know the safest and most dangerous places in your home during a disaster or an emergency? Do they know where to meet if they're separated? Do they know how to report their physical conditions and whereabouts?

Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family emergency plan. If you've already developed a plan, take time NOW to review and update it.

Consider the recommendations included on the reverse side of this Focus Sheet when you develop or update your plan.

*These are only suggestions for preparing your family. Use discretion and common sense in your preparations.*

## STEP 1

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## Your Environment

**Safe Spots:** Identify objects or places in each room that will provide protection from falling objects:

- Sturdy desks and tables
- Interior walls/corners

**Danger Spots:** Identify objects or places in each room that pose a danger during a disaster or an emergency:

- Windows
- Tall unsecured furniture
- Heavy objects on shelves
- Appliances
- Hanging mirrors/plants
- Pictures
- Ceiling lights
- Tall unbraced chimneys inside and outside the structure.

**Evacuation Routes:** Locate exits and alternate ways to leave your home should the need arise.

**Utility Shut-offs:** Show everyone where the shut-offs for the following are located:

- Water
- Gas
- Electricity

Teach everyone when and how to shut them off. Gas should be turned off only if you suspect a leak. Contact your utility company if you're not sure.

## Special Provisions

Plan for family members who have special needs, including:

- Seniors
- People with disabilities
- Children
- Individuals who take special medications
- Individuals who do not speak English
- Pets

Make provisions for:

- Evacuation, if required
- Special foods
- Medications/eye glasses
- Life-sustaining equipment
- Wheelchairs, canes, walkers
- Strollers

Be sure to store such items in a location that's easy to access.

## Meeting Plans

It's important that family members know where and how to reunite after a disaster or an emergency. Knowing everyone is alive and well will help family members cope with the situation more easily.

Include the following in your family emergency plan:

- Out-of-state contact
- Meeting place
- Policies of schools and day-care centers pertaining to:
  - Emergency shelter
  - Transportation
  - Care for children

Designate someone to pick up your children if you are unable to do so after an emergency. Be sure to check with your school for its policies in reuniting children with parents.

## Plan Responsibilities

You and family members will have to attend to many details. So will your neighbors. Get together and develop a plan that covers all potential problems. Assign specific responsibilities to each person based on their probable locations since it may be difficult to travel as a result of the disaster or emergency.

Complete, clip and give each family member the following:

Name: _____
Address: _____
Phone: _____
Out-of-state contact: _____
Phone: _____
Meeting place: _____
_____
Special needs: _____
_____
Responsibilities: _____
_____

*Extracted and adapted from "Make A Family Earthquake Plan," developed by the California Emergency Management Agency (Cal EMA).*

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