



Emergency Disaster Preparedness Checklist



1) Have a Plan

Your Plan Should Have Three Important Things:

A Meeting Place, Emergency Supply Kit, and an out of Area Contact

- Identify what types of disasters are most likely to happen; flooding, earthquakes, winter storms.
- Establish a place for your family to meet, in the event that your home becomes inaccessible.
- Identify an out-of-state contact; it will be easier to call long distance if local lines are tied up.
- Keep your disaster supply kits up to date. Have kits for your vehicle, work and school.
- Teach all family members when, where and how to turn off utilities.
- Practice emergency drills and teach children how and when to call 911.
- Give emergency information to babysitters or other caregivers.
- Be sure to keep at least a half-tank of gas in your vehicle at all times.
- Have a battery operated radio to receive emergency notifications and up-to-date information.
- During an emergency keep calm and take time to think. Give assistance where needed.
- Know what you should do to help family, friends, neighbors and elderly persons with special needs.
- Have a plan for your pets.



2) Put Together an Emergency Supply Kit

Be Prepared with 3 -7 Days of Emergency Supplies



Disaster Kit Essentials:

- Water: 1 gallon per person per day
- Food: Dry or canned, protein bars
- Can opener
- Waterproof matches
- First aid kit, First aid book
- Extra set of clothes, sturdy shoes
- Sleeping bag or blankets
- Battery powered radio
- Flashlight with extra batteries
- Medications, eye glasses
- Extra house keys and car keys
- Toys, books, deck of cards
- Cash, copies of important documents
- List of contact names and phone numbers
- Extra charged cell phone battery
- Whistle

Additional Items:

- Camp stove, BBQ
- Fuel for cooking
- Paper plates, foil, utensils
- Liquid detergent, bleach
- Trash bags, toilet paper
- Waterless hand sanitizer
- Soap, shampoo
- Toothpaste, toothbrushes
- Personal hygiene items
- Infant supplies, moist towlettes
- Tent, plastic sheeting, rope
- Axe, shovel, wrench
- Screwdriver, pliers, hammer
- Knife, gloves
- Shelter-in-Place supplies
- Duct tape



3) Learn CPR / First Aid

To be more prepared to help your family and neighbors, learn CPR and First Aid.
Discuss Emergency Preparedness planning with your family, neighbors, and co-workers.
Get Involved - Join a Community Emergency Response Team (CERT).