

Help Your Family Get Ready for Emergencies

Hurricanes, fire and hazardous material incidents are only a few types of emergencies we can encounter here on Long Island.



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PREPARE AND PRACTICE FAMILY ACTIVITY

Family
reproducible
Worksheet

By taking a few simple steps ahead of time—creating an emergency supply kit, making a family emergency plan, and learning about different kinds of disasters—families can be better prepared for emergencies. To make an emergency supply kit and plan that meets the unique needs of your family, discuss the following scenarios as a family, making notes on the lines provided.

Scenario 1: Imagine that your family needs to evacuate your home on foot (such as in the case of fire).

1 Where would you go? How long would it take to get there?

2 How would you get there?

Scenario 2: Imagine that your family needs to leave your neighborhood, town, or city quickly (such as in the case of a weather emergency).

1 Where would you go? How long would it take to get there?

2 What mode of transportation would you use?

3 What items should you have on hand to make your trip easier (e.g., map with marked route, change of clothes, extra fuel, food, and water)?

4 Where is an alternate place you could go, if necessary?

Scenario 3: Imagine that an emergency happens in the middle of the school day.

1 What is the plan at your children's schools?

2 What is your family's plan for getting in touch with each other and/or meeting each other?

3 Where does each family member carry a list of emergency contact phone numbers (e.g., book bag, briefcase, wallet)?

Emergency Supply Kit

1. What items in your emergency kit require batteries, chargers, or other supplementary items?

2. Does a member of your family require daily medicine? If this medicine requires refrigeration, do you know how to keep it cold during an emergency?

3. Do you live in a cold weather climate and need to put extra coats or blankets in your kit?

4. Do you have an infant in your family that needs diapers and/or formula?

5. Do you have all the things you need for your pet (e.g., food and water) in your kit?

6. What important family documents should you have on hand (e.g., identification, insurance forms, etc.)?

Emergency Plans

1. Is your family aware of the school's communication plans in the event of an emergency?

2. Does everyone in your family have the phone number for an out-of-town contact that can relay messages during an emergency?

3. Have you selected meeting places inside and outside of your neighborhood?

4. If you have pets, what is your plan for making sure that they are safe during an emergency? Where would they go if you needed to evacuate?

Go to the *Ready Kids* section of www.ready.gov to create your own Family Communication Plan and Emergency Supply Kit.



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Pack a family GO-BAG. It should include the supplies below plus all of your medications since you may not be able to seek medical attention for a few days.

Family Supply List

Emergency Supplies

Water, food and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.



Recommended Supplies to include in a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can openers for food (if kit contains canned food)



Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person.





Ready Kids.

U.S. DEPARTMENT OF HOMELAND SECURITY



COMMUNICATE!

- C** Create a family communication plan so you can get in touch with family members. Give copies of contact information and meeting locations to everyone in your family.
- O** Options are available: telephone, cell phones and email are all great ways to get in touch with family members.
- M** Make sure you know the emergency plan at your child's school
- M** Make a decision about where you will meet in case you can't get home during an emergency.
- U** Understand that it may take time to get through to everyone. Try to be patient.
- N** Needs of your pets should be kept in mind. Keep a pet carrier for easy transport.
- I** Information yourself. Watch news broadcasts, read online news updates or listen to a battery-operated radio for official guidance during an emergency but also prepare in advance.
- C** Copies of your emergency plan should be in your emergency supply kit in case you need to leave in a hurry.
- A** Ask kids to discuss their concerns and feelings. Do they understand the family plan?
- T** Take the kids to visit the 'meeting spots' so that they are familiar and feel comfortable finding them on their own if necessary.
- E** Emergencies take many forms. Categorize different types of emergencies and discuss the level of concern related to each and how that is reflected in your family plan.

