

# Disaster PREPAREDNESS Guide



## Property I.D.



The most critical test of your preparedness will be in time of emergency. After a major disaster, the usual services we take for granted (such as running water, refrigeration, and telephones) may be unavailable. Experts recommend that you should be prepared to be self-sufficient for at least three days.

Developing and rehearsing an emergency action plan will add precious time needed for response to a crisis. Emergencies take the form of hurricanes, tsunamis, floods, fires, and virtually any other event that may injure people, the environment, or their property. The Property I.D. Disaster Preparedness Guide has been prepared to assist homeowners and their families in their preparations for natural disasters.

**"Sixty-seven percent of households have a disaster preparedness kit, according to the Insurance Research Council."**

**- Insurance Information Institute**

This guide is based on the most reliable hazard awareness and emergency education information available at the time of publication, and can be used as a reference source or as a step-by-step manual. The information is, however, too brief to cover every factor, situation, or difference in buildings, infrastructure, or other environmental features that might be of interest. We urge you to conduct further research on your own and use additional sources of information in creating a more effective disaster preparedness kit to meet your specific needs.

Various online publications and websites were used in the development of this guide. For more information on how you and your family can be ready in case of a national emergency (including a possible terrorist attack involving biological, chemical, or radiological weapons), you can visit [www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org). To download your own ready-to-print three-page Disaster Preparedness Guide, you can visit the Property I.D. Homeowner's Services website at [www.PropertyID.com/Homeowner](http://www.PropertyID.com/Homeowner).

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## 3-Day Disaster Preparedness Package

### Flashlight

Use a flashlight to find your way if the power is out. Do not use candles or any other open flame for emergency lighting.

### Battery-powered Radio

News about the emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.

### Plastic Sheeting and Duct Tape

Use plastic sheeting and duct tape to aid in sheltering-in-place versus an evacuation.

### Food

Enough non-perishable food to sustain you and your family for at least one day (three meals) if close to a workplace with stored food or three day supply if at home or other location, is suggested. Select foods that require no refrigeration, preparation, or cooking; and little or no water. The following items are suggested:

- + Ready-to-eat canned meals; meats, fruits, and vegetables
- + Canned juices
- + High-energy foods (granola/energy bars)

### Water

Keep available at least one gallon of water per day for every person, or more if you are on medications that require water or that increase thirst. Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

### Medications

Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day's supply of these medications at your workplace. Consult with your physician or pharmacist on how these medications should be stored, and your employer about storage concerns.

### First Aid Supplies

First Aid kits should have the following essentials:

- + Absorbent Compress 5" x 9" Dressing
- + Adhesive Bandages (Assorted Sizes)
- + Adhesive Cloth Tape 5 yds/1"
- + Antibiotic Ointment Packets (Approx 1 g)
- + Antiseptic Wipe Packets
- + Packets of Aspirin (162 mg)
- + Pair of Non-Latex Gloves (Size Large)
- + Scissors
- + Roller Bandage 3"
- + Sterile Gauze Pads 3" x 3"
- + First Aid Instruction Information

### Additional Tools/Supplies to Include:

These should be included in your Disaster Preparedness Package (1 or 3-Day):

- + Paper plates and cups, plastic utensils
- + Personal hygiene items, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies
- + Include at least one complete change of clothing and footwear, including a long sleeved shirt, long pants, and closed-toed shoes or boots
- + Non-electric can opener
- + Plastic garbage bags, ties (for personal sanitation uses)
- + If you wear eyeglasses, keep an extra pair with your workplace disaster supplies

### General Information

Your kit should be adjusted based on your own personal needs. Do not include candles, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician.

## Create A Family Disaster Plan

### Contact your local emergency management or civil defense office and your local American Red Cross chapter

- + Find out which disasters are most likely to happen in your community.
- + Ask how you would be warned.
- + Find out how to prepare for each.

### Meet with your family

- + Discuss the types of disasters that could occur.
- + Explain how to prepare and respond.
- + Discuss what to do if advised to evacuate.
- + Practice what you have discussed.

### Plan how your family will stay in contact if separated by disaster

- + Pick two meeting places:
  - 1) A location a safe distance from your home in case of fire
  - 2) A place outside your neighborhood in case you can't return home
- + Choose an out-of-state friend as a "check-in-contact" for everyone to call.

### Complete these steps

- + Post emergency telephone numbers by every phone.
- + Show responsible family members how and when to shut off water, gas and electricity at main switches.
- + Install a smoke detector on each level of your home (especially near bedrooms), test monthly, and change the batteries two times each year.
- + Contact your local fire department to learn about home fire hazards.
- + Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.

### Meet with your neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

***Remember to practice and maintain your plan.***

## IMPORTANT CONTACT INFORMATION:

**Emergency: 911**

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**Police Non-Emergency:**

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**Doctor(s):**

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**Out-of-State Contact(s):**

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**Medical Insurance:**

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**Other:**

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*You and your family members should carry this card at all times*

**PRIMARY CONTACT**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Home#: \_\_\_\_\_  
Work#: \_\_\_\_\_  
Cell#: \_\_\_\_\_

**PLACE TO MEET FAMILY**

- Work Day Locations

Daytime: \_\_\_\_\_  
Evening: \_\_\_\_\_

- Non-Work Day Locations

Daytime: \_\_\_\_\_  
Evening: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION CARD**

- + After a major disaster local phone service may be limited, so phone your out-of-area contact to keep in touch with your family.
- + Listen to the radio or TV for phone use instructions, then call your contact person to say how you are, where you are, and what your plans are.
- + Keep the call short, and, if possible, arrange to call back at a specified time or for another check-in.

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