

## **Be Prepared for Any Disaster!**

Armour Star believes every family should create and practice a Family Disaster Plan and maintain a Disaster Supply Kit. To best prepare every household should take into account the types of disasters that occur in their community and plan accordingly.

### **Plan Ahead!**

1. Learn what type of disasters could occur in your community. Talk to your local Red Cross chapter or emergency management office.
2. Ask about the disaster plan at your workplace, your children's school, and the disaster plan of friends and family.
3. Create a household Evacuation Plan.
  - As a household, agree on one place to go if you are instructed by your community to evacuate.
  - Establish a route to get there with several alternatives in case of traffic or flooding.
  - Each family member should have a list of telephone numbers of emergency contacts that can help in an emergency.
4. Establish a Household contact person that can help coordinate with members of your household to establish a rendezvous location and knows how to get a hold of each person in an emergency situation.
5. Maintain a Disaster Supply Kit.
  - First Aid Supplies
  - Portable battery powered radio or television with fresh batteries
  - Flashlight with extra batteries
  - Water (3 Gallons per person)
  - Canned food, and can opener
  - Non-perishable dry grocery items
  - Basic tool kit, Duct Tape, and Plastic sheeting
  - Sanitation supplies, trash bags, toilet paper, hand sanitizer, soap, etc.
  - Household bleach
  - Sleeping bags or blankets for each person
  - A complete change of clothing for each person
  - Rain gear or other protective clothing
  - Special items such as: infant formula, medications, contact lenses, etc.
  - Items for seniors, disabled persons, or anyone with serious allergies
  - Items needed for any pets or any animals you may take with you

- Water-proof matches
- Copies of all personal identification, medical prescriptions, car and house keys
- A map with areas that your household can go for safety
- Entertainment

### **As a Disaster Approaches**

1. Listen to your local radio or television station for updated weather information and for potential evacuation plans.
2. Move any outdoor furniture or toys into your home or garage.
3. Gather together:
  - Disaster Supply Kit
  - Personal information or documents
  - Cash, credit cards
  - Map marked with evacuation route
  - Keys
4. Make sure your vehicle has a full tank of gas.
5. Turn off utilities and unplug any electrical devices.
6. Turn off any propane tanks.

### **While You Evacuate**

**Stay calm** Listen to the local authorities in your community and they will help guide you to safety. Parents, you may want to bring comfort items for your children such as a favorite animal, blanket or pillow.