FREE and LOW-COST IDEAS to

Keep Your Family READY for Emergencies

Provided by your Local Health Department

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Imagine...

A Bad Storm...Serious Flooding...A Chemical Spill Widespread Disease...Terrorism

We want to keep our families safe during emergencies. Having a family emergency plan is important. Families have the tools handy to create a good plan.

Use the free and low-cost ideas in this brochure to make your plan. A good plan will help keep your family safe and help them bounce back.

Many ideas are simple and use items that you already have.

Have everyone help make the plan. It's an important family project.

Ideas for Being Ready

Have ICE? Check your cell phone.

- Many cell phones have an "In Case of Emergency" (ICE) in the contact list.
- Fill it out with the name and number of a trusted person.
- The ICE number dials that person who should be called if you are unconscious or seriously injured.
- Emergency responders will look for ICE.
- List other emergency contacts as ICE1, ICE2, etc.

No cell phone?

- Assurance Wireless offers a no-cost, wireless phone and free minutes of wireless voice service to low-income residents. Call 1-888-898-4888 or go to www.assurancewireless.com to apply.
- SafeLink Wireless also offers a free cell phone and free minutes, including text messaging, if you meet eligibility requirements. More information is available at www.SafeLinkwireless.com or by calling 1-800-977-3768.

Use the Internet

- Don't have Internet access? Go to your public library. You will need a library card. It's free. You will find many tips to help you plan for an emergency.

Go to Events

- Fairs, exhibits, first aid trainings, and children's photo identification (ID) programs are excellent sources for items, such as:
  - emergency planning books;
  - first aid kits;
  - flashlights;
  - materials on shelters, home food pantries, emergency pet care, evacuations; and
  - photo ID cards.

The NC Department of Health and Human Services offers a Family Disaster Plan guide at: http://epi.publichealth.nc.gov/phpr/

Make Your Own Contact Lists

- List phone numbers for ambulance, poison control center, doctors, pharmacy, weather stations, school and bus companies, and work places and keep in plain sight.
- Add these emergency numbers to your cell phone, too.
- Keep a contact list of family and friends in your children's backpacks, your wallet and at work. Explain to your children when to use the contact list.

Make Your Own Family Emergency Plan

Recycle a binder. Keep materials together. What you should include:

- A plan to get out of the house fast.
- A place to meet if your family is split up.
- A phone contact list.
- Emergency plans for school, work and home.
- Copies of ID cards, credit card numbers, extra set of house and car keys, insurance and health policies, current family photos and some cash.
- A list of everyone's medications, medical histories, allergies, blood type, and immunization records.
- Pet boarding information, photos, and copies of vet records. Emergency shelters do not allow pets. Plan ahead of time where you could leave your pet if needed.
- People with disabilities may take their service animals to a shelter. Take pet food, pet toys, and vet records.

Ready to go?

Keep backpacks ready to go

- Pack clothing for each family member, high-energy foods (peanut butter, crackers, granola bars, trail mix, nuts and seeds), flashlights, and a first aid kit.
- Make a kit for work, too.

Make Your Own Car Kit

- Pack walking shoes, a warm jacket, blankets, a flashlight and extra batteries, a battery-operated radio, a first aid kit, lists of personal medical information and emergency contacts, foil water pouches or bottled water.

Buy Extra Food and Items

- Stock essentials like powdered milk, high-energy foods, and canned meats, soups, pasta and other family favorites. Consider adding flashlights radios and extra batteries, disposable diapers, baby food and formula, paper products, a manual can opener, bleach and plastic bags.
- Buy in bulk and split costs with another family.
- Use coupons and watch for sales.
- Buy a little at a time, if you can. Store in a dry, dark place, such as a closet.
- Rotate items and check for expiration dates, such as on batteries and bottled water.

Stay connected

- Connect with family and friends through your cell phone or land line. Being connected with loved ones during uncertain times is comforting.
- Weather news and emergency advice can change rapidly and without warning. Check for updates.
- Receive alerts through your phone.
  For public health news, sign up at
  https://twitter.com/NCPublicHealth
  For emergency updates, sign up at
  https://twitter.com/NCPublicSafety

More Emergency Preparedness

Regularly review your family emergency plan. Make changes when needed.
Visit these websites for more preparedness information and resources:

- **www.ncdhhs.gov**
- **www.ready.gov**
- **www.readync.org**
- **www.ready.gov**
- **www.bt.cdc.gov**
- **www.redcross.org**

Notes