

BE IN CONTROL!

Think and plan ahead.

If a disaster were to strike, what would you do?

Being prepared *before* a disaster strikes is one of the best ways to keep your family and home safe. It's not just about a checklist or having an emergency kit. Think about the risks you and your family will face and what you can all do to help your family prepare.

THINK ABOUT

- Where will your family be when disaster strikes? They could be anywhere – at work, school, with friends.
- What kind of disasters could affect the area where you live (hurricanes, earthquakes, tornadoes, flooding)?

PLAN AHEAD

- Using the guidelines inside, make sure to create a simple plan for your home, work, and school.
- Make a list of the items you want to collect.

TALK ABOUT IT!

Having a plan is important. Sharing it is just as important. Get together. Have a family meeting and talk about your disaster plan!

Work together as a team

Disasters can strike quickly and without warning. Families CAN and DO cope with disasters by thinking and planning ahead.



Children's Health Fund

www.childrenshealthfund.org



Columbia University
MAILMAN SCHOOL
OF PUBLIC HEALTH
National Center for Disaster Preparedness

www.ncdp.mailman.columbia.edu

The Children's Health Fund (CHF) produces low-literacy, culturally relevant education booklets and brochures to simplify complex issues affecting families and children. The materials make vital information accessible to children, teenagers, parents and other caregivers. They are created by subject experts and undergo an extensive review process. Materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

The National Center for Disaster Preparedness (NCDP) at the Columbia University Mailman School of Public Health is an academically-based resource center dedicated to the study, analysis and enhancement of the nation's ability to prepare for and respond to major disasters, including terrorism. The NCDP has a wide-ranging research, training and education, and advocacy agenda, with a special interest in mega-disasters.

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National Center for Disaster Preparedness

My Family Disaster Plan

Be Prepared:
How to Help Your Family in any Disaster



My Family Disaster Plan

Working Together to Prepare for a Disaster

A simple plan can prepare you and your family members. An important part of being prepared is thinking about the following 4 important areas. Planning ahead gives you the best chance to make it through ANY disaster.



1. Water & Food



Think About:

- Your drinkable water supply. It should be your number one priority. Without water, a person can only survive for a few days.
- Storing or purifying water in case your normal supply is shut off or polluted.
- The other local sources that are available to you, such as rivers, lakes, or hot water tanks.
- How much food you will need and who you will need food for.
- Grocery stores. They might be closed for long periods of time.
- Whether you will need water or heat to prepare food.

Plan Ahead:

- Have one gallon of purified water per person, per day, for at least 3 days for drinking and sanitation.
- Have at least a three day supply of non-perishable food.
- Buy inexpensive, healthy shelf stable food to store. Bulk items could spoil once opened.

TIP Food is important, but only if you've figured out your water needs first!

How to purify water



- Boil water for at least one full minute, then cool; or
- Use plain, unscented bleach: Add 16 drops per gallon of water, let sit 30 minutes.

2. Shelter & Supplies

Think About:

- What you will do and what you will need if you stay home during a disaster.
- What you would take with you if you are evacuated from your home (including important papers).
- What you will do with your pet(s).

Plan Ahead:

- Speak to your doctor to help you plan for family members with special health care needs.
- Have a handy emergency kit ready that can go with you.
- Eyeglasses and a sufficient supply of personal medications must stay with you. Bring them with you if you evacuate.
- Have a smart collection of other emergency equipment.

Be sure to include:

- Flashlight
- battery or crank operated radio
- money
- spare batteries
- bathroom and hygiene supplies

TIP Creating an emergency kit doesn't have to be expensive. You may already have the items in your home. Be sure to check the supplies you already have.



3. Communication

Think About:

- How you will find your family if you are separated during a disaster.
- Selecting a meeting place and choosing a phone number to call into so you can reconnect. Make sure everyone has the information.

Plan Ahead:

- Talk to your family – everyone should have a plan of action. Have a family meeting and develop the plan together!
- Create a plan that you can use in all kinds of disasters.

TIP Make sure everyone's safe and plan to meet up or call in. Make the call count!



4. Your Community

Think About:

- People in your neighborhood who will need help in a disaster (elderly people, handicapped).
- Your child's school's disaster and evacuation plans.

Plan Ahead:

- Get to know your neighbors and talk about how you can help each other in a disaster.
- Join community groups and volunteer to help with disaster preparedness.
- Learn CPR and first aid.

TIP Work with your local emergency officials to spread the word about preparation with your community.

