

## **Family Emergency Plan and Home Preparedness Checklist**

**The family emergency plan should include the following components:**

- Escape routes from the home
- Family communication information including an out-of-state contact and a neighborhood meeting place
- Contact numbers for physicians, pharmacies, etc. (Copies of prescriptions for medications)
- Utility shut-off and safety information
- Insurance and vital records
- Special needs
- Caring for animals
- Safety skills such as First Aid and CPR

**The family disaster kit should include:**

- Provisions for 72 hours for each person
- Kits for at home, at work and in the car
- At least one gallon of water per person per day for 3-4 days
- Non-perishable food
- Portable, battery-powered radio and extra batteries. Multi-function crank flashlights/radios do not require batteries or charging
- Flashlight and extra batteries
- First aid kit and manual
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Matches in a waterproof container
- Multiple cans of sterno
- Whistle
- Extra clothing
- Kitchen accessories and cooking utensils, including a hand can opener
- Cash in small bills and coins
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, and pacifiers
- Plastic trash bags to collect soiled items, dirty clothing, general trash. Large bags can also be used as additional insulation in cold weather, and as “ponchos” in wet weather.
- Other items to meet your unique family needs, including pet food and care items

**People in Cuyahoga County may not have heat during an emergency. The temperature and weather may be inclement so emergency supplies should include:**

- Jacket or coat

- Long pants
- Long sleeved shirt
- Sturdy shoes and warm socks; boots in wet or snowy weather
- Hat, mittens and scarf
- Sleeping bag or warm blanket

### **Maintaining your disaster supply kit:**

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, duffel bag, or pull-along bag.
- Never let your vehicle gasoline tank go below one-half tank.

