

**FAMILY DISASTER PLAN
AND
PERSONAL SURVIVAL GUIDE**

Preparation

Family Meetings: At least once a year have a meeting with your family to discuss and update your plan and determine what training, equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency.

Training

1. How to protect yourselves from falling objects, smoke, fire, caustic fumes, etc.

2. First Aid-Persons Trained:

_____ Date _____
_____ Date _____

Location of First Aid Kit: _____

3. How and where to shut off utilities: _____

Location of gas valve _____

Location of wrench _____

Location of main water valve _____

Location of main circuit breaker _____

Location of other utilities _____

4. Draw a plan of your home.

On a separate piece of paper draw a floor plan of your home showing the location of exit windows and doors, utility shutoffs, First Aid Kit, emergency supplies, food, clothing, tools, etc.

Be sure everyone in your household is familiar with it. Show it to babysitters and house guests when you're going to be away. They could use it to show someone to a utility shutoff in an emergency.

5. Alternate places to meet around home:

Outside _____

Inside _____

6. Alternate reunion locations when family not at home, e.g., home, Red Cross shelter, neighbors, relatives, park, school, etc.

FAMILY DISASTER PLAN *(Continued)*

7. Name and telephone number of person outside family members to call to report location and condition:

8. What is school disaster policy? Church? Club? Other? Are medical consent forms complete?

9. Where are emergency supplies and equipment located?

Portable Radio: _____

Flashlight/Batteries: _____

Water: _____

Food: _____

Sanitation Supplies: _____

Fire Extinguisher: _____

Tools: _____

Blankets: _____

Cooking Equipment: _____

Safety Equipment: _____

Prescription Glasses: _____

Medication: _____

Complete set of clothes, shoes, gloves:

There are many different kinds of disasters. Earthquakes, fires, floods, airplane crashes, chemical spills, pipeline leaks and explosions, and others, small and large, which seldom give warning and are always equally devastating to their victims. This guide is primarily geared to earthquakes, but the planning you and your family do now will be of benefit when and if any disaster strikes you.

FAMILY DISASTER FORM (Continued)

Inspect your home

1. Secure water heater, refrigerator, tall and heavy furniture to wall studs.
2. Move heavy items to lower shelves.
3. Install clips, latches and other locking devices on cabinet doors.
4. Provide strong support and flexible connections on gas appliances.
5. Remove or isolate flammable materials.

During an earthquake

1. If you're indoors, get under a table, desk or bed, or brace yourself in a strong doorway. Watch for falling, flying and sliding objects. Stay away from windows.
2. If you're outdoors, move to an open area away from buildings, trees, power poles, brick or block walls and other objects that could fall.
3. If you're in an automobile stop and stay in it until the shaking stops. Avoid stopping near trees and power lines, on or under overpasses.
4. If you're in a high rise building, get under a desk until the shaking stops. Do not use the elevator to evacuate. Use the stairs.
5. If you're in a store, get under a table, or any sturdy object, or in a doorway. Avoid stopping under anything that could fall. Do not dash for the exit. Choose your exit carefully.

If you must evacuate:

1. Prominently post a message indicating where you can be found.
2. Take with you:
 - a. Medicines and first aid kit
 - b. Flashlight, radio and batteries
 - c. Important papers and cash
 - d. Food, sleeping bags/blankets and extra clothes
 - e. Make arrangements for pets

After a disaster:

1. Put on heavy shoes immediately to avoid injury from stepping on glass and other debris.
2. Check for injuries and give first aid.
3. Check for fires and fire hazards.
 - a. Sniff for gas leaks, starting at the hot water heater. If you smell gas or suspect a leak turn off main gas valve, open windows, and carefully leave the house. *Do not* turn lights on or off or light matches or do anything that makes a spark.
Note: Do not shut off gas unless an emergency exists. If time permits call the gas company or a qualified plumber. *Do not* turn it back on until the gas company or plumber has checked it out.

FAMILY DISASTER PLAN *(Continued)*

- b. If water leaks are suspected, shut off water at main valve.
 - c. If damage to electrical system is suspected (frayed wires, sparks, or the smell of hot insulation) turn off system at main circuit breaker or fuse box.
4. Check neighbors for injury.
 5. Turn on radio and listen for advisories. Locate light source, if necessary.
 6. Do not touch downed power lines or objects touched by downed wires.
 7. Clean up potentially harmful material.
 8. Check to see that sewage lines are intact before continued flushing of toilets.
 9. Check house, roof, chimney for damage.
 10. Check emergency supplies.
 11. Do not use the phone except for genuine emergencies.
 12. Do not go sightseeing.
 13. Be prepared for aftershocks.
 14. Open closets and cupboards carefully.
 15. Cooperate with public safety officials. Be prepared to evacuate when necessary.

HOME EMERGENCY SUPPLIES

This list consists of items usually available in a home and used regularly. It is designed to help your family identify and organize them for any emergency. Quantities of emergency supplies should be adequate for at least 48 hours. A two-week supply is recommended as a minimum reserve of water, food, medicine and other consumable items.

Survival

Water - 2 quarts to 1 gallon per person per day.

First Aid kit - ample and freshly stocked

First Aid Book - know how to use it.

Food - canned or dehydrated. Pre-cooked and/or requiring minimum heat and water. Consider infants, pets and other special dietary requirements.

Can opener

Blankets - or sleeping bag for each family member.

Radio - portable, battery-operated. Spare batteries.

Critical medication and glasses - as required.

Fire extinguisher - dry chemical.

Flashlight - fresh and spare batteries and bulb

Watch or Clock - battery or spring-wound.

FAMILY DISASTER PLAN *(Continued)*

Sanitation Supplies

Large plastic trash bags - for trash, waste, water protection, ground cloth.
Large trash cans.
Hand soap.
Liquid detergent.
Shampoo.
Toothpaste and toothbrush.
Pre-moistened towelettes.
Deodorant.
Dentures.
Feminine supplies.
Infant supplies.
Toilet paper.
Powdered chlorinated lime - add to sewage to deodorize, disinfect and keep away insects.
Newspapers - to wrap garbage and waste. Can also be used for warmth.

Safety

Heavy shoes - for every family member.
Heavy gloves - for every person clearing debris.
Candles.
Matches -dipped in wax and kept in waterproof container.
Clothes - complete change kept dry.
Knife -sharp or razor blades.
Garden hose - for siphoning and fire fighting.

Cooking

Barbecue - charcoal and light or Sterno stove.
Plastic bags - various sizes, sealable.
Pots - at least 2.
Paper plates.
Plastic knives, forks, spoons.
Paper towels.

Tools

Axe, shovel, broom.
Crescent wrench - for turning off gas main.
Screwdriver, pliers, hammer.
Coil of 1/2" rope, coil or bailing wire.
Plastic tape, pen and paper.

FAMILY DISASTER PLAN (Continued)

Car Mini-Survival Kit

Non-perishable food - store in empty coffee cans.

Bottled water.

First Aid kit.

Flares.

Fire extinguisher - CO2.

Blanket.

Sealable plastic bags.

Flashlight - fresh and spare batteries and bulb.

Critical medication.

Tools - screwdriver, pliers, wire, knife.

Short rubber hose - for siphoning.

Pre-moistened towelettes, small package of tissues.

Water Tips

To purify drinking water use any of the following methods:

1. Boil for 5 - 10 minutes
2. Add 10 drops of a household bleach solution per gallon of water, mix well and let stand for 30 minutes. A slight smell or taste of chlorine indicates water is good to drink.
3. Add household tincture of iodine in the same manner as bleach above.
4. Use commercial purification tablets such as Halazone or Globaline. Follow package instructions.

Learn how to remove the water in the hot water heater and other water supplies.

Important Telephone Numbers

1. Fire Dept. _____
2. Police Dept. _____
3. Emergency Medical _____
4. Physician _____
5. Gas Co. _____
6. Electric Co. _____
7. Water Co. _____
8. _____
9. _____
10. _____