

# FAMILY PREPAREDNESS

Planning what to do before a disaster strikes is the best protection for you and your family.

Prepare for **Everywhere**

## FAMILY PREPAREDNESS

### HEALTHY FAMILIES

Families that practice good health behaviors are more likely to remain healthy during a disaster and disaster recovery.



### FIRST AID & CPR



Take training in first aid and CPR. Knowing how to spot symptoms and knowing how to perform emergency aid can save a life.

### VACCINATIONS

Make sure everyone has the vaccinations they need.



### HAND WASHING

Wash your hands with soap and warm water for 20 seconds.

When water is not available, use alcohol-based hand sanitizers.

Wash hands before preparing or eating food and after going to the bathroom.



## HAVE A PLAN

Only **39%** of Americans have developed an emergency plan & discussed it with their family.



Know which disasters are common in your area and how to prepare your home and family.



Learn community warning signals and how to react to different alerts.



Know when you should shelter in-place and where the safest place in your home is during different emergencies.



Find escape routes in your home and evacuation routes in your community. Practice using these routes with your family.



In case of an emergency, carry an emergency contact card so that responders know how to get in touch with your loved ones.

### EMERGENCY CONTACT CARD

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Special needs, medical conditions, allergies & other important information: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 Out-of-town Contact: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

Keep an emergency contact card in your wallet, purse, or children's backpack.

## GATHER EMERGENCY SUPPLIES

### EMERGENCY KIT



**48%** of Americans do not have emergency supplies for a disaster.

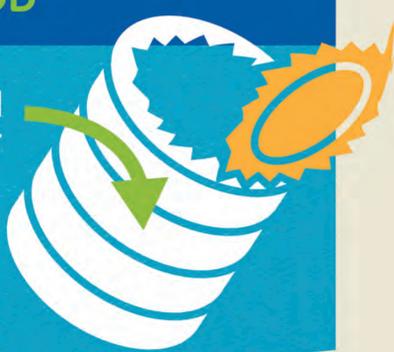
Your emergency kit should include:



## EMERGENCY SUPPLY OF FOOD

Store enough food to feed everyone in your home for 2 weeks ...

and don't forget a can opener!



### Choose foods that:

- You eat regularly ✓
- Need no refrigeration ✓
- Require no preparation ✓
- Require no cooking ✓

## EMERGENCY SUPPLY OF WATER

Have at least a **3-day** water supply for each person in your home.

3 day supply = 1 gallon per person per day (including pets).



## YOUR FAMILY IS UNIQUE. YOUR EMERGENCY KIT SHOULD BE TOO.

Gather items in your emergency kit specific to your family's needs



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information visit: [emergency.cdc.gov/npm](http://emergency.cdc.gov/npm)