

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



FAMILY PREPAREDNESS

HEALTHY FAMILIES

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



VACCINATIONS

Make sure everyone has the vaccinations



FIRST AID & CPR

Prepare for Everywhere



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.





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.







warning signals and how to react to different alerts.



shelter in-place and where the safest place in your home is during different emergencies.



community. Practice using these routes with your family.

Find escape routes in your home and

evacuation routes in your

that responders know how to get in touch with your loved ones.

In case of an emergency, carry an emergency contact card so

EMERGENCY CONTACT CARD

Name: _____ DOB: ____ Home Phone: Emergency Contact

Out-of-town Contact:

Phone Number: __

& other important information:

Special needs, medical conditions, allergies

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

GATHER EMERGENCY SUPPLIES

EMERGENCY

KIT



emergency supplies for a disaster.

48% of Americans do not have

should include:



Store enough food to feed everyone in your home for

and don't forget a can opener!

2 weeks ...

Choose foods that:



refrigeration 💙

Need no



Require no

preparation

Require no

cooking



3 day supply = 1 gallon Have at least

supply for each person in your home.

a **3-day** water

You eat

regularly

per person per day (including pets). Older Adult Male



Child |

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

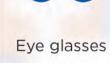
Gather items in your emergency kit specific to your family's needs

Female











documents



Baby

formula and

diapers





U.S. Department of

Centers for Disease **Control and Prevention**

Health and Human Services