Austin Disaster Relief Network

Bringing Hope into Crisis™

PREPARING FOR DISASTER

How Ready Are You?

PRINTABLE VERSION

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PREPARING FOR DISASTER

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How Disaster Ready Are You?

Answer the following questions as best you can. *Answers are found on page 4.*

What other location, besides your home, should you store an emergency kit? Click for answer

When putting your emergency kit together, what is the minimum number of days (or hours) your supplies should last? Click for answer

What information should your family's emergency communications plan include? Click for answer

How many gallons of water per person per day should you store in case of an emergency? Click for answer

Children don't drink as much as adults, so you can store less water for them. Click for answer

- ☐ True
- ☐ False

During an emergency, it is best to communicate with family or friends by calling them on your cell phone. True or False? Click for answer

- ☐ True
- ☐ False

Which of the following items should be included in your emergency kit? Click for answer

- ☐ Whistle
- ☐ Wrench/Pliers
- ☐ Map
- ☐ Medical Information

How often should you update your emergency kit? Click for answer

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Disaster Supplies

Build a kit of disaster supplies, food, and water for each family member.

Buy key items first, then build it over time. Buy a few extra items each time you go to the grocery store until you've built your supply.

Do not store water in plastic containers directly on concrete floors, such as garage floors.

Disaster Supplies Checklist

Storms and other disasters can knock out power at your home for a while, leaving you without the things you need for food and communication. Follow these tips to gather critical supplies in advance so your family stays safe and healthy in a crisis.

Food and Water

- ☐ (3 day minimum per family member) Water: 1 gallon per person per day in non-breakable containers. Best: 2-week supply per person
- ☐ Food: non-perishable, 3,600 calorie minimum per person. Avoid foods that make you thirsty
- ☐ Water purifiers (tablets or iodine tablets)
- ☐ Manual can opener
- ☐ Disposable eating utensils

Health

- ☐ First aid kit (one at home, each car, and work)
- ☐ Non-prescription drugs (vitamins, pain relievers)
- ☐ Prescription drugs (at least 3-day supply, 1-month preferred)
- ☐ Insect repellent
- ☐ Sun block

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Hygiene

- [ ] Personal hygiene kit: toothbrush, toothpaste, soap, comb, razor, deodorant, feminine supplies, toilet paper, shampoo, conditioner, etc.
- [ ] Moist towelettes
- [ ] Household chlorine bleach (for cleaning and water purification)
- [ ] Waterless hand sanitizer
- [ ] Small plastic bags with ties or zip-tops
- [ ] Eyeglasses/contact lenses/ solution
- [ ] Dentures
- [ ] Hearing aids and batteries

Shelter

- [ ] Tent
- [ ] Mylar space blanket
- [ ] Heavy duty plastic sheet with duct tape
- [ ] Hand warmers
- [ ] Lantern tools

Communication

- [ ] Battery powered radio and extra batteries
- [ ] Solar or hand-crank radio
- [ ] Several flashlights and extra batteries
- [ ] Highway flares
- [ ] Cell phone with charger, and extra batteries
- [ ] Emergency candles and matches in waterproof containers

Tools

- [ ] Duffel bags, containers for supplies
- [ ] Trash bags, zip-top bags
- [ ] Compass
- [ ] Whistle
- [ ] Paper, pencil, tape
- [ ] Sewing kit
- [ ] Swiss Army knife
- [ ] Nylon rope (50 feet)
- [ ] Hatchet or axe
- [ ] Foldable shovel
- [ ] Work gloves
- [ ] Wrench and pliers
- [ ] Fuel for alternative cooking source

Miscellaneous

- [ ] Local and state maps
- [ ] Infant formula, baby food, diapers
- [ ] Games and books for children/adults
- [ ] Large plastic bags with ties
- [ ] Corded phone for land line that doesn't require batteries or electricity

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Tips During a Disaster

Tune into channel 184 on car satellite radio for severe weather or emergency updates.

Make sure gas is turned off with no leaks before using grills, matches, candles, or other heat for cooking and lighting sources.

Buy foods you'll eat, and eat what you buy. Rotate food supplies to ensure you have fresh, unexpired food.

Emergency Grab & Go Bag

What if you have only 30 seconds to get out of your home in an emergency? Prepare an emergency Grab & Go Bag so you'll have what you need when you need to leave in a hurry.

Grab & Go Bag

- ☐ Pack bag for each family member.
- ☐ Include change of clothes, such as undergarments, socks, shoes (2-3 days).
- ☐ Include copies of vital documents (driver's licenses, birth/marriage certificates, passports, social security cards); consider saving these on password-protected USB drives for privacy purposes.
- ☐ Include toiletries for three days.
- ☐ Cash in the form of small bills and coins or traveler's checks.
- ☐ Include emergency contact information (out of state friends/family, doctors, hospitals, etc.)
- ☐ Consider a bag for your car too.

Answers for How Disaster Ready Are You? Quiz (Page 1)**:**

1) Car or work 2) 3 days or 72 hours 3) Family contact information for family, work, school, insurance and medical; out of state contact; designated meeting places for in-town and out-of-town; medical needs or allergies; other special needs or considerations 4) 1 gallon 5) False. You should store same amount for adults and children. Needs can be unpredictable. 6) False. Texting is best because it uses less data and can get through quickly. 7) All items listed 8) At least once or twice a year.

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Family Contact and Evacuation Plans

Disasters strike without warning. When you follow these preliminary basic steps, you can rest assured that you've got basic steps in place to get everyone safely out of your home.

Family Contact Plan

- [ ] Who will you contact in the event of a disaster? Make sure every family member has full contact information (phone numbers, email addresses, physical addresses.)
- [ ] Sometimes local cell phone service is disrupted locally, but both parties can contact someone in a different geographic area (e.g. out of state). Designate a friend or family member who lives several hours away who you both can call.

Designated Long-Distance Contact

- [ ] Text one another when cell phone service is disrupted.

Family Contact Information

Use the space below to list all your family members. Include names, addresses, and phone numbers.

Evacuation Plan

- [ ] Identify a shelter-in-place room in your home. Stage a radio, cell phone charger, water, non perishable snacks, and a small supply of pet necessities in that space.

- [ ] Create a Home Evacuation Map, and determine exit routes from each room of your home. Practice accessing those exits so that everyone in the household is familiar with what to do if they need to leave quickly.

- [ ] Designate a meeting point close to the house in case family members use different exits.

- [ ] Designate a meeting point outside of town in case family members are separated before or during a disaster.

- [ ] Designate a friend or relative several hours away who can provide temporary housing during a local evacuation.

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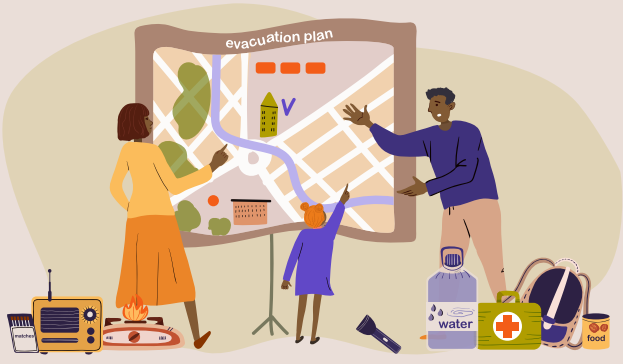
Home Evacuation Map

Create a map of your home showing how to escape from every room in your home.

- [ ] Draw a map or floor plan of your home. Show all windows and doors.
- [ ] Mark two ways out of each room.
- [ ] Choose a meeting place outside in front of your home. Add it to your map.
- [ ] Practice your plan at least two times a year.



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