

# Family Emergency Preparedness

This playbook provides a structured approach for families to prepare for emergencies by outlining critical actions and items to gather. It ensures readiness for various unexpected situations, emphasizing safety and sustenance.

## Step 1: Risk Assessment

Identify the types of emergencies most likely to occur in your area, such as natural disasters, power outages, or any other regional hazards.

## Step 2: Family Plan

Create a family emergency plan that includes evacuation routes, meeting points, and communication strategies in case family members are separated.

## Step 3: Emergency Kit

Assemble an emergency kit with essential items such as water, non-perishable food, medications, first-aid supplies, flashlights, batteries, and important documents.

## Step 4: Skills Training

Ensure all family members are trained in emergency skills such as first aid, CPR, and the use of a fire extinguisher.

## **Step 5: Info Exchange**

Exchange important contact information with neighbors and relatives; ensure everyone knows how to turn off utilities like water, gas, and electricity if necessary.

## **Step 6: Emergency Drills**

Conduct regular emergency drills to practice evacuation, communication, and other essential actions during an emergency.

## **Step 7: Updating Kit**

Review and update the emergency kit and family plan periodically, checking expiration dates on food and medicines and refreshing skills and information.

# **General Notes**

## **Local Resources**

Familiarize yourself with local emergency resources such as shelters, medical centers, and public alert systems.

## **Pet Care**

Include pet care considerations in your family emergency plan, such as pet supplies in the emergency kit and accommodations in case of evacuation.

## Special Needs

Consider the specific needs of any family members with special requirements, such as infants, the elderly, or individuals with disabilities, and plan accordingly.

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