

Emergency Contact Information

Emergency Response Plan			
HOUSEHOLD EMERGENCY INFORMATION			
Name:		Name:	
Date of Birth/SSN		Date of Birth/SSN	
Business or School Evacuation Location		Business or School Evacuation Location	
Medical Information or Condition		Medical Information or Condition	
Blood Type		Blood Type	
Work, School or other Address & Phones		Work, School or other Address & Phones	
MEDICAL/ INSURANCE INFORMATION	NAME	PHONE #	POLICY #
Doctor(s)			
Other			
Pharmacist			
Medical Insurance			
Home Owners/Rental Insurance			
FIRE STATION #	POLICE STATION #	LOCAL UTILITY COMPANY #	WATER UTILITY DISTRICT #

Emergency Contact Information (continued)

In the event of an emergency, this card can be pulled out and all contact information, addresses, and phone numbers will be at your fingertips. Once the cards are completed, a copy should be given to each family member to carry with them at all times.

HOUSEHOLD DISASTER PLAN-LOCAL	
Home Meeting Address	
Home Meeting Phone #	
Neighborhood Meeting Address	
Neighborhood Meeting Phone #	

HOUSEHOLD DISASTER PLAN-LOCAL	
Home Meeting Address	
Home Meeting Phone #	
Neighborhood Meeting Address	
Neighborhood Meeting Phone #	

EARTHQUAKE SAFE PLACES	
Bedroom	
Bedroom	
Bedroom	
Dining room	
Living room	
Kitchen	
Other Room	

EARTHQUAKE SAFE PLACES	
Bedroom	
Bedroom	
Bedroom	
Dining room	
Living room	
Kitchen	
Other Room	

HOUSEHOLD DISASTER PLAN-OUT-OF-STATE	
Out of State Contact Name	
Contact Address	
Contact Phone #	
Other Information	

HOUSEHOLD DISASTER PLAN-OUT-OF-STATE	
Out of State Contact Name	
Contact Address	
Contact Phone #	
Other Information	

PUT TOGETHER EMERGENCY SUPPLY KIT

First Aid Kit

For Your Home, Your Car and Your Office

- | | |
|--|--|
| <input type="checkbox"/> Adhesive bandages in assorted sizes | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Safety pins, needles in assorted sizes | <input type="checkbox"/> Face masks/dust masks |
| <input type="checkbox"/> Sterile dressings to stop bleeding | <input type="checkbox"/> Prescribed medical supplies, i.e.:
glucose monitoring equipment or
blood pressure monitors |
| <input type="checkbox"/> Moistened towelettes, wet wipes | <input type="checkbox"/> Over-the-counter medicines: aspirin or other
pain reliever, laxative, antacid,
anti-diarrhea medication |
| <input type="checkbox"/> Cleansing agent/soap and antibiotic | <input type="checkbox"/> Prescription medications taken everyday:
insulin, heart medicine, asthma
inhaler |
| <input type="checkbox"/> 2 pairs of disposable gloves infection | |
| <input type="checkbox"/> Thermometer | |
| <input type="checkbox"/> Burn ointment | |
| <input type="checkbox"/> Sunscreen | |
| <input type="checkbox"/> Eye wash solution to flush out the eyes | |
| <input type="checkbox"/> Tweezers | |

Water

- Store one gallon of water per person (or pet) per day
- Store water in plastic containers, such as soft drink bottles.
- Avoid using containers that may break, such as glass bottles.

Food

Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight. Most importantly, select foods that you and your family like.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup
- High energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix
- Special food for infants, elderly persons, or persons on special diets
- Comfort food, such as cookies, candy, etc.

Pet Supplies Kit

- Food, Water
- Litter Box
- Medications Vaccination information
- Tags, Leash, Toys

Important Family Documents

- Keep these records in a waterproof, portable container**
- Wills, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunizations records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

4 Things You Can Do for a Senior/Elderly

- Create a Buddy List and
- Communication Tree Give a Disaster Preparedness Kit
- Give a First Aid Kit Review Do's & Don'ts for a disaster

Emergency Supply

Store enough supplies for at least 3 days. Essential supplies should be stored in an easy to carry container such as a backpack or duffle bag.

For Your Home

- Water –1 gallon per person per day. Store water in sealed, unbreakable containers. Write the storage date on each bottle. Replace water every six months.
- Water purification kit
- First Aid kit and prescription medications
- Food – a supply of non-perishable packaged or canned foods
- Non-electric can opener and knife
- A whistle
- Battery powered radio or television
- Flashlight and extra batteries
- Blankets or sleeping bags for each household member
- Extra clothing for each household member including sturdy shoes and jacket
- Extra pair of glasses
- Cash (\$20-100 small bills)
- Extra set of car keys and house keys
- Fire extinguisher
- List of contact names and phone numbers
- Copies of important documents (birth certificates, licenses, insurance policies)
- Special items for infants, elderly or disabled family members (infant formula, disposable diapers, medications, etc.).
- Food, water and leash or carrier for pets
- Personal hygiene items
- Telephone card or quarters for the phone
- All purpose knife/disposable eating utensils/paper plates/cups/etc.
- Other useful items: string, plastic tape, hand sanitizer, paper, pens, playing cards, good book, entertainment materials for children.

Special Items

- Formula Contact lenses and supplies
- Diapers Extra eye glasses
- Toys for children
- Entertainment – deck of cards/books/puzzles

For Your Car

- Water –1 gallon per person per day. Store water in sealed, unbreakable containers. Write the storage date on each bottle. Replace water every six months.
- First Aid kit
- Extra pair of glasses
- Non-perishable packaged or canned foods
- A non-electric can opener
- Flares
- Flashlight and extra batteries
- Portable radio and extra batteries
- Extra clothing including sturdy shoes and jacket
- Gloves – sturdy and warm, preferably vinyl or leather
- Ziplock bags, toilet tissue, paper towels
- Trash bags for sanitation and garbage purposes
- Blanket or sleeping bag

For Your Office

- Water –1 gallon per person per day. Store water in sealed, unbreakable containers. Write the storage date on each bottle. Replace water every six months.
- First Aid kit
- Flashlight and extra batteries
- Portable radio and extra batteries
- Heavy gloves (such as gardening gloves)
- Non-perishable packaged or canned foods
- A non-electric can opener
- Personal Hygiene
- Hand sanitizer
- Toilet tissue and towlettes
- Trash bags for sanitation and garbage purposes

WHERE TO GET YOUR DISASTER SUPPLIES

Disaster Specialty Stores:

Nonperishable Food*
Nonperishable Water*
Mylar blankets
Flashlights
Light Sticks
Emergency Radios
Whistles
First Aid Kits
Rain gear

Groceries/ Pharmacies/General:

Food
Plastic-bottled Water
Batteries
Flashlights
Toilet Paper/ Tissue
Garbage Bags
Sealable Sandwich Bags
Extra Medication
First Aid Kits
Bandanas

Sporting/ Camping Stores:

Nonperishable Food*
Whistles
Mylar blankets
Batteries
Flashlights
Light Sticks
Bandanas
Emergency Radios
Rain gear

Hardware Stores:

Dust/Face Masks
Flashlights
Batteries
Pocketknives Duct Tape
Garbage Bags
First Aid Kits
Emergency Radios
Light Sticks
Bandanas

* There is no such thing as truly non-perishable food or water. This term refers to exceptionally long shelf-lives, typically about five years.