



**Taking it one step
at a time.**

Protect Your Family *Before* Disaster Strikes



***Where will you and your family be in an emergency?
What will you do if basic services (electricity, gas,
telephone, and water) are disrupted for prolonged periods?***

Whether faced with a family emergency or a regional disaster, the effort you put into family preparedness and disaster planning will play a large role in how well you “survive” the event. The following steps can help you enhance your family’s preparedness.

❶ Identify the Hazards

Consult TVF&R, your library, the American Red Cross, or your local emergency manager to learn about the hazards in your area.

- Earthquake
- Flood
- Landslide
- Hazardous Material Spill
- Wildfire
- Wind Storm
- Winter Storm

❷ Identify How the Hazards Can Impact Your Family

Assess what consequences your family might face for your family when disaster strikes. Consider the time of day, the day of the week, and the time of year.

- Injury
- Isolation
- Phone Outage
- Property Damage
- Power Outage
- Separation
- Water Outage

❸ Identify Steps You Can Take To Minimize or Prevent the Hazard Impacts

Determine procedures and practices you can develop/implement to enhance your disaster resistance. Consult TVF&R, the American Red Cross, or your local emergency manager for assistance.

- Plans for home escape, family communication, and neighborhood evacuation
- Procedures for drop, cover, and hold; shelter-in-place; and utility shutoff
- Training in CPR, basic first aid, and use of a fire extinguisher
- Hazard-resistant construction materials
- Flood-proofing, landscaping, and site drainage practices
- Develop non-structural earthquake hazard mitigation
- Warning systems such as smoke alarms
- Comprehensive hazard insurance for your home and personal property (e.g., earthquake, fire, and flood)
- Neighborhood disaster resource inventory

4 Identify Equipment and Supplies You'll Need to Survive

- Clothing and bedding
- First aid kit
- Food and water
- Light sources (candles, flashlights, and/or light sticks)
- Critical prescription and non-prescription medications
- Sanitation supplies
- Special items (e.g., baby supplies, pet food)
- Copies of critical documents
- Tools, equipment, and supplies (batteries, fire extinguisher, manual can opener, matches, money, utensils, etc.)

5 Identify the Equipment, Supplies, Procedures, and Practices You Already Have In Place

- Camping gear (cooking equipment, sleeping bags, utensils, etc.)
- Extra food and water
- Medical supplies
- Fire escape plan

6 Identify Your Shortfalls

What equipment, supplies, procedures, and/or plans do you need to complete your family preparedness effort?

7 Develop a Plan to Eliminate the Shortfalls

Identify short- and long-term objectives. For the short term, focus on items that are low cost or easy to implement and that have high payoff. Some suggestions include:

- ✓ Install and maintain hazard warning systems such as smoke alarms and carbon monoxide alarms.
- ✓ Perform simple non-structural earthquake mitigation by fastening bookcases, water heaters, and other home contents to the frame.
- ✓ Develop fire escape and neighborhood evacuation plans.
- ✓ Develop a simple family communication plan, such as a wallet card with common numbers to call and important policy numbers.
- ✓ Develop drop-cover-hold, shelter-in-place, and utility shutoff procedures.
- ✓ Obtain CPR, basic first aid, and fire extinguisher training.
- ✓ Begin or expand your disaster supplies kit: start with basic necessities such as food, water, critical medications, light sources, first aid supplies, clothing, and bedding.
- ✓ Host a neighborhood meeting to exchange preparedness information and ideas.

For the long term, focus on higher cost items or those that are more difficult to implement. These items might include:

- ✓ Special tools and equipment
- ✓ Expanded insurance coverage
- ✓ Structural earthquake mitigation
- ✓ Drainage improvements

Train and Maintain

- ⇒ Conduct fire evacuation drills
- ⇒ Test/recharge fire extinguishers
- ⇒ Practice the emergency procedures you've developed (e.g., drop-cover-hold)
- ⇒ Replace stored food, medications, and water before their expiration date
- ⇒ Test smoke alarms
- ⇒ Test communication plans