

## **PERSONAL EMERGENCY PLAN**

**Surviving after a disaster is up to you.**

**Think it through. Build your stash. Plan for at least 7 days.**

**Make disaster preparedness part of your regular routine.**

### **CRITICAL INFORMATION Carry with you at all times:**

- Your name, address, phone number, birth year
- Name of spouse/partner and names & ages of children; and names and ages of others living with you
- Your local emergency contact's name and phone number
- Your in-state and out-of-state emergency contact name and phone number
- List of your regular/maintenance meds, with prescription number, strength & dosage, prescribing physician and pharmacy names and phone numbers
- Blood type and blood and organ donor status
- Your optometrist or eye doctor name and phone number, and a copy of your prescription
- Health Insurance: company name, policy #
- Auto Insurance: company name, policy #
- Special Needs info: allergies, durable medical equipment, transportation, hearing/vision impaired, preferred language or other communication method;
- Number and types of pets; veterinarian contact information
- Small notebook and pen to make notes
- Car lighter charger for cell phone, PDA, and other battery-operated devices you rely on for information, critical reminders, and contacts.

### **GRAB-AND-GO KIT**

Your Grab-and-go ("Go kit" or "Go bag") is made up of the things you minimally need to survive on your own, as an individual, a family, or household. Because there is a lot to be stored, assemble the items in various closable containers, duffle bags and backpacks.

### **FOOD & DRINK**

Stash foods you are familiar with and are safe for you to eat that:

- Do not require refrigeration (canned protein foods (sardines, beans, etc.)
- Need little or no preparation (trail mix, cereals, granola/protein bars, etc.)
- Will not increase thirst
- Require little or no water to prepare
- Meet the needs of the individuals most likely to eat these foods
- Other good inclusions, depending on who is to be fed: cartons of milk and juice designed for long-term storage; high energy foods like peanut butter and jelly; crackers instead of bread

All canned food and dry goods in your kit should be replaced once a year.

Emergency Food Rations and Emergency Purified Drinking Water with a shelf life of 5 years can also be purchased through emergency supplies companies.

Cases or gallons of bottled water should be kept in a cool place and swapped out for new cases/bottles every couple of months due to the chemical leachates that accumulate in the water.

Consider getting a new or used food vacuum machine and vacuum-seal foods like nuts, jerky, crackers, and other items that will stay fresher longer when stored this way. Remember to put a re-sealable food storage bag in before you vacuum seal so you have something you can store the food in once you've cut the vacuum sealed bag open.

### **KITCHEN EQUIPMENT**

- Knives, forks, spoons
- Disposable cups and plates
- Manual can opener, bottle opener
- All purpose knives
- Kitchen or other all purpose shears
- Household liquid bleach and eye dropper (to treat drinking water)
- Waterproof matches or Butane-type fireplace lighter
- Plastic garbage bags
- Paper towels
- Salt, pepper, sugar, and other favorite seasonings
- Aluminum foil and plastic wrap
- Resealable plastic bags or small containers with tight fitting lids
- Small fuel stove and a can of cooking fuel for food that requires cooking (follow manufacturer's instructions for stove and fuel).

Barbeques and propane stoves are good alternate cooking sources but are never to be used indoors. Remember to store fuel safely and burn it safely

### **CLOTHES AND BEDDING**

- A complete change of clothes for each household member
- Extra socks and underwear
- Rain gear, hat, and gloves
- Sturdy footwear for each household member
- Sleeping bags, blankets blankets, ground tarp

### **BABIES AND CHILDREN**

- Baby formula, food, teething gels, powders and diaper rash creams
- Breast pump and bottles if still nursing

- Diapers and baby wipes
- Plastic garbage bags for soiled diapers and wipes
- Several changes of clothing, hats, and extra blankets
- Child-appropriate OTC medications, such cough medicine and aspirin
- Prescription and maintenance meds your children are taking
- Copies of their medical records, or compilation of medical history, including vaccinations, previous and present illnesses, special needs, etc.
- Entertainment and comfort items

## **PERSONAL ITEMS**

- Soap, shampoo, conditioner, lotions, deodorant
- Hair combs, brushes and things to tie back shoulder length or longer hair
- Paper products (Kleenix®, toilet paper, plastic garbage bags for biowaste)
- Waterless hand cleaners/sanitizers
- Toothbrushes and toothpaste
- Sanitary items

## **OTHER ESSENTIALS**

- Hand-cranked radio (Sonoma County: AM: KSRO 1350, KCBS 740; FM: KZST 100.1)
- Hand-cranked flashlight
- Spare batteries for battery operated radios, lanterns and flashlights
- Spare bulbs for the battery operated lanterns and flashlights
- First aid kit with enough supplies to clean, treat, and cover wounds for at least a week
- General medical supplies, such as aspirin, decongestants, antihistamines, rubbing alcohol, hydrogen peroxide, chlorhexidine or povidone-iodine; chapstick, sunburn lotion; etc.
- Duct tape
- Whistles
- Light sticks or a flashing emergency lights
- Flares
- Leather or other sturdy, broken-in work gloves
- Safety glasses (get the kind that slip over regular glasses)
- Hammer, flat and Philips screw drivers in various sizes
- Gas and water main shut off tool
- Paper, pencils, pens and markers
- String, rubber bands, twist-ties
- All purpose shears, wire cutters, tin snips
- Utility tool (Swiss army knife, Leatherman, etc.)
- Sanity preservers for adults and kids: books, board games, decks of cards, knitting and crochet materials or other easily packed and portable craft projects

## SPECIAL NEEDS

**Extra eyeglasses and/or contact lens and cleaners.** When purchasing a new pair of glasses or contacts, consider placing the old pair in your emergency first aid kit or grab-and-go bag. Keep another old pair in a ziplock bag with a pair of shoes and flashlight, stored under your bed.

**Prescription medication.** Store all drugs according to label instructions and safe from kids and pets. If possible, purchase an extra weeks supply of medication for your emergency first aid kit and rotate the supply whenever you refill your prescription. If you don't use all of your PRN drugs every month, you can create your emergency stash from the unused doses.

**Injectables:** if you require injectable medication, keep a supply of syringes, needles, alcohol pads, and a sharps container. If your meds require refrigeration, include an insulated bag in your Go bag, big enough for ice packs and your vials. Keep padding in the insulated bag so the vials are cushioned from the ice packs.

**Dentures & Hearing Aids:** Pack cleaners, spare soaking/storage containers, batteries, and any other supplies needed to use and maintain these devices.

**Prosthetics, Braces, Canes, Crutches, etc.** If you have older ones you replaced with newer models, stash your older ones in your Grab-and-Go kit. Canes and crutches can be stashed by exit doors in case you are separated from your regular ones. If you use an electric wheelchair, store an old manual chair in an easily accessible place, and add chargers to your Go bag. Identify a regular chair you can sit into be carried out of your home if necessary if the wheelchairs can't be moved through the debris with you in it.

**Chemical Exposures.** Pack a supply of disposable gloves and masks you can wear in case of exposure to chemicals. If high doses of vitamin C or Alka Seltzer Gold help you detox chemicals more quickly, make sure add those to your kit.

**Noise Sensitivity:** Pack one or more pairs of comfortable earplugs in case you are hypersensitive to noise or end up in a shelter for more than a night or two.

**Light and Sun Sensitivity:** Prepare for both types of exposures by packing sunglasses (consider fit-overs if you already wear glasses) in your kit as well as sunscreen you know is safe for you to use.

**Assistance Animals:** If you have an assistance dog or other certified assistance animal, pack an extra vest, gentle lead, soft muzzle, etc. and identification in your kit, in addition to all the regular pet supplies.

## PETS

**Don't assume that you can take your pets with you into a shelter. Do assume that you will need to make some provisions for your pets, whether they are able to stay with you or go to a veterinary-run emergency shelter for pets set up during or after a disaster.** For your pet's Grab-and-Go kit, have:

- A crate or other securable carrier for each pet that cannot be confined with any of your other pets
- Water and food bowls; sponges and extra water to clean them with
- A week's supply of water and non-perishable food for each pet
- Your vet's name, address, phone number and fax number
- Copies of any required licenses and certificates (rabies and other vaccinations, city license, etc.)
- Copies of your pet's health record, or a current list of known health issues, medications (including name, strength, dose, and where you get them if not from the vet)
- Toys and comfort items (including a worn shirt or other cloth item that smells like you if you have to be separated)
- A week's supply of medication with dosing instructions ("stick in cheese", etc.)
- Treats (cookies, jerky, etc.)
- Extra collars, leashes and ID tags in the pet crates or Go kit.
- Detailed care instructions for each pet, including a written description of the pet, its name, and if possible, a recent photograph. Consider putting a recently taken digital color photo of pet on its care sheet, and keep a copy of it with your pet's things and in your master emergency documents file.

**VETERINARY RECORDS:** While a veterinary-run shelter, vet office or other facility may take your animal in for free during a disaster, they may charge you for vaccinations if you cannot provide documentation from your vet on the most recent vaccinations your pet received. Keep your pets' shots up to date, and always keep a copy of the vet's record or detailed receipt showing those vaccinations in with your personal papers and in your pet's Grab-And-Go kit.

**BEHAVIOR ISSUES:** The time to discover your dog does not play well with others is not in a crisis situation. While it can be very difficult for those with limited energy and functional capacity, do try to get your dog out to a dog park regularly if you don't have friends with dogs with whom yours can play. Human socialization is important, too: the more comfortable being around and handled by other people your pets are, the better they will be able to handle the stress of a disaster shelter and being surrounded and handled by strangers.

## **PUTTING IT ALL TOGETHER – AND KEEPING IT UP TO DATE**

Make lists of the different categories of things you need. Keep them easily accessible, like on your refrigerator.

Take an hour every two weeks or so (make an appointment with yourself) to go through and make any necessary updates to the information, and printout and distribute the copies where they need to go.

When you are shopping, always check for sales on the things you need to stash away, from toothpaste to sardines to first aid supplies to bottled water. Hit the remainder stores, like Big Lot! and the dollar stores, and the thrift stores on a regular basis, to look for deals on storage tubs, backpacks, canned foods, etc.

Pick a one-day-a-year date to do a thorough review of your written documentation, and your Grab-And-Go kits. If there's too much that needs to be changed to be done on that day, write it out and work on it an hour a week until you're all caught up again.

Here's a good place to start jotting down your notes:

## EMERGENCY CAR KIT

You might not be at home when disaster strikes. Keeping a well-stocked car can help reduce the stress and keep you safe.

- Back pack (used as storage container for supplies)
- A list of all contents of kit
- First aid kit and instruction booklet (taking an accredited course is recommended)
- Water: bottled water or 5 year shelf life type emergency packaged water and possibly some juice boxes
- Food: energy bars, granola, fruit leather bars or 5 year shelf life type emergency food bars,
- Hand cranked, solar powered or battery operated radio with extra batteries
- Hand cranked, solar powered or battery operated flash lights with extra batteries
- Rain gear, emergency (“space”) silver blankets or large orange garbage bags
- Work gloves and dust masks
- Spare set of clothes including sturdy footwear and extra socks
- Personal hygiene items (toothbrush and paste, waterless hand sanitizer, shampoo, deodorant, toilet paper/Kleenex, hair ties)
- Sanity preservers: cards, games, books, etc.
- Ham or FRS radio
- Matches and candles
- Swiss army knife/Leatherman
- Light sticks
- Flares
- Jumper cables
- Whistle
- Duct tape
- Rope
- Identification (including information regarding medical needs or medication)
- Important phone numbers such as number for your out of province/area contact person
- Spare glasses (as needed)
- Prescription and non-prescription medications
- Map and compass
- Pen and pencil
- Special items for special needs, or babies, children, or pets
- Empty bottles or collapsible bucket for potable water