



State of California – Military Department  
California Cadet Corps

# CURRICULUM ON CITIZENSHIP

Strand C5: Emergency Preparedness

Level 11

This Strand is composed of the following components:

- A. California Disasters
- B. Family Disaster Planning**
- C. Community Emergency Response Training (CERT)



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## B. Family Disaster Planning

### Standard #2

**Standard #2: Students learn duty, service, and responsibility as a citizen of their school, their community, the State of California, and the United States.**

### OBJECTIVES

#### **DESIRED OUTCOME (Leadership)**

*Cadets are can conduct deliberate family disaster planning.*

#### Plan of Action:

1. Assess the disaster related threats in your local area and put together a Family Disaster Plan.
2. Develop an adequate shelter plan for your family.
3. Develop an evacuation plan and routes.
4. Develop a disaster communications plan for your family.

**B1. Make a Plan ( FEMA, 2020)**

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Go through the disasters outlined in Section A of this strand, or click on the link to see the current information provided by FEMA. You'll need to figure out how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find, and not likely to be inaccessible during a local disaster.

**Step 1: Discuss the questions below with your family, friends, or household to start your emergency plan.**

1. How will I receive [emergency alerts and warnings](#)? Check out the link, or curriculum lesson C5A1.
2. What is my shelter plan?
3. What is my [evacuation](#) route?
4. Do I need to update my [emergency preparedness kit](#)?
5. Check with the [Centers for Disease Control \(CDC\)](#) and update my emergency plans
6. What is my [family/household communication plan](#)?

**Step 2: Consider specific needs in your household.**

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others

- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

The Federal Emergency Management Agency (FEMA) website lists quite a few disasters that occur every year across America (also found in Section A of this curriculum strand). Go through the list and check the ones that are likely to occur in your area. You may need to do some research to find out if some of these have happened near you in the past, without you knowing. <https://www.ready.gov/be-informed>

- |                            |                                  |                             |
|----------------------------|----------------------------------|-----------------------------|
| ✓ Active Shooter           | ✓ Floods                         | ✓ Radiological              |
| ✓ Attacks in Public Places | ✓ HAZMAT Incidents               | Dispersion Device           |
| ✓ Avalanche                | ✓ Home Fires                     | ✓ Severe Weather            |
| ✓ Bioterrorism             | ✓ Household Chemical Emergencies | ✓ Snowstorms & Extreme Cold |
| ✓ Chemical Emergencies     | ✓ Hurricanes                     | ✓ Space Weather             |
| ✓ Cybersecurity            | ✓ Landslides                     | ✓ Thunderstorms & Lightning |
| ✓ Drought                  | ✓ Nuclear Explosion              | ✓ Tornadoes                 |
| ✓ Earthquakes              | ✓ Nuclear Power Plants           | ✓ Tsunamis                  |
| ✓ Explosions               | ✓ Pandemic                       | ✓ Volcanoes                 |
| ✓ Extreme Heat             | ✓ Power Outages                  | ✓ Wildfires                 |



Once you have a shortened list of the types of disaster you want to prepare for, go through the data provided by FEMA to learn more about how to prepare and what to do when it happens. Here's a sample checklist to include in your Emergency Plan for each type of disaster:

Disaster Planning Checklist Sample		
<b>Type of Disaster:</b>	Household Chemical Emergency	
<b>Dangers to Note:</b> Some are flammable Don't mix together – can produce a deadly gas	Chemicals we have in the house: Hair spray (bathroom) Multiple cleaning compounds (garage) Ant Spray (under sink) Antifreeze (garage) Batteries (closet) Lighter fluid (closet) Insecticide (garage) Bleach (laundry room)	
<b>Notes to Remember:</b>	Never mix chemicals! Don't use food containers or Tupperware to store HAZMAT if the original container is broken. Poison Control Hotline: 800-222-1222	
<b>When it might occur</b>	Anytime, esp if cleaning	
<b>Time of Year:</b>	More in Spring (cleaning)	
<b>How Often:</b>	Rare	
<b>Tasks to do Now:</b>	Train:	Review labels w/family
	Practice:	Practice evacuation
	Coordinate:	NA
	Purchase:	Big container to store all HAZMAT in that we can keep in one place
	Put Together:	Emergency kit
	Assess Locations:	
	Home:	Done
	Work #1:	Need to gather HAZMAT
	School:	NA
<b>Related Plans:</b>	Escape Routes	Out-of-house
	Communications	
	Shelter	Stay w/Grandma
<b>Notes:</b>	Symptoms of toxic poisoning:	
	Difficulty breathing,	
	Irritation of eyes, skin, throat, respiratory	
	Changes in skin color	
	Headache or blurred vision	
	Dizziness, clumsiness, lack of coordination	
	Cramps or diarrhea	

Here's an Emergency Plan format by TruePrepper that you can use (TruePrepper.com, 2017):

**TRUEPREPPER**  
**Basic Emergency Plan**

Detailed instructions on how to use and implement this form can be found at:  
<http://www.trueprepper.com/basic-emergency-plan/>

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<b>Last Name and Address:</b>		<b>Revision Date:</b>	
<hr/>		<hr/>	

**Family Member Info:**

Name	Phone	Blood Type	Description, Medical, Special Needs Info
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

**Pet Info:**

Name	Type	Color	Tag Numbers, Microchip Info, Etc.
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

**Outside of Family Emergency Contact:**

Name	Phone	Phone 2	Email
<hr/>	<hr/>	<hr/>	<hr/>

**School and Daycare Contact:**

School Name	Phone	Child(ren) Attending	School Evacuation Plan
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

**ACTION PLAN****1. Identified Threats Include:**

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**2. Escape Routes from Home (consider including map):**

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**3. When Separated in an Emergency, Meet at This Location Near Home (consider including map):**

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**4. When Evacuating, the Bug Out Location Further Away From Home is (consider including map):**

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**Route Description:**

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**Alternate Route Description:**

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**5. Designated Shelter in Place Room (attach supply inventory list):**

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**6. Designated Panic Room (attach supply inventory list):**

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**7. Additional Action Plan Info or Drawings:**



**FAMILY MEMBER RESPONSIBILITIES**

<b>TASK</b>	<b>DESCRIPTION</b>	<b>ASSIGNED FAMILY MEMBER</b>
Kit Inventories	Keep and maintain inventories of all survival kits, including the basic disaster kit, car kits, bug out bags, and shelter in place.	
Communication	Keep access to emergency weather radios and other local emergency information to inform other family members of developments.	
Medical Information	Make sure current medical records are kept on file and taken in the event of an evacuation.	
Financial Information	Make sure current financial records are kept on file and taken in the event of an evacuation.	
Pet Information	Make sure current financial records are kept on file and taken in the event of an evacuation.	
Plan Maintenance	Printing, filing, and sharing the plan with family members. Also initiating a plan review.	

Next Scheduled Plan Review (Review the Plan after Disasters or Activation too):

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Additional Responsibilities or Review Information:

Your plan is complete. Congratulations on completing a Basic Emergency Plan! You are well on your way to a prepared lifestyle.

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**Plan to take care of your pets:**

**1. Get a Kit of pet emergency supplies.** Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water.

- ✓ Food: Keep at least three days of food in an airtight, waterproof container.
- ✓ Water: Store at least three days of water specifically for your pets, in addition to water you need for yourself and your family.
- ✓ Medicines and medical records: Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
- ✓ First aid kit: Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol, and saline solution. Include a pet first aid reference book.
- ✓ Collar with ID tag, harness, or leash: Your pet should always wear a collar with its rabies tag and identification. Include a backup leash, collar, and ID tag in your pet's emergency supply kit.
- ✓ Important documents: Place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and add them to your kit.
- ✓ Crate or other pet carrier: If you need to evacuate in an emergency take your pets and animals with you, if it is practical to do so.
- ✓ ☒ Sanitation: Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one-part bleach), or in an emergency you can also use it to purify water. Use 8 drops of regular household liquid bleach per gallon of water, stir well and let it stand for 30 minutes before use. Do not use scented or color safe bleaches or those with added cleaners.
- ✓ A picture of you and your pet together: If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.
- ✓ Familiar items: Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.



**Consider two kits.** In one, put everything your pets will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away.

2. **Make a Plan** for what you will do in an emergency. Plan what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and ensure your pet's safety during an emergency.

**Evacuate.** Plan how you will assemble your pets and anticipate where you will go. If you must evacuate, take your pets with you, if practical. If you go to a public shelter, keep in mind your pets may not be allowed inside. Secure appropriate lodging in advance depending on the number and type of animals in your care. Consider family or friends outside your immediate area who would be willing to take in you and your pets in an emergency. Other options may include: a hotel or motel that takes pets or some sort of boarding facility, such as a kennel or veterinary hospital that is near an evacuation facility or your family's meeting place. Find out before an emergency happens if any of these facilities in your area might be viable options for you and your pets.

**Develop a buddy system.** Plan with neighbors, friends, or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Talk with your pet care buddy about your evacuation plans and show them where you keep your pet's emergency supply kit. Also designate specific locations, one in your immediate neighborhood and other farther away, where you will meet in an emergency.

**Talk to your pet's veterinarian about emergency planning.**

Discuss the types of things you should include in your pet's emergency aid kit. Get the names of vets or veterinary hospitals in other cities where you might need to seek temporary shelter. Also talk with your veterinarian about microchipping. If you and your pet are separated, this permanent implant for your pet and corresponding enrollment in a recovery database can help a veterinarian or shelter identify your animal. If your pet is microchipped, keeping your emergency contact information up to date and listed with a reliable recovery database is essential to you and your pet being reunited.



**Gather contact information for emergency animal treatment.** Make a list of contact information and addresses of area animal control agencies including the Humane Society or ASPCA and emergency veterinary hospitals. Keep one copy of these phone numbers with you, and one in your pet's emergency supply kit. Obtain "Pets Inside" stickers and place them on your doors or windows, including information on the number and types of pets in your home to alert firefighters and rescue workers. Consider putting a phone number on the sticker where you could be reached in an emergency. And, if time permits, remember to write the words "Evacuated with Pets" across the stickers, should you evacuate your home with your pets.

3. **Be Prepared for what might happen.** Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit for yourself, your family and your pets, is the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected. Those who take the time to prepare themselves and their pets will likely encounter less difficulty, stress and worry. Take the time now to get yourself and your pet ready.

**Step 3: Fill out a Family Emergency Communications Plan** (See lesson B4)

[Family Emergency Communication Planning Document](#) (PDF)

**Step 4: Practice your plan with your family/household**

Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.

Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like “I’m OK. At library” are good.



Talk about who will be the lead person to send out information about the designated meeting place for the household.

Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation, such as public transportation, rail, and paratransit for all family members, including people with disabilities and others with access and functional needs.

Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.

To show why it’s important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory— now ask them to think about doing this in the event of an emergency.

Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.

## **B2. Shelter Plan**

Sheltering is appropriate when conditions require that you seek protection in your home, where you work, or other location when emergencies arise. The length of time you are required to take shelter may be short, such as during a tornado warning, or extended, as during a pandemic. In all cases, it is important that you stay informed and follow the instructions of local authorities.

During extended periods of sheltering you will need to manage water and food supplies to make sure you and your family have what you need to get by. Read more about [managing water](#) and [managing food](#).

### Water:

Following a disaster clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency. View the [recommended emergency supplies list](#) (PDF).



### DETERMINING WATER NEEDS

Store at least one gallon of water per person per day for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary depending on age, health, physical condition, activity, diet and climate.

Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.

### Water Tips:

- **Never ration drinking water unless ordered to do so by authorities.** Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.
- **Drink water that you know is not contaminated first.** If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible put off drinking suspicious water as long as possible but do not become dehydrated.
- **Do not drink carbonated or caffeinated beverages instead of drinking water.** Caffeinated drinks and alcohol dehydrate the body which increases the need for drinking water.

### WATER STORAGE

Buy commercially bottled water and store it in the sealed original container in cool, dark place. If you must prepare your own containers of water, purchase food-grade water storage containers. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by cleaning with a solution of one teaspoon of non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

### WATER TREATMENT

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth or making ice. In addition to having





a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and hepatitis.

There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

### Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.



### Chlorination



You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 1/8 teaspoon of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient are not recommended and should not be used.

### Distillation

While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



Methods	Kills Microbes	Removes other contaminants (heavy metals, salts, and most other chemicals)
Boiling	Yes	No
Chlorination	Yes	No
Distillation	Yes	Yes

## Food

Following a disaster there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

### SUGGESTED EMERGENCY FOOD SUPPLIES

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.

We suggest the following items when selecting emergency food supplies. You may already have many of these on hand.

Download the [Recommended Supplies List](#) (PDF).

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Comfort/stress foods



### FOOD SAFETY AND SANITATION

Without electricity or a cold source food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 degrees Fahrenheit and if these foods are consumed you can become extremely sick. Thawed food usually can be eaten if it is still “refrigerator cold.” It can be re-frozen if it still contains ice crystals. Remember “When in doubt, throw it out.”

#### Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Throw away any food that has come into contact with contaminated flood water.
- Throw away any food that has been at room temperature for two hours or more.
- Throw away any food that has an unusual odor, color, or texture.
- Use ready-to-feed formula. If you must mix infant formula use bottled water or boiled water as a last resort.



**Don't:**

- Eat foods from cans that are swollen, dented, or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

**COOKING**

Alternative cooking sources can be used in times of emergency including candle warmers, chafing dishes, fondue pots or a fireplace. Charcoal grills and camp stoves are for outdoor use only. Commercially canned food may be eaten out of the can without warming.

**To heat food in a can:**

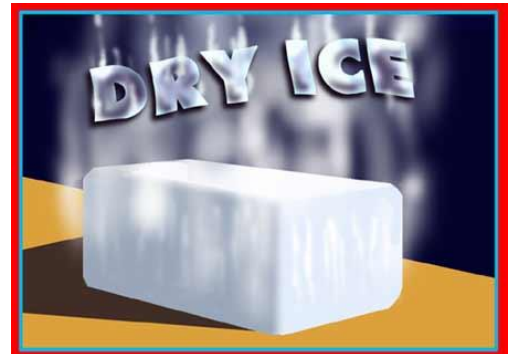
1. Remove the label.
2. Thoroughly wash and disinfect the can. (Use a diluted solution of one-part bleach to 10 parts water.)
3. Open the can before heating.

**MANAGING FOOD WITHOUT POWER**

- Keep the refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about four hours if it is unopened.
- Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage.
- Use a refrigerator thermometer to check temperature.
- Refrigerated food should be safe as long as the power was out for no more than four hours.
- Discard any perishable food such as meat, poultry, fish, eggs or leftovers that have been above 40 degrees Fahrenheit for two hours or more.

**Using Dry Ice:**

- Know where you can get dry ice prior to a power outage.
- Twenty-five pounds of dry ice will keep a 10 cubic foot freezer below freezing for three to four days.
- If you use dry ice to keep your food cold, make sure it does not come in direct contact with the food.
- Use care when handling dry ice. Wear dry, heavy gloves to avoid injury.



For more information about food safety during an emergency visit [FoodSafety.gov](https://www.foodsafety.gov).

Choosing to take shelter is necessary in many emergencies. This can mean: Stay-At- Home, Going to a Mass Care Shelter, or Sheltering in Place. Here's the distinction:

**STAY-AT-HOME**

- Remain indoors as much as possible and try to only leave your home when necessary. You can still use outdoor spaces such as patios, porches and yards.



- Outdoor activities such as walking, jogging and exercise are fine if you practice social distancing (maintaining six feet away from the next person). Follow current guidelines!
- When outside, try not to touch anything (light signals, poles, signs, playground equipment, benches, etc.) if the situation is such that a disease may be transmitted that way.
- Essential services such as grocery shopping, the gas station, pharmacies and going to the Post Office are usually still fine to do. Again, follow CDC and government guidelines.
- Limit visitors if possible. Try to use video chatting. Call the people you would normally text.

### MASS CARE SHELTER

Mass care shelters provide life sustaining services to disaster survivors. Even though mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your



emergency supply kit with you so you will have the supplies you need. Mass care sheltering can involve living with many people in a confined space, which can be difficult and unpleasant.

- Check with local officials about what shelter spaces are available. The existing situation may have altered your community's plans.
- Be prepared to take cleaning items with you like masks, hand sanitizer, disinfecting wipes or general household cleaning supplies.
- Maintain at least 6 feet of space between you and people who aren't in your immediate family.

Search for open shelters by texting **SHELTER** and a **ZIP code** to **43362**. **Example: Shelter 01234** (standard rates apply).

Learn more by visiting: <http://www.disasterassistance.gov/>.

### SHELTERING IN PLACE

Whether you are at home, work or anywhere else you frequent regularly, there may be situations when it's best to stay where you are and avoid any uncertainty outside.



Here are some indicators and steps to take if the situation arises:

- Use common sense and available information to assess the situation and determine if there is immediate danger.
- If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated you may want to take this kind of action.

Here are some tips for sheltering in place:

- Local authorities may not immediately be able to provide information on what is happening and what you should do.
- Watch TV and listen to the radio or check the Internet often for official news and instructions as they become available.
- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows if possible.
- Seal all windows, doors and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.



**“Sealing a room”** is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. This type of sheltering in place requires pre-planning, by purchasing plastic sheeting and duct tape that you would keep in your [emergency supply kit](#).

### B3. Evacuation Plan and Route

#### PLAN TO EVACUATE

Many kinds of emergencies can cause you to have to evacuate. In some cases, you may have a day or two to prepare while other situations might call for an immediate evacuation. Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

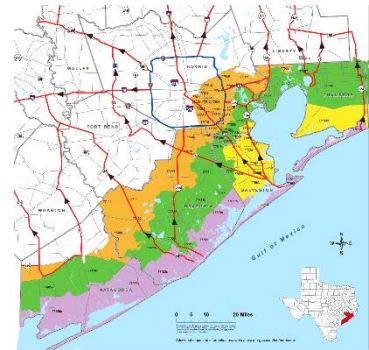


### Before an Evacuation

- Learn the types of disasters that are likely in your community and the local emergency, evacuation and shelter plans for each specific disaster.
- [Plan](#) how you will leave and where you will go if you are advised to evacuate.
- Check with local officials about what shelter spaces are projected to be available in your community.
- If you evacuate to a community shelter, follow the latest guidelines from the [Centers for Disease Control and Prevention \(CDC\)](#) for protecting yourself and your family.



- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept [pets](#). Most public shelters allow only service animals.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- Assemble supplies that are ready for evacuation. Prepare a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- If you have a car:
  - Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
  - Make sure you have a portable [emergency kit in the car](#).
- If you do not have a car, plan how you will leave if needed. Decide with family, friends, or your local emergency management office to see what resources may be available.



### During an Evacuation

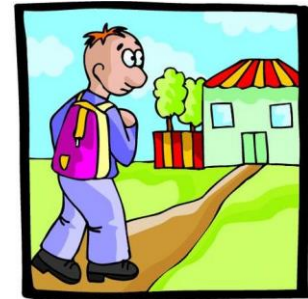
- Download the [FEMA app](#) for a list of open shelters during an active disaster in your local area.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your [emergency supply kit](#).
- Leave early enough to avoid being trapped by severe weather.
- Take your pets with you but understand that only service animals may be allowed in public shelters. [Plan how you will care for your pets in an emergency now.](#)
- If time allows:
  - Call or email the out-of-state contact in your [family communications plan](#). Tell them where you are going.

- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions, and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas, and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts, and a hat.
- Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

### After an Evacuation

If you evacuated for the storm, check with local officials both where you're staying and back home before you travel.

- If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.
- Only use generators outside and away from your home and NEVER run a generator inside a home or garage or connect it to your home's electrical system.



### B4. Communications Plan

Download and fill out a family emergency plan or use it as a guide to create your own.

- [Family Emergency Communication Planning Document](#) (PDF)

### HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

### SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick

them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see Know Your Alerts and Warnings at [ready.gov](https://ready.gov). For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

### OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.



### EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

**Indoor:** If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building, or a tornado safe room or storm shelter.

**In your neighborhood:** This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.





**Outside of your neighborhood:** This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.

**Outside of your town or city:** Having an out-of-town meeting place can help you reunite if a disaster happens and you cannot get home or to your out-of-neighborhood meeting place; or your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.



# Family Communication Plan

**Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?**

**Before** an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

## Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: \_\_\_\_\_

Home: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Facebook: \_\_\_\_\_

Twitter: \_\_\_\_\_

Neighborhood Meeting Place:

\_\_\_\_\_

\_\_\_\_\_

Regional Meeting Place:

\_\_\_\_\_

\_\_\_\_\_

Work Information

Workplace: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Facebook: \_\_\_\_\_

Twitter: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School Information

School: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Facebook: \_\_\_\_\_

Twitter: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Work Information

Workplace: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Facebook: \_\_\_\_\_

Twitter: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School Information

School: \_\_\_\_\_


Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Facebook: \_\_\_\_\_

Twitter: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_



http://www.ready.gov/kids




## Important Information *(continued)*

### Family Information

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Social Security Number: \_\_\_\_\_  
 Important Medical Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Medical Contacts

Doctor: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Pediatrician: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Dentist: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Dentist: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Specialist: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Specialist: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Pharmacist: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Veterinarian/Kennel: \_\_\_\_\_  
 Phone: \_\_\_\_\_

### Insurance Information

Medical Insurance: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Policy Number: \_\_\_\_\_


Homeowners/Rental Insurance: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Policy Number: \_\_\_\_\_



http://www.ready.gov/kids

*Text, don't talk!*

Unless you are in danger, send a text. Texts may have an easier time getting through than phone calls, and you don't want to tie up phone lines needed by emergency workers.



Write your family's name above

**Family Emergency Communication Plan**  
FEMA P-1095/July 2017

**HOUSEHOLD INFORMATION**

Home #: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_  
Other # or social media: \_\_\_\_\_ Email: \_\_\_\_\_  
Important medical or other information: \_\_\_\_\_

Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_  
Other # or social media: \_\_\_\_\_ Email: \_\_\_\_\_  
Important medical or other information: \_\_\_\_\_

Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_  
Other # or social media: \_\_\_\_\_ Email: \_\_\_\_\_  
Important medical or other information: \_\_\_\_\_

Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_  
Other # or social media: \_\_\_\_\_ Email: \_\_\_\_\_  
Important medical or other information: \_\_\_\_\_


**SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Emergency/Hotline #: \_\_\_\_\_ Website: \_\_\_\_\_  
Emergency Plan/Pick-Up: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Emergency/Hotline #: \_\_\_\_\_ Website: \_\_\_\_\_  
Emergency Plan/Pick-Up: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Emergency/Hotline #: \_\_\_\_\_ Website: \_\_\_\_\_  
Emergency Plan/Pick-Up: \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Emergency/Hotline #: \_\_\_\_\_ Website: \_\_\_\_\_  
Emergency Plan/Pick-Up: \_\_\_\_\_



FEMA  
FEMA P-1095  
Catalog No. 17198-3

This card is a useful “wallet card” for each family member to keep with them in case of emergency.

### OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.

Make sure everyone has the information. If possible, put it somewhere everyone can access it, like in a google drive or cloud account.

Make copies of your Family Emergency Communication Plan for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.

Enter household and emergency contact information into all household members’ mobile phones or devices.

Store at least one emergency contact under the name “In Case of Emergency” or “ICE” for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.

Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.

Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.

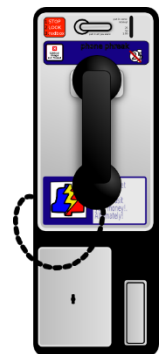
### OTHER IMPORTANT TIPS FOR COMMUNICATING IN DISASTERS

✓ Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the



handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.

- ✓ Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- ✓ Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.
- ✓ If driving, do not text, read texts, or make a call without a hands-free device.
- ✓ Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- ✓ If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
- ✓ Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
- ✓ If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
- ✓ Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are Deaf or hard of hearing, or who have speech disabilities.



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