



# California Cadet Corps Curriculum on Citizenship



“Disasters happen. Prepare Now, Learn How”

**C5/B: Family Disaster Planning**



# CALIFORNIA DISASTERS AGENDA

B1. Make a Plan

B2. Shelter Plan

B3. Evacuation Plan and Route

B4. Communications Plan



# CALIFORNIA DISASTERS: UNIT OBJECTIVES

*The desired outcome of this unit is for cadets to conduct 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.



# MAKE A PLAN

## OBJECTIVES

### **DESIRED OUTCOME (Self-Mastery)**

*Cadets are familiar with the disaster emergencies that commonly occur in California and how to prepare, respond, and recover from them.*

### Plan of Action:

B1. Assess the disaster related threats in your local area and put together a Family Disaster Plan.

**Essential Question:** What is covered in an Emergency Plan and how do you go about putting one together?



# Make a Plan





# Assess Your Situation

**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? See Lesson B2
3. What is my [evacuation](#) route? See Lesson B3
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](#)? See Lesson B4



# Your Specific Needs

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

- 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





# Consider FEMA Information

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

Many of these disasters are discussed in Section A of this Strand, but full information is available at <https://www.ready.gov/be-informed>



# Disaster Planning Checklist

Fill one out  
for each  
disaster  
you want  
to be  
prepared  
for

Disaster Planning Checklist Sample		
Type of Disaster:	Household Chemical Emergency	
Dangers to Note: 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)	
Notes to Remember:	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	
When it might occur	Anytime, esp if cleaning	
Time of Year:	More in Spring (cleaning)	
How Often:	Rare	
Tasks to do Now:	Train:	Review labels w/family
	Practice:	Practice evacuation
	Coordinate:	NA
		Big container to store all HAZMAT in that we can keep in one place
	Purchase:	
	Put Together:	Emergency kit
	Assess Locations:	
	Home:	Done
	Work #1:	Need to gather HAZMAT
	School:	NA
Related Plans:	Escape Routes	Out-of-house
	Communications	
	Shelter	Stay w/Grandma
Notes:	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	



# Basic Emergency Plan

Page 1 of 3

## 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/>

Last Name and Address:

Revision Date:

#### Family Member Info:

Name	Phone	Blood Type	Description, Medical, Special Needs Info

#### Pet Info:

Name	Type	Color	Tag Numbers, Microchip Info, Etc.

#### Outside of Family Emergency Contact:

Name	Phone	Phone 2	Email

#### School and Daycare Contact:

School Name	Phone	Child(ren) Attending	School Evacuation Plan



# Basic Emergency Plan

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## 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:



# Basic Emergency Plan

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## FAMILY MEMBER RESPONSIBILITIES

TASK	DESCRIPTION	ASSIGNED FAMILY MEMBER
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.



# Plan for Pets

## Pet Emergency Supplies:

- Food
- Water
- Medicines/Records
- First Aid Kit
- Collar w/ID
- Leash
- Documents
- Crate/Carrier
- Sanitation Items
- Photo of you and pet
- Toys, treats, bedding

Consider 2 Kits: One full kit, one smaller version if you have to evacuate



# Plan for Pets

## Make a Plan

- Evacuate – how you will gather pets and where you'll go
- Develop a buddy system – neighbors, friends, or relatives
- Talk to your Vet about planning
- Gather contact information – animal control agencies, including Humane Society, ASPCA, and emergency vet hospitals



# Practice!

- Step 3: Fill out a Family Emergency Communications Plan (Lesson B4)
- Step 4: Practice your plan with your family/household
  - Practice texting and calling
  - Discuss what information you should text
  - Who will be the lead person to send out info about the meeting place
  - Practice gathering at meeting places
  - Regularly discuss the plan (at least annually)
  - Challenge memorization of phone numbers
  - Make sure everyone understands when to call 911



# CHECK ON LEARNING



1. Your plan needs to take into account your specific needs. Examples of these are (select all that apply):

- a. Age of household members
- b. Favorite foods
- c. Disabilities and medical equipment used
- d. Political opinions about the government's ability to manage an emergency

2. FEMA has published guidance on many types of disasters. Which of the following isn't among them?

- a. Space Weather
- b. Nuclear Explosion
- c. Floods
- d. Zombie Apocalypse

3. T / F The Disaster Planning Checklist helps you fit general disaster information to your specific situation.

4. Your Disaster Plan should include (select all that apply):

- a. Communications Plan
- b. Meeting places or ways to contact each other
- c. A list of your Panic Room supplies
- d. Information on how you'll save your pets



# SHELTER PLAN

## OBJECTIVES

### **DESIRED OUTCOME (Self-Mastery)**

*Cadets are familiar with the disaster emergencies that commonly occur in California and how to prepare, respond, and recover from them.*

### Plan of Action:

B2. Develop an adequate shelter plan for your family.

Essential Question: What are the types of shelters and when do you use them?



# You Need Water

- Never ration drinking water
- Drink water you know is not contaminated first
- Don't drink carbonated/caffeinated beverages instead of drinking water
- Treat water by boiling, chlorinating, or distilling



# You Need Food

- Store 3 days of emergency food supplies
- Canned, dry goods, non-perishables
- Keep food in covered containers
- Throw away refrigerated food that has been at room temperature for two hours or more or has an unusual odor, color, or texture
- Don't eat food from cans that are swollen, dented, or corroded, or smells abnormal
- Keep garbage outside
- Use dry ice to keep food cold



# Shelters

- Stay-At-Home – remain indoors as much as possible. Patios, porches, & yards are okay
- Mass Care Shelter – provides life sustaining services to disaster survivors
  - Text SHELTER and a ZIP Code to 43362 for list
- Sheltering in Place – at home, work, other
  - Assess situation for signs you can leave

# Shelter in Place – Sealing a Room

- Local authorities may not be up and running
- TV/radio/internet
- Family & Pets inside
- Secure doors, windows, vents, fireplace dampers
- Interior room if possible
- Duct tape plastic sheeting over cracks around doors, windows, vents, etc.





# CHECK ON LEARNING



1. Types of shelter in your Shelter Plan include all EXCEPT:
  - a. Stay-At-Home
  - b. Shelter-With-Family
  - c. Mass Care Shelter
  - d. Shelter In Place
  
2. Which of the following guidelines are given for Sheltering in Place (select all that apply)?
  - a. Lock the doors, close the windows, air vents, and fireplace dampers
  - b. Seal windows, doors, and air vents with thick plastic sheeting and duct tape
  - c. Leave pets outside
  - d. Watch TV and listen to the radio or check the internet for updates and official news
  
3. Which of the following conform to guidance on food safety?
  - a. Keep food in covered containers
  - b. Quickly eat any food that looks or smells abnormal, before it completely goes bad
  - c. Don't let garbage accumulate inside
  - d. Throw away any food that has come into contact with contaminated flood water



# EVACUATION PLAN AND ROUTE

## OBJECTIVES

### **DESIRED OUTCOME (Self-Mastery)**

*Cadets are familiar with the disaster emergencies that commonly occur in California and how to prepare, respond, and recover from them.*

### Plan of Action:

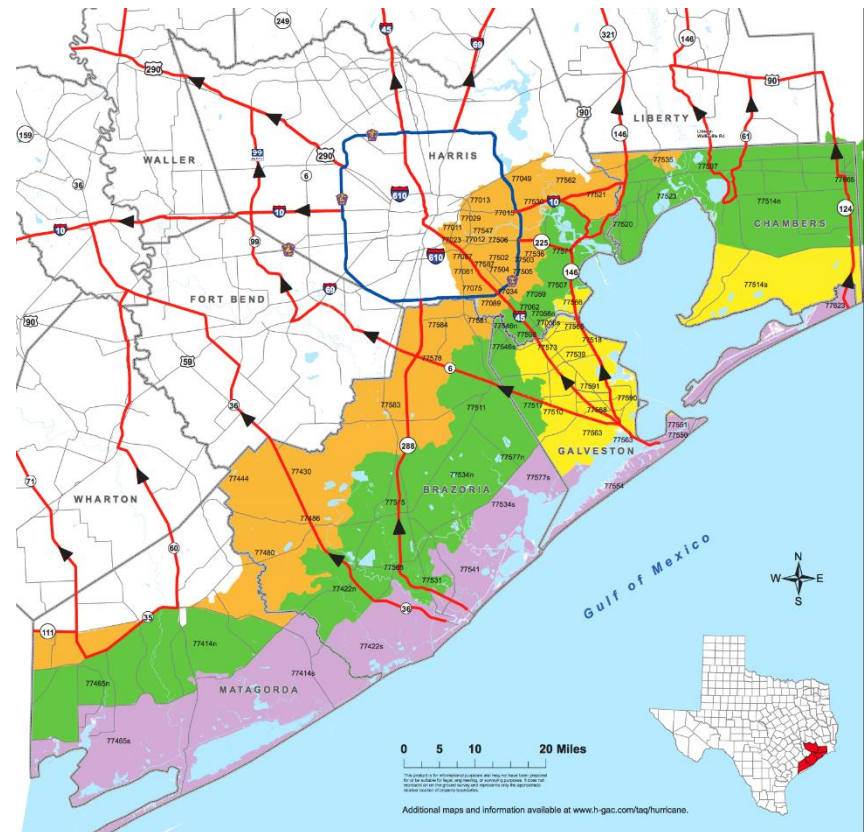
B3. Develop an evacuation plan and routes.

Essential Question: What do you need to take into account if you have to evacuate?



# 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.





# Evacuating

- Different disasters – different routes
- What do emergency planners tell you?
- If told to go – GO!
- Bring pets – but shelters may not allow them
- Communications & meeting plan
- If evacuation seems likely, keep a full gas tank
- Have an emergency kit in the car
- Plan for the weather





# Before You Leave

- Notify your out-of-area contact in your family communications plan
- Lock doors and windows
- Unplug electrical equipment
- Leave a note saying where you went & when
- Wear sturdy shoes, protective clothing (long shirt & pants) and a hat
- Check on neighbors before you go



# Coming Home

- Don't come until officials say you can
- Notify friends and family
- Keep a full gas tank
- Bring food and water
- Avoid downed power lines
- Only use generators outside the home





# CHECK ON LEARNING

1. If you're evacuating because of an emergency, which of the following is NOT true?

- a. Identify several places you could go ahead of time
- b. Assume public shelters will allow you to bring your pets
- c. Develop a family plan to stay in touch in case you become separated
- d. Keep a full tank of gas if an evacuation seems likely

2. T / F FEMA keeps a list of shelters you can access if evacuating. Other governmental agencies provide this information as well.

3. Which of the following is true for an evacuation (select all that apply)?

- a. Leave your doors unlocked so emergency personnel don't have to break in to secure your house
- b. Unplug electrical equipment. Leave freezers and refrigerators plugged in except in a flood.
- c. If there is damage to your home, you may need to shut off gas, water, and electricity before leaving.
- d. Wear sturdy shoes and clothing that provides some protection – long pants & shirt, a hat

4. T / F When returning after an evacuation, it's a good idea to bring the items you'll need to survive: water, food, gas, etc.





# COMMUNICATIONS PLAN

## OBJECTIVES

### **DESIRED OUTCOME (Self-Mastery)**

*Cadets are familiar with the disaster emergencies that commonly occur in California and how to prepare, respond, and recover from them.*

### Plan of Action:

B4. Develop a disaster communications plan for your family.

**Essential Question:** How can you ensure your family will be able to find each other if a disaster happens?



# Communications Plan

Should contain:

- Household information
  - phone numbers and email addresses for all household members. Don't rely on Contacts in your phone!
- School, Childcare, Caregiver, Workplace
  - What everyone does if you're not home when it happens
- Out of Town Contact
  - Someone out of the area everyone can contact as a central point so you can reconnect



# Emergency Meeting Places

- Safe, familiar places your family can go for protection or to reunite. Pet-friendly
- Indoor for large weather-related emergencies
- In your neighborhood for localized problems
- Outside your neighborhood if you can't get home
- Out of town
- Everyone should have the address, contact info, and a plan on how they can get there



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# Family Communication Plan

*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.

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.

## 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: \_\_\_\_\_

Workplace: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

### School Information

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_



<http://www.ready.gov/kids>



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## 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.



Make wallet cards  
everyone can  
carry with key  
information on  
them.



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: \_\_\_\_\_

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Emergency/Hotline #: \_\_\_\_\_ Website: \_\_\_\_\_

Emergency Plan/Pick-Up: \_\_\_\_\_



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# Other Important Information

- Phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies.
- Make sure everyone has the info (in the cloud?)
- Enter household and emergency contact info in each family member's phone
- Store at least one emergency contact under the name "In Case of Emergency" or "ICE"
- Know how to text, or alternative ways to communicate if they can't text





# Communication Tips

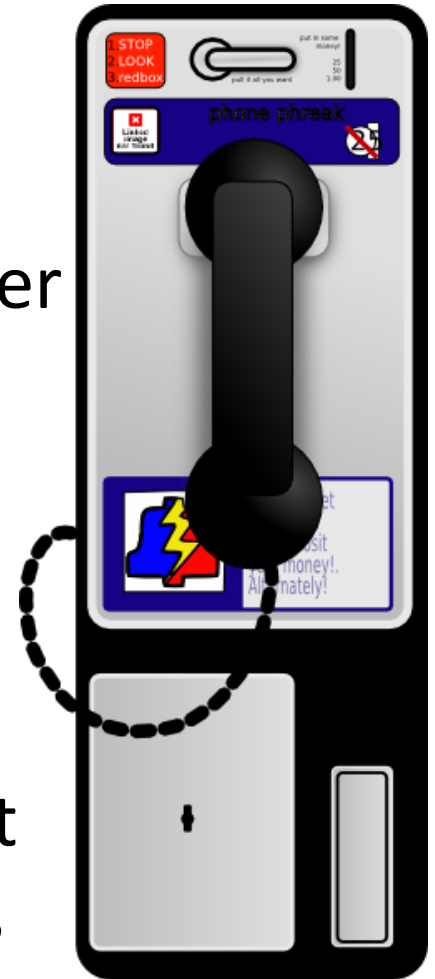
- Text is best
- Conserve phone battery
  - Reduce screen brightness
  - Airplane mode
  - Close apps you don't need
  - No videos or games
- Keep charged batteries, a phone charger, and a solar charger in your emergency kit
- Don't text while driving!





# Communication Tips

- Maintain a household landline
- Call-forward your home phone number to your mobile phone number
- Use the Internet to communicate
- If no mobile phone, carry a prepaid phone card
- Pay phones (if you can find one) don't rely on electricity or mobile networks





# CHECK ON LEARNING

1. Which of the following should be in your communications plan?

- a. Contact info for all family and important outside contacts
- b. Planned meeting places if you get separated
- c. Contact information for the local mayor's office
- d. Medical and insurance information

2. When communicating during a disaster, which is better to use, text or phone? \_\_\_\_\_

3. In a communications plan, "ICE" stands for:

I \_\_\_\_\_

C \_\_\_\_\_

E \_\_\_\_\_

4. T / F Though losing its popularity and convenience in daily life, having a landline telephone during emergencies is an asset.

