

# Disaster Action Plan For The Home

Credit: This information was compiled from "Family Disaster Plan" developed by the Federal Emergency Management Agency (FEMA) and the American Red Cross (ARC). **However**, additional suggestions have been made that may not be endorsed by either FEMA or ARC. Discretion is required on the part of the reader to ascertain the appropriate items needed for his/her individual situation. Redundancy/duplication on some items/information is intentional. Be prepared.

**Note:** This information is offered as a planning guide. The reader is encouraged to carefully review all information available online from the Federal Emergency Management Agency and the American Red Cross. The information available from these sources is more comprehensive than the material presented in this document.

## 1.0 Non-Food Items to Keep on Hand

*Flashlight* Several good quality flashlights should be available along with spare batteries. Batteries should be periodically rotated/replaced to ensure viability.

*Battery Powered Radio* A battery powered radio along with replacement batteries can allow a family to receive important radio information during disasters.

*Cellular Telephone* Most families have one or more cellular telephones. Charging equipment that will work in automobiles in case of prolonged electrical power interruption is recommended.

*Bedding* At least one (preferably two) blankets or a sleeping bag per person should be stored in a safe location for use during emergency conditions.

### *Medications and Health Aids*

Reasonable amounts of prescriptions, health aids, etc. should be stored in secure areas of the home.

### *First Aid Kit*

A First Aid Kit of sufficient size to accommodate your entire family plus reasonable numbers of guests should be maintained. See Section 4.0

### *Plastic Sheeting and Duct Tape*

A roll of plastic sheeting material can be purchased from a home supply store. This material along with duct tape can be used to make temporary repairs or a temporary shelter. Plastic tarpaulins are also handy for making temporary emergency roof repairs.

### *Bible*

Each family is encouraged to keep one or more Bibles in secure locations for use during emergencies.

### *Other Tools and Supplies*

- Mess kits, paper plates and cups, plastic utensils
- Non-electric can opener
- Personal hygiene items: toothbrush, comb, brush, soap, hand sanitizer, contact lens supplies and feminine supplies.
- Plastic garbage bags, ties (for personal sanitation uses)
- Paper towels and toilet paper
- Disinfectant
- Household chlorine bleach
- Locate at least one complete change of clothing with footwear in a secure location. Include long sleeve shirts and long pants as well as closed-toed shoes or boots.
- If you wear glasses, keep a spare pair in a secure location
- Emergency automobile kit/tools
- Manual hand tools (pliers, saw, hammer, screw driver, etc.) and fasteners (nails, screws, etc.)
- Emergency preparedness manual
- Utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Duct tape and electrical tape
- Compass
- Plastic storage containers
- Large garbage bags
- Paper, writing instruments
- Board and card games
- Needles, thread
- Medicine dropper
- Whistle
- Baby items for infants or those acting like an infant (formula, diapers, bottles, powered milk, medications, etc.)

### *Other Items that Require Special Consideration/Training/Common Sense*

- Candles with matches (waterproof matches recommended)
- Portable kerosene heaters (USE ONLY IN WELL VENTILATED AREAS)
- If you have a gas grill, spare propane cylinders (filled)
- Signal flares
- Spare fuel in reasonable, limited quantities for vehicles, electrical generators, chainsaws, etc. NOTE: Fuel must be rotated or it will become stale in a few weeks. It is preferable to make needed fuel purchases in advance of predicted emergency situations.

## **2.0 Water**

A good rule of thumb is to have one gallon of drinking water on hand per person per day.

**In addition**, at least two quarts of water per day person should be stored for food preparation. One option, if there is sufficient time for preparation, is to maintain a supply of

empty plastic jugs that can be filled prior to an emergency. Sufficient containers to allow for 7-14 days of water is advisable. Since there may be little time for preparing for some emergencies it is advisable to routinely maintain at least a 2-3 day supply of purchased water on hand. **NOTE: All water for consumption should be replaced every 6 months.**

If there is sufficient time/opportunity it would be good to fill bathtubs or other large containers with water that can be used for periodic bathing, flushing toilets and for consumption (in boiled).

**NOTE:** Emergency water sources could include: hot water tank, toilet reservoirs, ponds, lakes, streams, rainwater, etc. HOWEVER, appropriate treatment is required before any of the above water sources can be typically consumed. When in doubt and if water does not have a foul odor, it should be boiled at least 3-5 minutes. Pouring boiled water from one clean container to another will help restore oxygen and improve the flavor. Another method for preparing drinking water is to household bleach as follows. Use household bleach that contains 5.25 percent sodium hypochlorite (see label). **DO NOT USE SCENTED BLEACHES, COLORSAFE BLEACHES OR BLEACHES WITH ADDED CLEANERS.** Add 16 drops of bleach per gallon of water and let stand for 30 minutes. Water should have a slight bleach odor. If it doesn't repeat the dosage of bleach and let stand for an additional 15 minutes.

### 3.0 Food

Sufficient non-perishable food should be maintained in reserve for 3-7 days. Suggested items include:

- Ready-to-eat canned meals, meats, fruits, cereals and vegetables.
- Canned juices
- High-energy foods (granola bars, energy bars, etc.)
- Staples (salt, sugar, pepper, Texas Pete, spices, etc.)
- Vitamins
- Powered/dry milk
- Powdered drink mixes
- Candy (if you have behaved yourself and maintained your composure)
- Aluminum foil
- Potatoes
- Condensed soups
- Peanut butter
- Jelly
- Canned nuts
- Vegetable oils
- Baking powder
- Instant coffee, tea
- Bouillon products
- Dry pasta

Note: Special consideration must be given regarding food items needed for infants, the elderly and people with special dietary needs.

Note: It is prudent to periodically inspect your reserve food supply and rotate items as appropriate.

Note: During emergency situations above-normal caloric intake is desired. You can resume your diet after the emergency situation has subsided.

Note: Low-salt foods will reduce the desire for extra water. However, some salt intake is appropriate.

Note: Don't ignore to have reserve food for pets.

#### **4.0 Medicine and First Aid**

A good quality first aid kit should be in every home. Items that should be included:

- Absorbent Compress 5" x 9" Dressing
- Adhesive Bandages (assorted sizes)
- Adhesive Cloth Tape 5 yds/1"
- Antibiotic Wipe Packets
- Packets of Aspirin (162 mg)
- Pair of non-Latex gloves (large size)
- Scissors
- Roller Bandage 3"
- Sterile Gauze Pads 3" x 3"
- Hydrogen peroxide, bottle
- Cotton balls
- First Aid Instruction Information

Prescription medications should be located in secure locations with adequate supplies to last 7-14 days. Check with your physician regarding safe storage environments for medications. Routinely used non-prescription medications should also be stockpiled:

- Aspirin and/or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup or Ipecac (use to induce vomiting for accidental poisoning)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- As needed: heart and high blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies
- Spare pair of eyeglasses

#### **5.0 Clothes**

Note: See Tools and Supplies under Section 1.0 for minimum reserves. The following should also be considered:

- Sturdy shoes or work boots
- Rain gear
- Rubber boots
- Thermal underwear
- Sunglasses

- Heavy coats
- Gloves or mittens

## **6.0 Money**

It is advisable to have a reasonable amounts of spare cash on hand in case purchases can be made and credit card purchase capability has been suspended.

## **7.0 Important Documents**

Important documents such as wills, contracts, deeds, stocks, bonds, insurance policies, passports, social security cards, bank account numbers, credit card account numbers and contact information, inventory of valuables, family records (birth/marriage/death certificates) etc. should be stored in a secure/waterproof location. Note: In emergency situations a sturdy plastic container with waterproof lid can be used. Families may want to consider making photocopies of important documents. The copies should be maintained in a secure/waterproof location in location apart from the original documents.

## **8.0 Important Contact Numbers**

Each family should prepare a list of important telephone numbers (physicians, etc.)

## **9.0 Plan Review**

Readers are encouraged to review/revise their disaster management plans annually.