

A Family Emergency Plan

Besides emergency supplies, your family should have a plan for how to respond to an emergency. Take time regularly to discuss and practice for emergency situations with your family. Have fire, tornado, or earthquake drills so that children will all know how to safely exit your home and where to gather.

In planning for emergencies, consider what would happen if a parent or another family member were not at home during an emergency. Would the family members at home be able to respond to the emergency? Responsibilities for emergency response should be divided and often duplicated among family members so that regardless of who is at home, the family will still be able to respond properly. You should have a plan for how family members will contact one another if the family is scattered during the emergency. This may include having a prearranged meeting place, a code word, or a relative's phone number. *Consider compiling a list with important phone numbers of individuals such as the Bishop, your Home Teacher, and someone out of the area who can be contacted to check in. Many long-distance companies offer inexpensive toll-free numbers that can be used without coins or calling cards.*

Knowledge of first aid procedures will be invaluable for your family during any type of emergency situation. Younger children can learn most of these procedures, even CPR. First aid classes are offered at many locations within most communities. The Red Cross chapter in your community generally will offer a good basic first aid course, several types of first aid handbooks including a wilderness- and boating-specific types, and even first aid kits for purchase or occasionally that you can assemble yourself. The Community Emergency Response Training (CERT) classes are very good for emergency preparation. Neighbors can participate in emergency training together to share their skills.

In preparing your children for emergencies, consider the effect that exposure to repetitive media and news reports of real disasters may have on your children. You may wish to limit such exposure to reduce stress and anxiety. The Federal Emergency Management Agency website (<http://www.fema.gov/kids/>) has some wonderful material to assist children in learning more about disaster preparedness. They have a program on the website called becoming a "Disaster Action Kid".

Finally, help your family to know that if they are prepared, they need not fear emergency situations.

Information above from <http://www.providentliving.org>

**Text in Italics added.*

Family Preparedness Action Items

- Show each family member how and when to turn off the water, gas and electricity at the main switches (shut off gas only if lines are damaged). Always have a wrench or pliers handy to shut off utilities in the event of an emergency.
- Pick two places to meet: 1) Right outside your home in case of a sudden emergency, like a fire. 2) Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Fill out the "Family Communication Card" (see below), and give a copy to each family member. Include the phone number of an out-of-state family member or friend (after a disaster, it's often easier to call long distance).
- Discuss what to do in an evacuation. Plan how to take care of your pets.
- Teach each family member how to use the fire extinguisher (ABC type), & show them where it's kept. Install smoke detectors on each level of your home, especially near bedrooms.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.
- Prepare a portable 3-day emergency kit for each family member (a 5-day supply of food & water is preferable). See "Emergency Preparedness Tips" for kit suggestions.

Use your computer keyboard to fill in the information on the card, then print.



Family Communications Plan

Contact Name _____

Telephone _____

Out-of-town Contact Name _____

Telephone _____

Neighborhood Meeting Place _____

Meeting Place Telephone _____

Fold Here

Other Important Phone Numbers

Name	Home #	Work #	Cell #

<http://www.ready.gov> <http://www.ocfa.org>



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