

PREPARING FOR AN EMERGENCY



Being prepared ahead of time will enable you to better cope with an emergency and recover more quickly. An emergency can be weather-related, i.e., tornadoes, floods, hurricanes or a disaster such as a house fire

or power outage.

- 1) Have emergency supplies *packed and ready in one place* **before** an emergency arises. Make sure you have enough supplies to last at least **three days**, including prescription medications. Store them in an easy-to-carry container such as a backpack or duffel bag.
- 2) Establish a **personal support network** made up of individuals who will check with you in an emergency.
- 3) You and your personal support network should **notify** each other when you are going out of town and when you will return.
- 4) Be sure your bag and any equipment you need such as a wheelchair, cane or walker has an **ID tag**. Hang a whistle with the tag, in case you need to attract attention.

⇒ MAKE AN EMERGENCY SUPPLY KIT

During or after an emergency, you won't have time to search for supplies. There's also a chance that stores may not be open to fill even your basic needs.

An emergency supply kit, containing necessary items you would need for survival, should be prepared in **advance**. Keep the kit in an accessible place where you can reach it quickly in case of an emergency—whether you remain at home or evacuate to a safe place. Recommended supplies to include in a basic emergency supply kit:

- Water, at least one gallon per person per day for at least three days, stored in a plastic container.
- Food, at least a 3-day supply of non-perishable food. **DON'T FORGET** special diets, such as diabetics.
- A first-aid kit
- Prescription medications—note expiration dates.
- Battery-powered radio, flashlights and extra batteries
- Can Opener
- Bedding for each person



- Personal hygiene items
- Dust mask or cotton T-shirt for each person to help filter the air
- A whistle to signal for help
- A waterproof container to store important documents such as driver's license, birth certificate, copies of medical prescriptions, insurance policies.

⇒ **AFTER ASSEMBLING YOUR KIT**

- 1) Store the kit in a place known to all household members.
- 2) Review the contents of your kit periodically to make sure food and water are fresh and prescription medicines are up-to-date.



Complete the following based on the places where your family members spend their time

Name of SPOUSE _____
 Home Address _____
 Phone Number _____
 Spouse's Work & phone _____
 Spouse's Cell Phone _____
 Evacuation Location _____

Alternate Family Members:

A. Name & relationship _____
 Home Address _____
 Phone Number _____
 Work _____
 Work Phone _____
 Spouse's Work Address _____
 Work Phone _____
 Spouse's Cell Phone _____
 Evacuation Location _____

B. Name & relationship _____
 Home Address _____
 Phone Number _____
 Work _____
 Work Phone _____
 Spouse's Work Address _____
 Work Phone _____
 Spouse's Cell Phone _____
 Evacuation Location _____

MY PERSONAL INFORMATION

Fill out the following information for each household member to save and keep it up to date.

My Name _____

Cell Phone Number _____

Date of Birth _____ Height/Weight _____

Doctor's Name _____

Doctor's address & phone _____

Allergies _____

Medications _____

Chronic Illnesses _____



Past Medical History _____

Daycare Provider Name _____

Daycare Address _____

Daycare Phone Number _____

Cell Phone Number _____

Evacuation Location _____

Other Place(s) You Frequent & phone numbers:

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Past Medical History _____

Daycare Provider Name _____

Daycare Address _____

Daycare Phone Number _____

Cell Phone Number _____

Evacuation Location _____

Other Place(s) You Frequent & phone numbers:

Other important information:

Pharmacy _____

Medicare # _____

Homeowners/Renters Insurance Policy #

Claims Phone Number _____

Vehicle Insurance Company _____

Policy Number _____

Claims Phone Number _____

Bank Name & Account _____

Safety deposit box # _____ key _____

location _____

Safe key location _____

1.Credit Card number _____

Claims phone number _____

2.Credit Card number _____

Claims phone number _____

3.Credit Card number _____

Claims phone number _____



Local or State Emergency Contact Numbers

Ambulance/Fire _____

Law Enforcement _____

Hospital _____

Local Public Health _____

Iowa Department of Public Health
www.idph.state.ia.us

Centers for Disease Control and Prevention
www.cdc.gov

U.S. Department of Health and Human Services
www.hhs.gov

Iowa Homeland Security and Emergency Management
www.iowahomelandsecurity.com

Disaster Help
www.disasterhelp.gov

American Red Cross
www.redcross.org

U.S. Department of Homeland Security
www.ready.gov