



Personal/Family Preparedness Plan “P E A C E” of mind

P Prepare your plan	✓		Review Date
		Prepare and review my personal/family preparedness plan	
E Emergency disaster kits	✓		Expiration Date
		Home kit	
		Travel kit	
		Work kit	
A Arrange for the care of others	✓		Caretaker: Phone:
		Children	
		Parents	
		Pets	
C Contact numbers and locations	✓		Contact Person and Location: Phone:
		Primary contact	
		Alternate contact	
		Family meeting spot	
E Exercise and evaluate	✓		Every 6 months: Phone:
		Exercise my plan	
		Review contact information	
		Update my supplies	

For more information on emergency preparedness visit www.fema.gov or www.ready.gov

Visiting Nurse
& Hospice of Fairfield County
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PERSONAL / FAMILY PREPAREDNESS PLAN



*Will you
be ready
if disaster
strikes?*

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WHY HAVE A PERSONAL / FAMILY PREPAREDNESS PLAN?

In order to respond to naturally occurring disasters such as floods, emerging infectious diseases and terrorist attacks, great strides have been made at the national level to detect these events as early as possible, mount a swift and effective response and ensure long-term recovery from the effects of the disaster.

Connecticut is leading the way in supporting the preparedness of the nation's healthcare infrastructure with plans to ensure that there is enough equipment, pharmaceuticals and medical supplies for hospitals to treat the sick and injured. Plans are also in place to improve emergency communication systems to make sure all involved with the disaster response are kept informed and a network of volunteer healthcare professionals is available to assist in a medical emergency.

But what about you?

A recent survey conducted by the National Center for Disaster Preparedness reported that almost 63% of American families do not currently have even a basic emergency plan. Many parents are unfamiliar with the emergency response plans at their children's schools and have not designated a central family contact to ensure that every family member is accounted for during a disaster.

Preparing for a disaster requires asking yourself and your family a few questions and taking the time to determine the answers.

- Would you be able to assist a disabled relative or neighbor?
- If you are a pet owner, do you need to make arrangements for the care of your animal during a disaster?
- What do you need in your emergency kits for home, for work and for travel?

For your "PEACE" of mind, Nursing & Home Care has developed a Personal/Family Preparedness Checklist and we encourage you to develop individual and family preparedness plans for emergencies and disasters.

The following activities will ensure that you are ready at home or at work in case a disaster strikes:

P Prepare your plan and review it with family members and contacts.

Take these steps to prepare your plan:

- Familiarize yourself with disaster response and recovery services available in your community such as healthcare organizations and the American Red Cross.
- Meet with your family members to discuss the types of disasters that could occur and how you will respond.
- Use the PEACE checklist to prepare and record your plan.

E Emergency Disaster Kits

Water, food and clean air are essential items for survival. Each individual or family kit should be customized to meet specific needs such as medications and infant formula. It should also be customized to include important family documents.

The following supplies are recommended for a home or work emergency disaster kit:

- ✓ Water – one gallon per person per day.
- ✓ Food – at least a three-day supply of non-perishable food.
- ✓ Battery powered radio and extra batteries.
- ✓ Flash light and extra batteries.
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Scissors and tweezers
- ✓ Dust mask or cotton tee shirt to help filter air.
- ✓ Moist towelettes for sanitation.
- ✓ Wrench or pliers to turn off utilities.
- ✓ Manual can opener for food.
- ✓ Plastic sheeting and duct tape to shelter-in-place.
- ✓ Infant formula and diapers, if you have an infant.
- ✓ Garbage bags and plastic ties for personal sanitation.
- ✓ Analog telephone / landline.

Other items to consider for your supply kit include:

- ✓ Emergency reference material such as a first-aid book or a copy of this brochure
- ✓ Rain gear
- ✓ Mess kits, paper cups and plates, plastic utensils and paper towels
- ✓ Cash or travelers checks and change
- ✓ Fire extinguisher
- ✓ Tent
- ✓ Compass
- ✓ Matches in a waterproof container
- ✓ Signal flare
- ✓ Paper and pencils
- ✓ Prescription medications
- ✓ Medicine dropper
- ✓ Feminine supplies
- ✓ Personal hygiene supplies
- ✓ Disinfectant
- ✓ One complete change of clothing and footwear for each family member
- ✓ Household chlorine bleach.
You can use bleach as a disinfectant (diluted 9 parts water to 1 part bleach) or to purify water (use 16 drops of regular household liquid bleach per gallon of water.) Do not use scented, color-safe or bleaches with added cleaners.
- ✓ Important family documents
Keep copies of important family records such as health records, passports, insurance policies, identification and bank account records in a waterproof, portable container.

The following supplies are recommended for an automobile emergency disaster kit:

- ✓ Battery powered radio and extra batteries
- ✓ Flashlight and extra batteries
- ✓ Blanket or sleeping bag
- ✓ Booster cables
- ✓ Fire extinguisher (5 lb., A-B-C type)
- ✓ First aid kit and manual
- ✓ Bottled water
- ✓ Non-perishable, high-energy food such as granola bars, raisins and peanut butter
- ✓ Maps
- ✓ Shovel, screwdriver, pliers
- ✓ Tire repair kit and pump
- ✓ Flares
- ✓ Change of clothes (consider seasonal conditions such as extreme cold or heat)



A Arrange for the Care of Others.

If unable to get home during a disaster, ensure the care of your dependents.

- Familiarize yourself with work and children's school emergency plans.
- Make plans for child care in case parents cannot get home.
- Consider how you could help neighbors with special needs, such as elderly or disabled persons.
- Make arrangements for the care of family pets.



C Contact numbers and locations.

Plan how your family will stay in contact if separated by a disaster.

- Pick two meeting places: a location that is a safe distance from your home in case of fire and a place outside your neighborhood in case you cannot return home.
- Choose an out-of-state friend as a "check-in contact" for everyone to call.
- Post emergency telephone numbers by every phone.
- Give every family member a copy of emergency telephone numbers to keep with them and to program into cell phones.
- Assign the phone number of your emergency contact to the name "ICE" (In Case of Emergency) on your cell phone to make it easier for emergency responders to reach the right person if you are injured.

E Exercise and evaluate your plan every six months.

Emergency plans and supplies shouldn't sit on a shelf gathering dust. Practice and maintain your plan regularly.

- Hold emergency drills with all household members at least twice a year.
- Show each family member how and when to turn off utilities (water, gas and electricity) at the main switches.
- Keep contact information current.
- Update emergency kits to reflect the changing needs of family members, e.g., replace changes of clothes with age appropriate sizes.
- Replace water and food supplies.
- Test fire extinguishers, smoke detectors and batteries. Recharge, refresh or replace as needed.



Remember, each individual and family doing their part to make sure that they can take care of themselves during a disaster will help state and national resources stretch to meet the demands placed on them by the disaster.

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The text in this brochure is adapted from materials developed by Yale New Haven Health System, the Federal Emergency Management System and the American Red Cross.