

Disaster!

BE READY

- GET a KIT
- MAKE a PLAN
- BE INFORMED



This Ready packet was produced as a project of the Cape Cod Citizen Corps Council and the Barnstable County Sheriff's Office. For more info on preparedness visit:

www.Ready.gov

MAKING A DISASTER SUPPLIES KIT

During a disaster, you may have to shelter-in-place (stay home during an emergency) or evacuate quickly. You might not have time to gather all the supplies you need. That is why it is important to make a disaster supplies kit.

Remember to pack enough food, water, and supplies to last for three days for each person in your family. Place the supplies into a duffel bag or a backpack, ask your parents to keep kits at home, at work, and in their cars.

Below is a sample list of items you need to have in your kit!

- Canned or dried foods that won't spoil
- Can opener that turns by hand
- Water (one gallon for each person each day)
- Flashlight
- Radio
- Extra batteries for the flashlight and radio
- First aid kit and handbook
- Soap, toilet paper, toothbrush, and other items to keep you clean
- Extra clothing and blankets
- Forks, spoons, knives, and paper plates
- Eye glasses and medicine
- Whistle
- Copies of IDs and credit cards
- Cash and coins
- A map of the area
- Baby food, bottles, and diapers; if there is a baby in the family
- Pet food; if you have a pet

If you live in a cold area, you and your family have to think about staying warm! Include these other items in your kit:

- Jackets and coats
- Long pants and long sleeve shirts
- Sturdy shoes or boots
- Hats, mittens, and scarves
- Sleeping bags and warm blankets



Remember to update your disaster supplies kit at least once a year!

PLANNING YOUR OWN DISASTER SUPPLIES KIT

Emergency workers make kits for each of their families. Now you can make a kit for your own family by completing the worksheet below.

1. How many people are in your family?_____

2. **Water:** You need a 3-day supply. Each person needs 1 gallon per day. How many gallons will your family need?

_____ People X 3 = _____ gallons of water.

3. **Food:** You need a 3-day supply of dried or canned foods that won't spoil. List some foods you might put in your supplies kit:

4. Medicine and Supplies for your **First Aid kit:**

5. How will you listen to the **news** for weather updates and official instructions?

6. **If the power goes out**, what will you use to see in the dark?

7. What will you need to **open cans of food**?



MAKE A PLAN

Meet with your whole family to talk about your disaster plan. Tell them how important it is to be prepared! Start with these steps to make your family disaster plan.

- **Decide where to meet with your family.** A disaster can happen when you are not all together.
 1. In case of a sudden emergency, like a fire, choose a place right outside your home such as your neighbor's yard, or across the street.
 2. In case you cannot go home, choose a safe meeting place outside your home, like a friend's house, community center, or designated shelter.

- **Complete a Family Communication Plan.** What are the emergency phone numbers? How will you contact your family? How will you reach your out-of-town contact? Where will you meet if separated? Post your family plan near the phone in your home, and make copies for every family member to carry in their wallet or purse.

- **Plan escape routes from your home.** Know at least 2 ways out of each room in your home. Practice leaving quickly and calmly. Know your meeting place, so you can know everyone is safe as soon as possible.

TELL ALL YOUR FRIENDS TO MAKE THEIR OWN PLAN.

UPDATE and PRACTICE YOUR PLAN at LEAST TWICE a YEAR!



FAMILY COMMUNICATIONS PLAN

In EMERGENCY Call 911

Name: _____

Address: _____

Phone #: _____ Cell #: _____ Email: _____

Work phone #1: _____ Work phone # 2: _____

Relative or Friend phone #: _____

Neighbor phone # _____

Out of Town Contact phone #: _____

IMPORTANT PHONE NUMBERS:

Poison Control: 1-800-222-1222 Doctor: _____

Pharmacy: _____ Dentist: _____

Veterinarian: _____ Other: _____

Local Shelter address: _____

Emergency Information: RADIO 99.9 FM or 1030 AM

Family meeting location: _____

2nd Family meeting location: _____

Now that you have completed the activities, let's see how prepared you are! Answer the questions below:

QUESTION 1: List five things you need to have in your disaster supplies kit.

QUESTION 2: Write the name and telephone number of your out-of-town contact.

QUESTION 3: List your two family meeting places.

QUESTION 4: During a fire, how do you check to see if a door is warm?

QUESTION 5: Which radio station should you listen to during an emergency?

QUESTION 6: If you cannot get inside during a thunderstorm, what should you do?

QUESTION 7: If you need help from police or fire, what number do you call?

QUESTION 8: TRUE or FALSE? (circle one)
Stay away from water and the shoreline during a hurricane.

QUESTION 9: What is a Winter Storm Warning?

QUESTION 10: Write one thing you need to do before a hurricane.