



EMERGENCY PREPAREDNESS PLANNER

For Individuals and Families



Pre-Emergency Checklist:

- Post emergency telephone numbers by phones and make sure that everyone knows how and when to dial 911.
- Replace your emergency water every four months.
- Show each responsible member of the household how to turn off the utilities.
- Have a meeting place away from the home.

Emergency Supply Kit

Your kit should be packed and ready to go. You should be able to carry the kit by yourself, or know someone who will help you or your kids. Include in your kit:

- Water-one gallon per person, per day, for at least three days. To be used for drinking and sanitation.
- Food-at least five days supply of non-perishable food. Something you like.
- Battery-powered and or hand crank radio with extra batteries. Weather radio.
- Flashlights and extra batteries.
- First Aid Kit (and understand how to use it).
- Whistle - used to signal for help.
- Dust mask, work gloves, appropriate clothes for the weather, sturdy shoes.
- Personal hygiene supplies, male and female.
- Moist towelettes, plastic garbage bags with ties for personal sanitation.
- Wrench or pliers to turn off your utilities-water, gas and electric.
- Manual can opener for any canned food.
- Roll of Plastic sheeting, blue tarps.
- Prescription medications you take every day, insulin, heart meds, asthma inhalers.
- Paper cups, plates, plastic utensils, mess kit, paper towels, toilet paper, and diapers.
- Sleeping bag or warm blankets, pillows for each person.
- Extra prescription glasses.
- Important family documents/records, ID's, bank records, insurance records.
- Cash or Traveler's Checks
- Household* bleach-to be used as a disinfectant or in an emergency, use to treat water-16 drops of *regular bleach* per gallon of water. Do not use scented or color safe bleaches with added cleaners.
- Pet food, pet bowls, pet toys, pet meds.

Shelter Info and Needs

If you and your family have to move to a local emergency shelter, please remember the following:

Bring your own Emergency Supply Kit. Not all shelters will be pet friendly - it's up to you as a pet owner to have a plan for your pets.

- No weapons - law enforcement will be on site.
- Bring your own medications, there will be none at the shelter.
- Bring your own pillow, blankets.
- Pet food, pet bowls, pet meds.
- Some type of pet cage and a leash, per pet.
- No drinking, smoking, spitting, swearing.
- No fighting will be tolerated.
- Pets will not be allowed in the shelter, there may be other rooms set up for use as a pet shelter.
- Pet owners are responsible for their pets feeding, watering, and pet waste.
- Books, games, or other activities for children may be helpful.

Develop a family communication plan:

Plan on how your family will contact each other. Designate several locations where your family will meet.

Create a plan to evacuate:

Make arrangements for your pets. Bring your emergency kit. Choose several different locations where your family would go in the event of an evacuation.

Create a plan to shelter-in-place (stay inside):

Designate a room in your home as a shelter, no windows/doors that open to the outside. Cover windows, bring pets indoors.

Practice, practice, practice your family plan!



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Family First Aid Kit

- Weather tight box or bag.
- First Aid manual - read the manual before you have to use your own kit.
- Extra prescription medications.
- Two pairs of sterile plastic gloves.
- Sterile dressings-2x2s 4x4s.
- Antibiotic ointment or cream.
- Adhesive bandages (band aids) variety of sizes.
- Adhesive first aid tape.
- Elastic bandage (Ace bandage).
- Liquid soap and/or moist towelettes.
- Small pair of sharp scissors.
- Tweezers.
- Safety pins.
- Thermometer.
- Eye wash solution, to flush the eyes or as a general decontaminant for cuts.
- Aspirin and/or non-aspirin pain reliever.
- Your own prescribed medical items.
- Antacids.
- Diarrhea medication (Pepto-Bismol).
- Rolled gauze bandage.
- Antiseptic wipes.
- Small flashlight, extra batteries.
- CPR mask, for doing CPR.
- Disposable instant cold packs.

What Else Can I Do?

Volunteer with CERT, Red Cross, or any other disaster response agency.

Learn first aid and CPR.

Find out if your place of employment has an emergency plan.

Find out if your child's school has an emergency plan.

Include your extended family in your emergency planning.

Practice your family plan regularly.

Spread the word about family preparedness to your neighbors, friends and coworkers.

For more information contact your County Emergency Management Agency:

Androscoggin:.....	784-0147
Aroostook:.....	493-4328
Cumberland.....	892-6785
Franklin.....	778-5892
Hancock.....	667-8126
Kennebec.....	623-8407
Knox.....	594-5155
Lincoln.....	882-7559
Oxford.....	743-6336
Penobscot.....	945-4750
Piscataquis.....	564-8660
Sagadahoc.....	443-8210
Somerset.....	474-6788
Waldo.....	338-3870
Washington.....	255-3931
York.....	324-1578

Helpful Websites

- www.ready.gov
- www.redcross.org
- www.maine.gov/dhhs/boh
- www.211maine.org
- www.nws.noaa.gov
- www.maine.gov.mema