



The Compassion Collective

Family Emergency Preparedness Plan

Overview and Agenda

Emergencies can happen at any time, and being prepared is the key to staying safe and resilient. This Family Emergency Preparedness Plan is designed to help your household respond effectively to unexpected events. It includes clear steps for communication, evacuation, and safety to ensure your family is ready for any situation.

Official Resource: For additional tools, templates, and guidance, visit the [FEMA Preparedness Activities website](#).

Agenda:

- **Communication and Documentation:** 15 minutes
- **Triggers for Action:** 10 minutes
- **Evacuation and Travel Plan:** 15 minutes
- **Supplies and Go-Bags:** 20 minutes
- **Roles and Responsibilities:** 10 minutes
- **Health, Safety, and Pet Preparedness:** 20 minutes
- **Practice Drills and Final Notes:** 20 minutes

1. Communication and Documentation

What to Discuss:

- **Primary Communication Method:** Choose the best way for your family to stay in contact (e.g., WhatsApp, Signal, or a family phone tree). Plan for backup options like walkie-talkies or offline communication methods.
- **Emergency Contact List:** Compile a list of essential contacts, including:

- Extended family
- Trusted neighbors
- Local authorities (police, fire department, hospitals)
- **Meeting Points:** Decide on:
 - A **Primary Meeting Point** (e.g., your home or a nearby safe location).
 - A **Backup Meeting Point** (e.g., a relative's house or a public shelter) in case the primary location becomes unsafe.
- **Critical Documents:** Organize important documents such as:
 - IDs, medical records, insurance papers.
 - Store physical copies in waterproof containers and digital copies on secure drives.

Checklist:

- Set up a group messaging app and add all family members.
- Choose a backup communication method (walkie-talkies, phone tree).
- List and share emergency contacts.
- Store physical and digital copies of important documents.

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2. Triggers for Action

What to Discuss:

- **Recognizing Warning Signs:**
 - Monitor news and social media for updates on local unrest or natural disasters.
 - Watch for signs of escalating danger, such as protests, road closures, or sudden law enforcement presence.
 - Identify personal cues like store closures, power outages, or community disruptions.
- **Action Plan:**
 - Define clear **triggers** for regrouping or evacuation (e.g., nearby protests or reports of violence).
 - Create a **decision-making flow** for when to stay, shelter-in-place, or evacuate.

Checklist:

- Identify warning signs (e.g., nearby protests, power outages).
- Define a clear trigger event for evacuation.

- Review decision points for regrouping or relocating.

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3. Evacuation and Travel Plan

What to Discuss:

- **Safe Routes:** Map out the safest evacuation routes, avoiding high-risk areas like downtown zones or bridges. Mark landmarks and alternative paths.
- **Backup Locations:** Identify alternative gathering points, such as a relative’s house or predesignated shelter.
- **Vehicle Preparedness:** Ensure vehicles are:
 - Regularly fueled.
 - Stocked with emergency supplies (e.g., flashlight, blankets, jumper cables).
 - Equipped with physical maps in case GPS is unavailable.

Checklist:

- Identify evacuation routes and print maps.
- Decide on backup locations.
- Prepare each vehicle (fuel, emergency supplies, maps).

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4. Supplies and Go-Bags

What to Discuss:

- **Go-Bag Essentials:** Each family member’s bag should include:
 - Clothing: Comfortable, weather-appropriate outfits, extra socks, and undergarments.
 - Food: High-energy snacks, non-perishable items, baby formula if needed.
 - Water: At least one gallon per person per day.

- Tools: Flashlight, batteries, multi-tool, portable chargers.
 - Comfort: Small entertainment items (e.g., books, cards) and blankets.
- **Stockpile Essentials:** Store a 3-day supply of food, water, and other necessities for the family at home.
 - Account for dietary restrictions and allergies.

Checklist:

- Pack go-bags with essentials (see checklist above).
- Store enough food and water for each person.
- Account for dietary restrictions or special needs.

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5. Roles and Responsibilities

What to Discuss:

- **Role Assignments:**
 - **News Monitoring:** Assign someone to stay updated on current events via news or social media.
 - **Supply Management:** Assign someone to monitor and replenish stockpiles.
 - **Family Check-Ins:** Assign someone to communicate with extended family and neighbors.
- **Emergency Leadership:** Designate who will make final decisions during emergencies.

Checklist:

- Assign someone to monitor news/social media updates.
- Assign someone to restock supplies.
- Assign someone to check on extended family and neighbors.

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6. Health and Safety

What to Discuss:

- **Medications and First Aid:**
 - Ensure a 7-day supply of essential medications.
 - Restock first-aid kits with bandages, antiseptic wipes, and pain relievers.
- **Home Safety:** Secure windows and doors, install alarms, and use outdoor lighting.

Checklist:

- Ensure all medications are stocked (7-day supply).
- Restock first-aid kits with essential items.
- Secure windows, doors, and install alarms if necessary.

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7. Pet Preparedness

What to Discuss:

- **Supplies:** Prepare carriers, food, water, and medications for your pets.
- **Evacuation Plans:** Include pets in travel plans, ensuring ID tags or microchips are up-to-date.
- **Comfort:** Pack familiar items (e.g., toys or bedding) to keep pets calm.

Checklist:

- Prepare carriers, leashes, and ID tags for pets.
- Pack food, water, and medications for pets.
- Include pets in evacuation plans.

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8. Practice Drills

What to Discuss:

- **Schedule Drills:** Set dates for family drills to practice communication, evacuation, or shelter-in-place scenarios.
- **Evaluate and Improve:** Identify gaps in your plan during drills.

Checklist:

- Schedule and conduct your first family drill.
- Identify and resolve gaps in your plan during the drill.

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9. Warning Signs and Safe Zones

What to Discuss:

- **Signs of Danger:** Identify warning signs such as:
 - Loud noises, sirens, or visible disturbances.
 - Suspicious behavior or increased police presence.
 - Fires, power outages, or disruptions to essential services.
- **Safe Zones:** Choose secure locations in your home (e.g., rooms without windows) and external meeting spots.

Checklist:

- List warning signs to watch for (e.g., disturbances, power outages).
- Define safe zones in your home (e.g., secure rooms with limited windows).
- Identify external meeting spots outside your immediate area.

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