

# YOUR FAMILY COMMUNICATIONS PLAN

If you have a family communications plan, it will be easy to contact your family or friends in a disaster! Fill out this emergency contact form with your family. Make sure they know where to meet and who to call. When you finish, cut out this page and hang it where all in your family can see it.

## MY FAMILY COMMUNICATIONS PLAN



My Name: \_\_\_\_\_



My Address: \_\_\_\_\_



My Telephone Number: \_\_\_\_\_



### My Family

Family work and cell numbers:



Work Number: \_\_\_\_\_



Cell Number: \_\_\_\_\_



### Who to call in case of Emergency

Emergency Number:

9-1-1 or \_\_\_\_\_

Name and number of neighbor or relative:

\_\_\_\_\_

Name and number of out-of-town contact:

\_\_\_\_\_



# MY FAMILY COMMUNICATIONS PLAN

More emergency numbers:



Local police station: \_\_\_\_\_



Local fire department: \_\_\_\_\_



Poison control: 1-800-222-1222



Hospital emergency room: \_\_\_\_\_



Doctor: \_\_\_\_\_



Dentist: \_\_\_\_\_



Pharmacy: \_\_\_\_\_

Other important numbers:

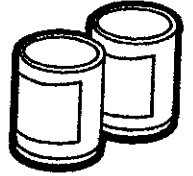
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\_\_\_\_\_  
\_\_\_\_\_



# TAKING CARE OF PETS

Do you have a pet? If you do, think about your pets in your disaster plans. If a disaster strikes, take your pets with you. If you have to evacuate, what are some things that a pet will need?

How much food should you take? What kind? \_\_\_\_\_



Circle other special items you will need:



Tank



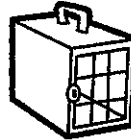
Cage



Leash



Collar



Pet Carrier



Medicine



Toys/Chews



ID Tag Numbers: \_\_\_\_\_



Shot Types and Dates: \_\_\_\_\_

## Emergency Contact Information for Pets



### Pet Doctor (Vet)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_



### Kennel

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_



### Pet-Loving Friend

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_



### Nearest Hotel for Guests with Pets

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# MAKING A DISASTER SUPPLIES KIT

During a disaster, you may have to 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 list of 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
- 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

The Disaster Crew made 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 canned foods. List some foods you might put in your supplies kit:

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4. Medicine and Supplies for your First Aid kit:

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

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

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

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