

# Family Preparedness



Hoosiers hear about disasters all the time. In Indiana, threats of tornadoes, severe thunderstorms, flooding, severe cold weather, and snow storms are just a few of the most common ones. The time to take responsibility for your family and community is **BEFORE** a disaster strikes.

You should follow these four easy steps to family preparedness:

## **Get Informed!**

- You need to become aware of all the possible disasters that could occur in your area. Learn what to do, what to look for, and what to avoid. Discuss them with your family.

## **Make a Plan!**

- Make a plan that includes all the members of your family for each potential disaster. This step will help ensure that each member of your family is on the same page should a disaster strike.
- Include in your plan meeting locations and emergency phone numbers to call in the event of a disaster.
- Make sure everyone in your family understands your plans, and practice them frequently.

## **Create a Disaster Kit**

- Making a disaster kit is easy and could be a life-saving task. It should be stored in a waterproof, easy to carry container.

## **Get Involved**

- Getting involved in your local community is a great way to help out each other and even save lives.
- Learn what programs are available in your local community.
- Consider taking first aid and CPR courses.



# Family Preparedness

## Disaster Kits should include the following:

### - **Water (at least a three day supply)**

- For 3 days, one person needs at least 3 gallons of water.
- Store in clean plastic containers.
- The hotter it is, the more water you may need.
- Nursing mothers, or people who are sick or injured may need more water as well.



### - **Food (at least a three day supply with foods that require no preparation, refrigeration, and very little water. Do not forget a manual can opener).**

- protein bars
- peanut butter
- canned meats
- baby formula (if applicable)
- dry cereal
- crackers
- dry milk



## First Aid Kit:

- latex gloves
- scissors
- tweezers
- petroleum jelly
- gauze
- band aids
- eye wash and contact solution
- burn ointment
- sun screen
- hydrogen peroxide
- over the counter medication
- prescription medication for at least one week



## Other items:

- battery operated or hand crank flash light and radio
- cell phone
- extra batteries
- rain gear
- sturdy shoes
- tools
- blankets
- list of emergency phone numbers
- important documents
- whistle to signal for help
- identification

For more information on family preparedness, please visit the IDHS web site: [www.in.gov/dhs](http://www.in.gov/dhs)

**Leadership for a Safe and Secure Indiana.**

