



# Family Disaster Plan

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Name \_\_\_\_\_

Your family disaster plan includes ways to reduce hazards, a family contact list and a supplies kit to meet the needs of everyone in case of a disaster or emergency situation. Here are some final points to consider, including plans to get to safety and stay safe.

It is most important to discuss all the steps in your disaster plan and to practice safe actions for different types of emergency. Planning and practicing will keep your family safe.

## **Be familiar with the school's plan—**

- Students and parents know the school's emergency plan.
- If an emergency happens while children are at school, they must follow the direction of the teachers, principal or emergency teams.
- Students know to stay at school or with school personnel in the event of a disaster.

## **Neighbors helping neighbors**

- Meet with your neighbors to plan how the neighborhood could work together after a disaster.
- Agree to check on each other in the event of an emergency. Form a "tree" where everyone checks on one or two other neighbors.
- Determine where children might go for help in the neighborhood.

## **If a disaster happens, we plan to—**

- Drop, Cover and Hold On if there is an earthquake or explosion.
- Move to a safe place, in the basement or away from windows, and Drop, Cover and Hold On if there is a tornado.
- Get out and get help if there is a fire.
- Get to higher ground if there is danger of a flood.
- Stay inside if there is danger outside.
- Follow our family contact list.





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## **After the emergency passes—**

- Check everyone around you; give first aid when possible and get help for seriously injured people.
- Wear protective clothing and sturdy shoes to avoid injury from debris.
- If the building is unsafe for any reason, get everyone outside quickly.
- Sniff for gas leaks. If you smell gas or suspect a leak, get everyone outside quickly, and turn off the main gas valve.

## **Next steps to take—**

- Listen to radio and television reports for instructions. Follow the directions of local emergency officials.
- Carefully confine or secure your pets with a carrier or leash. Remember, they may be frightened and might bite or scratch.
- Check on your neighbors.
- Stay away from fallen power lines.
- Following an earthquake, expect aftershocks that might cause more damage. Stay where nothing can fall or cause injury.

For more detailed information about a family disaster plan, check the American Red Cross Web site at [http://www.redcross.org/images/pdfs/code/family\\_disaster\\_plan.pdf](http://www.redcross.org/images/pdfs/code/family_disaster_plan.pdf).

**Keep this sheet as part of your family disaster plan.**

