

Personal/Family Preparedness Plan: “ECMC” can help!

E Emergency Preparedness Kit	What to have		Expiration Date
	Home Kit		
	Travel Kit		
		Work Kit	
C Contact Numbers and Locations	What to arrange		Phone:
	Primary Contact:		
	Alternate Contact:		
	Family Meeting Spot:		
	I.C.E. In Case of Emergency		
M Management of Emergency Plan	What to do		Dates:
	Prepare and review Plan with family		
	Exercise and Evaluate with family		
	Update my supplies		
	Review Contact Information		
C Caregivers for Others	Contact Person and Location		Phones:
	Children:		
	Parents:		
	Pets:		
	Other:		

Personal / Family Preparedness Plan How ECMC can help!



Will you be ready when disaster strikes?

Are you ready for a power outage? A snow storm? ECMC encourages you to use the following Personal/Family Preparedness Plans for emergencies and disasters. These activities will ensure you are ready at home or at work in case a disaster strikes.

EMERGENCY PREPAREDNESS KIT

ECMC recommends the following for your home emergency preparedness kit:

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| <input type="checkbox"/> Water, one gallon per person per day
<input type="checkbox"/> Food, at least a three-day supply of nonperishable food
<input type="checkbox"/> Battery-powered radio and extra batteries
<input type="checkbox"/> Flashlight and extra batteries
<input type="checkbox"/> First aid kit
<input type="checkbox"/> Whistle to signal for help
<input type="checkbox"/> Scissors or tweezers
<input type="checkbox"/> Dust masks or cotton t-shirt, to help filter air
<input type="checkbox"/> Moist towelettes for sanitation
<input type="checkbox"/> Wrench or pliers to turn off utilities | <input type="checkbox"/> Manual can opener for food
<input type="checkbox"/> Plastic sheeting and duct tape to shelter-in-place
<input type="checkbox"/> Infant formula and diapers (if you have an infant)
<input type="checkbox"/> Garbage bags and plastic ties for personal sanitation
<input type="checkbox"/> Analog phone/landline
<input type="checkbox"/> Tent, compass, matches, prescription medication, feminine supplies, personal hygiene items, complete change of clothing and footwear per person, and household bleach is also recommended
<input type="checkbox"/> Important family documents: health records, birth certificates, passports, insurance policies, identification and bank account records in waterproof portable container. |
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CONTACT NUMBERS AND LOCATION

Plan how your family will stay in contact if separated by disaster:

- Pick two meeting places: a safe location in safe distance from your home in case of fire, and a place outside your neighborhood in case you cannot return home.
- Choose a friend as a “check-in-contact” for everyone to call.
- Post emergency phone numbers by every phone, and share this list with friends and family.

MANAGEMENT OF EMERGENCY PLAN

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| Prepare your plan and review it with family members and contacts: <ul style="list-style-type: none"> <input type="checkbox"/> Familiarize yourself with disaster response and recovery services available in your community such as healthcare organizations and the American Red Cross. <input type="checkbox"/> Meet with your family to discuss the types of disasters that could occur and how you will respond <input type="checkbox"/> Maintain your plan. | Exercise and Evaluate with family <ul style="list-style-type: none"> <input type="checkbox"/> Emergency plans and supplies should not sit on a shelf gathering dust – practice and hld drills with all household members at least two times each year. <input type="checkbox"/> Show each family member how and when to turn off the utilities. <input type="checkbox"/> Keep contact information current. <input type="checkbox"/> Replace water and food supplies <input type="checkbox"/> Test fire extinguishers, smoke detectors and batteries and recharge, refresh or replace as needed |
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CAREGIVERS FOR OTHERS

- Familiarize yourself with work and children’s school emergency plans
- Make plans for child or elder care in case you can’t get home.
- Consider how you could help neighbors with special needs, such as elderly or disabled persons
- Make arrangement for care of family pets.

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