



*Center for
Hygiene & Health
in the Home and Community*

Resources

This brochure is a very condensed reference to help your household initiate a disaster plan.

The following websites offer detailed checklists for emergency supplies, home evacuation plans, special populations, etc.

Centers for Disease Control Emergency Preparedness and Response: www.cdc.gov/preparedness/

Department of Homeland Security:
www.dhs.gov/xcitizens/editorial_0711.shtm

American Red Cross: www.redcross.org

Humane Society: www.hsus.org

Federal Emergency Management Agency Emergency Preparedness Checklist:
www.fema.gov/pdf/library/epc.pdf

Your local Emergency Management Office

Three-day emergency food supply:
<http://www.ext.colostate.edu/PUBS/emergency/3day.html>

For survival and clean-up after a flood, consult the brochure: [Cleaning Up After a Flood](#),

Disaster Planning for Households



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The thought of an impending disaster can seem overwhelming and paralyzing. However, a family prepared for an emergency situation will be less anxious and will manage the disaster better. The first step to disaster planning is to know what emergencies and natural disasters are most likely to occur in your area (fire, flood, hurricane, earthquake, blizzard) and during which season. Your local Emergency Management office has information on: most likely disasters, assistance for the elderly and disabled, and community evacuation routes. There are three plans that every household should then prepare: a family plan, a home plan, and a car plan.

The Family Plan



All members of a household should decide together how to communicate and where to go in case of an emergency:

- Designate 2 meeting places: one outside your house and one away from your neighborhood (in case the area is unsafe.)
- Make an emergency contact card for each person. Include the phone numbers for one local contact and one out-of-state contact (in case local phone lines are out of service). Download and fill out sample cards from the Federal Emergency Management Agency (FEMA) or American Red Cross websites.
- Make plans for your pets. Most emergency shelters will not take animals. Visit the Humane Society website for information.
- Plan to assist elderly and disabled family members; if they live in a long-term care facility, ask about the facility's disaster plan.
- Gather the disaster plans for children's schools and your workplace; discuss them with family members.

The Home Plan



In case of an emergency or disaster, you may have to “shelter-in-place” or evacuate your home. In either case, teach children how and when to call 911.

In case you need to evacuate:

- Draw a floor plan of your house and mark 2 escape routes from each room.
- Show all household members how to turn off the water, gas, and electricity at main switches when necessary.
- Review the 2 meeting places discussed under “The Family Plan.”
- Practice your fire drill and evacuation plan twice a year with the whole family.

In case you need to shelter-in-place, you must first determine a safe dry spot in your home for storage and shelter according to the most likely disaster. There are then 5 kits to prepare: water, food, supplies/tools, first aid, and clothing.

- **Water:** store at least 1 gallon per person per day (2 quarts for drinking, 2 quarts for food preparation and sanitation). The Centers for Disease Control (CDC) advises keeping a 2-week supply; the Department of Homeland Security (DHS) recommends at least a 3-day supply. Store water in sealed, unbreakable containers. Store-bought sealed water bottles are ideal for the drinking water supply. Be advised that well water may be contaminated in a disaster situation. Treatment for contaminated water can be found on the DHS website (see Resources) and in the Wilderness Hygiene brochure.
- **Food:** Store at least a 3-day supply of shelf-stable, no-cook, low salt foods (salty foods promote thirst) that your family likes. The CDC advises keeping a 2-week supply. Keep a manual can opener with the food.

Store food in large plastic containers (to protect from rodents and insects) and label the containers with contents and expiration dates.

Colorado State University has a sample 3-day food supply based on the Food Pyramid recommendations that can be used as a template: [CSU food supply](#).

Examples of Shelter Foods

Dry cereals, crackers, graham crackers, granola bars, instant rice*, instant noodles*, instant soup*
Canned tuna, salmon, sardines, chicken, ham
Canned corn, chickpeas, tomatoes, soup*, peas, salsa, fruit, applesauce
Peanut butter, jams, honey, sealed mustard and mayonnaise, sugar, salt, pepper
Puddings, nuts, trail mix, dried fruit (raisins, apricots, prunes, cranberries), chocolate
Powdered milk; boxed (shelf-stable) milk, rice milk, soy milk; fruit juices
Supplement drinks (Ensure, Pediasure)

*if you have an appropriate heating unit

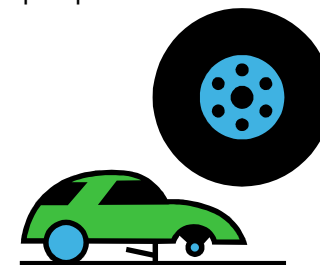
- **Supplies/tools:** keep family records (passport, social security card, etc), cash, and one copy of the emergency contact card in a water and fire-proof container. Your supplies kit may vary depending on your family needs and likely disasters but consider storing the following: flashlight, radio, batteries, wrench or pliers, plastic sheeting, duct tape, trash bags, matches, whistle, map of the area, sleeping bags, plastic cups/plates/utensils, toilet paper, soap, feminine supplies, a plastic bucket with a tight lid (to use as a toilet). Have a general detergent on hand; however, hand sanitizer and disinfectant wipes can be used to clean almost everything, saving water for rinsing only. Make plans for special medical equipment.

- **First Aid:** Store a supply of essential medications taken by family members and/or pets, and a copy of each prescription. Your kit may include: bandages, sterile gauze, hand sanitizer or wipes, alcohol pads, non-latex gloves, tape, anti-bacterial ointment, cold pack, scissors, tweezers, first-aid manual, aspirin, non-aspirin pain reliever, anti-diarrheal, laxative, antacid, Syrup of Ipecac.
- **Clothing:** store one complete change of clothing and footwear per person: long pants, long-sleeved shirt, sturdy shoes, raingear, hat and gloves.
- Remember to store water, food, and waste disposal supplies for pets.
- Check all food, water, and supplies for spoilage and expiration every 6 months (e.g. when practicing your evacuation plan); replace as necessary.

The Car Plan

An emergency supply is always advisable to keep in the car. The following items are essential but not a complete list:

- Bottled water, nonperishable high-energy foods (granola bars, peanut butter)
- Flashlight, batteries
- Fire extinguisher (5 lb, A-B-C type)
- Tire repair kit and pump
- Blanket
- Booster cables
- First Aid Kit
- Shovel
- Flare
- Maps



Also, consider purchasing a supply of gasoline if there is a risk of a power outage. Gas station pumps require electricity to function.