

### IF DISASTER STRIKES:

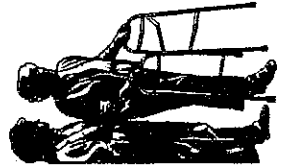
- Remain calm and patient.
- Put your plan into action.
- Check for injuries.
- Give first aid and get help for seriously injured people.
- Listen to your battery powered radio for news and instructions.
- Evacuate, if advised to do so.
- Remember, wear protective clothing and sturdy shoes.

### CHECK YOUR HOME FOR DAMAGE:

- Use flashlights—do not light matches or turn on electrical switches, if you suspect damage.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.

### REMEMBER TO:

- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut off.
- Stay away from downed power lines.



### EVACUATION:

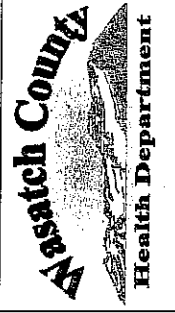
- Evacuate immediately if told to do so.
- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your Family Disaster Supplies Kit.
- Lock your home.
- Use travel routes specified by local authorities—don't use shortcuts because some areas may be closed or damaged.

### IF YOU'RE SURE YOU HAVE TIME:

- Shut off water, gas and electricity before leaving if instructed to do so.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.

### NEIGHBORS HELPING NEIGHBORS

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbors and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for childcare in case parents can't get home.



For more information please contact your local health department, your local Emergency Management Department (preparedness information), American Red Cross or FEMA.  
American Red Cross Web site: <http://www.redcross.org>  
FEMA Web site: <http://www.fema.gov>

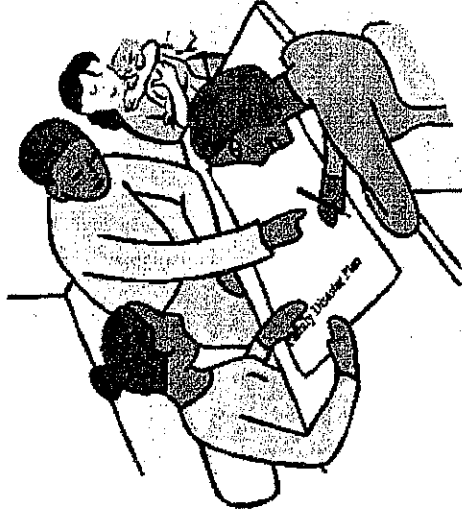
WASATCH COUNTY HEALTH DEPARTMENT

55 SOUTH 500 EAST  
HEBER CITY, UTAH 84032

Phone: 435-654-2700

Fax: 435-654-2705

# YOUR FAMILY DISASTER PLAN



Disasters can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off?



Where will your family be when disaster strikes? They could be anywhere ..... at work, at school or in the car.



How will you find each other?

Will you know if your children are safe?

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours or it may take days. WOULD YOUR FAMILY BE PREPARED TO COPE WITH THE EMERGENCY UNTIL HELP ARRIVES?

Families can—and do cope with a disaster by preparing in advance and working together. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection.

## FOUR STEPS TO YOUR FAMILY DISASTER PLAN:

### 1

Find out what could happen to you. Call your local emergency management or American Red Cross chapter—be ready to take notes:

- Ask what types of disasters are most likely to happen. Ask for information on how to be ready for each.
- Learn about your community's warning signals: What they sound like and what you should do if you hear them.
- Ask about animal care after a disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.

### 2

#### Create a disaster plan

Meet with your family and talk about why you need to be ready for a disaster.

- Talk about the types of disasters that might happen and talk about what to do for each disaster.
- Pick two places to meet:
  1. Outside your home in case of an emergency, like a fire.
  2. Outside your neighborhood in case you can't return home. (Make sure everyone knows the phone and address of the emergency meeting place.)
- Ask an out-of-state friend to be your "family contact". After a disaster, it's often easier to call long distance. (All family members must know the "family contact" phone number and know to call this person and tell them where they are in case of an emergency.)
- Discuss what to do in an evacuation. Plan how to take care of the family's pets.

#### Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.)
- Teach children how and when to call 911.

### 3

- Show each family member how and when to turn off the water, gas and electricity at the main switches. *Remember, only turn off utilities if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.*
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show family members where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt. *During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall.*
- Stock emergency supplies and assemble a Family Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Find the best escape routes from your home.
- Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

### 4

#### Practice and Maintain Your Plan

- Test your kids every six months so that they remember what to do.
- Have fire and emergency evacuation drills.

Year \_\_\_\_\_ Drill Date \_\_\_\_\_

- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detector monthly and
  - \*change the batteries at least once a year.

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January  | <input type="checkbox"/> July      |
| <input type="checkbox"/> February | <input type="checkbox"/> August    |
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| <input type="checkbox"/> June     | <input type="checkbox"/> December  |

\*Change batteries in \_\_\_\_\_ (month) each year.