



# PREPARE YOURSELF!

## Take Action *Before* Disaster Strikes

***Whether faced with a family emergency or a regional disaster, the effort you put into family disaster planning will play a large role in how well you “survive” the event. Therefore, it’s important that you prepare now...***

- What if you and your family are separated when disaster strikes?***
- What if your everyday transportation routes are unavailable?***
- What if electricity, gas, telephone, and water services are disrupted for prolonged periods?***

### IDENTIFY HAZARDS IN YOUR AREA:

Consult TVF&R, the American Red Cross, or your local emergency manager to learn about hazards specific to your area.

- Earthquakes
- Floods
- Landslides
- Wildfires
- Wind Storms
- Winter Storms
- Hazardous Materials Spill

### IDENTIFY THE IMPACT TO YOUR FAMILY:

Assess the ways a disaster might impact your family. Take into consideration time of day, day of the week, time of year.

- Injuries
- Isolation
- Phone Outages
- Power Outages
- Water Outages
- Transportation Issues
- Property Damage

### HOW TO MINIMIZE HAZARD IMPACTS:

Determine procedures and practices you can develop or implement to minimize hazard impacts to you and your family. Consult TVF&R or your local emergency manager for assistance in developing the following:

- Home escape, family communication, and neighborhood evacuation plans;
- Drop, cover, and hold, shelter-in-place, and utility shutoff instructions;
- CPR, basic first aid, and fire extinguisher training;
- Hazard-resistant construction materials;
- Flood-proofing, landscaping, and site drainage practices;
- Non-structural earthquake hazard mitigation;
- Warning systems such as smoke alarms, severe weather/tsunami notifications;
- Comprehensive hazard insurance for your home and personal property; and
- Neighborhood disaster resource inventory.

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## EQUIPMENT & SUPPLIES YOU'LL NEED:

Consider items you may already have (i.e., camping equipment, tools, clothing, etc.).

- 1-2 weeks' worth of critical prescription and non-prescription medications;
- Backups for home oxygen or powered medical equipment (e.g., spare bottles, batteries, generator)
- Clothing and bedding;
- First-aid kit;
- Food and water;
- Light sources (candles, flashlights, light sticks);
- Sanitation supplies;
- Special items such as baby supplies, pet food, etc.
- Copies of critical documents; and
- Tools, batteries, fire extinguisher, manual can opener, water-proof matches, money, utensils, etc.

## IDENTIFY SHORT AND LONG-TERM OBJECTIVES:

**Short-term objectives: Focus on items that are low-cost or easy to implement that have high payoff.**

- Install and maintain hazard warning systems such as smoke alarms and carbon monoxide alarms.
- Make your home more earthquake-resistant by fastening bookcases, water heaters, and other contents to the frame.
- Develop fire escape and neighborhood evacuation plans.
- Develop a simple family communication plan.
- Keep up-to-date important telephone numbers and policy numbers on your phone or on a wallet card.
- Develop drop-cover-hold, shelter-in-place, and utility shutoff procedures.
- Get trained in CPR, basic first aid, and fire extinguisher use.
- Begin or expand your emergency kit, beginning with basic necessities such as food, water, critical medications, light sources, first aid supplies, clothing, and bedding.
- Host a neighborhood meeting to exchange preparedness information and ideas.

**Long-term objectives: May include higher-cost items or those that are more difficult to implement.**

- Specialty tools and equipment.
- Structural upgrades (e.g., earthquake mitigation, easy-to-reach utility shut-off valves).
- Expanded insurance coverage.
- Drainage improvements.

## TRAIN & MAINTAIN:

- Test your smoke alarms and practice your fire escape plan.
- Test your communication plans.
- Practice emergency procedures (i.e., drop, cover, and hold on).
- Test/recharge fire extinguishers.
- Replace stored food, medications, and water before their expiration dates.

***For additional safety information visit [www.tvfr.com](http://www.tvfr.com)***