

**Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Local and State officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.**



**Family Communication Plan**  
 Know how your family will contact each other and where you will meet.

**Food & Water**  
 Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.



**First Aid & Tools**  
 Have a first aid kit with health products and prescription medicine.

**Evacuation Kit**  
 Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24 to 48 hours.



**Review**  
 Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.

**Family Communication Plan**  
 Complete this list and make copies for each person in your home.

**Meeting Places**  
 Outside your home: \_\_\_\_\_  
 Outside your neighborhood: \_\_\_\_\_

**Out of State contact:**  
 Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Family Information:**  
 Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

Name: \_\_\_\_\_  
 Cell phone: \_\_\_\_\_  
 Medical information: \_\_\_\_\_

**Other information:**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Developed by the Cambridge Advanced Practice Center for Emergency Preparedness

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**Your plan and emergency supplies should meet your family's needs.  
Add to this list as you think of other essential items.**

**Food & Water**  
3-day food and water supply



- Bottled Water**
- One gallon, per person, per day
  - Keep in cool, dry place
- Dry & Canned Foods**
- Canned fruits, vegetables & meats
  - Manual can opener
  - Juice boxes, canned milk
  - Dried fruit, nuts, crackers, cereal bars
  - Baby food and formula
  - Pet food



**First Aid**

- First Aid Kit**
- Bandages, gauze, rubbing alcohol
  - Medical gloves and tape, scissors
  - Pain reliever
  - Prescription medicine
- Health Products**
- Soap, toilet paper, toothpaste

**Tools & Special Items**  
Remember these important items:

- Flashlight, battery-powered radio
- Extra batteries
- Important documents such as birth certificates and bank account numbers



**Family Communication Plan**  
Your family may not be together when an emergency occurs. Plan how you will contact each other.

- Include an out-of-state contact for family members to check in with.
- Complete this list and make copies for each person in your home.



**Encourage others to plan ahead.  
Remember neighbors who need help.**



**Evacuation Kit**  
Pack lightly for 24 to 48 hours.

- A change of clothing
- Bottled water and cereal bars
- First aid supplies
- Prescription medicine

**Planning can be a family project. Involve children and discuss why you are planning.**