

Community Memorial HEALTHCARE

Family Disaster Preparedness Plan

During a disaster, it's critical to have a plan in place for the safety of your family. This guide will help you think about what safety items you should have on-hand, how to communicate with your family, and how to evacuate to a safe area. Below is a list of local and national resources for every type of disaster, and a weekly planning tool called the Budget-Friendly Emergency Supply Kit. Now is the time to prepare!

Review Insurance

When you are in a hurry or getting ready to evacuate, the last thing you want to worry about is whether your possessions and health are properly insured. Review all your insurance documents before a disaster — like individual family members' coverage, house, car, and other possesions. Make sure your insurance paperwork is stored safely and accessed easily, and consider adding additional coverage.

Choose a Meeting Spot

Communication is often difficult or impossible during a disaster. Establish a meeting location with your family far enough from your home that it wouldn't be impacted by a disaster, and plan to meet there.

Consider a second meeting spot as well, even farther from your neighborhood and home, and one that is recognized in the community, such as a shopping center or place of worship. The Red Cross will also set up community evacuation shelters to assist families during a disaster event — this is an excellent last resort.

Family Communication Plan

Create a list with your family's information for schools and jobs, which include complete addresses and phone numbers, and share this list with your immediate and extended family. Designate a friend or relative who lives out of state to be an emergency contact, so that everyone can call and check in.

Emergency Supply Kit

Prepare an Emergency Supply Kit that can sustain you and your family for at least 3 days, which is typically how long it takes for assistance to arrive in serious disasters. Pack water, non-perishable food, medical and pharmeceutical supplies, and clothing. For a full list of items and instructions, see the Budget-Friendly Emergency Supply Kit at the end of this guide.



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Connect with us mycmh.org

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Resources

Stay alert and tune to emergency broadcast systems like radio, TV, internet, and social media for updates. Use the following resources to stay prepared.

Ready Ventura County

Information, downloads, and tips for disaster preparedness in Ventura County.

readyventuracounty.org

VC Alert

Ventura County utilizes a state-of-the-art emergency notification system to deliver time-sensitive emergency alerts in English and Spanish to areas within Ventura County where there is a threat to health and safety.

vcalert.org
vc.alert@ventura.org
Sign up for alerts at 805-648-9283

VC Emergency Information

Active events and maps of real-time emergencies.

emergency.venturacounty.gov

CERT Training

Many cities offer classes in Community Emergency Response Training (CERT). These classes can ensure that you, your family and your neighbors are better prepared in the event of an emergency.

vcfd.org/cert

Santa Barbra County

Emergency preparedness information and resources to help you, your family, and community be ready, and latest Information during an active emergency in Santa Barbara County. Sign up for alerts at ReadySBC Alerts.

readysbc.org

NOAA Weather Alerts

National real-time weather information, including emergencies and disasters.

weather.gov

Department of Homeland Security

National resources to help prepare for all manner of disaster. These help promote family and community preparedness.

ready.gov
1-800-BE-READY (1-800-237-3239)

Ready! Set! Go!

Living near nature in California means facing a higher chance of wildfires. Knowing how to prepare is key to keeping your home and family safe.

Download the Ready! Set! Go! Wildfire Action Plan by scanning this QR code, or visit **vcfd.org/ready-set-go**

Are You Prepared?

Download the full CDC disaster preparedness guide by scanning the QR code, or visit **cdc.gov/prepyourhealth**



Budget-Friendly Emergency Supply Kit

This plan will help you to build a family disaster supply kit in 24 weeks! Putting together your kit, week by week, is easy on the wallet and takes very little time and effort.

Week 1 — Date _____

- ☐ 1 gallon water*
- ☐ 1 can ready to eat meat tuna, chicken, etc.*
- ☐ Large tub/rolling trash can with lid to hold items
- ☐ Hand-operated can opener

To Do

Learn about common emergencies in your area and the right way to respond to them

Week 2 — Date _____

- ☐ Dry fruit or trail mix
- ☐ Permanent marker, paper, pencil

To Do

Make sure you have designated Emergency Contacts in your mobile devices under your profile or Emergency SOS

Week 3 — Date _____

- ☐ First aid kit
- ☐ Hand sanitizer
- ☐ Deodorant & travel size personal hygiene items
- ☐ Small bag of kitty litter for porta-potty

To Do

Date items in kit so you'll know if they are near expiration

Week 4 — Date _____

- ☐ Battery/hand crank emergency radio
- ☐ 2 flashlights with batteries (store batteries separately)
- ☐ Waterproof matches

To Do

Install a carbon monoxide (CO) detector and smoke alarm

Make a list of bank account numbers, credit card account numbers and companies, and insurance policy numbers.

Week 5 — Date _____

- ☐ 1 gallon water
- ☐ 1 can ready to eat meat tuna, chicken, etc.*
- ☐ Energy bars

To Do

Identify family meet-up locations

Week 6 — Date _____

- ☐ 1 can fruit*
- ☐ 1 box crackers
- ☐ Paper plates
- ☐ Playing cards
- ☐ Plastic container for personal items
- ☐ 2 (5 gallon) plastic buckets for washing laundry

To Do

Develop home evacuation plans

**Purchase one for each member of the household*

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Week 7 — Date _____

- [ ] Pain reliever
- [ ] Thermometer
- [ ] Hand soap

To Do

Practice home evacuation plans

Week 8 — Date _____

- [ ] Utility wrenches for shut off
- [ ] Fire extinguisher
- [ ] Utility knife

To Do

Locate and identify utility shut offs

Week 9 — Date _____

- [ ] 1 gallon water
- [ ] 1 can soup
- [ ] Puzzles, books, games

To Do

Develop an emergency network among family, friends, and neighbors

Week 10 — Date _____

- [ ] Dry nuts
- [ ] Rain poncho(s)
- [ ] Laundry soap

Week 11 — Date _____

- [ ] Duct tape
- [ ] Whistle
- [ ] Tarp
- [ ] Blank DVDs to record home inventory (or share digitally)

To Do

Use smartphone to record videos of home contents for insurance purposes, then copy and send to out of town friend or family member, or share digitally

Week 12 — Date _____

- [ ] 1 jar peanut butter
- [ ] 1 box crackers
- [ ] 1 package eating utensils

Week 13 — Date _____

- [ ] Electrolyte replacement drinks
- [ ] 1 can fruit*
- [ ] Hard candy
- [ ] Comfort food (cookies, instant coffee, sweetened cereal, candy, tea bags, water flavor packs)

Week 14 — Date _____

- [ ] 1 jar peanut butter
- [ ] 1 box crackers
- [ ] 1 package eating utensils

To Do

Discuss with neighbors what help may be needed and how best to assist each other

**Purchase one for each member of the household*

Week 15 — Date _____

- [ ] 2 rolls toilet paper
- [ ] Bucket with tight fitting lid
- [ ] 1 gallon regular bleach
- [ ] Medicine dropper

To Do

Review insurance coverage for disasters likely in your area

Week 16 — Date _____

- [ ] Work gloves
- [ ] 50 foot rope
- [ ] Crow bar/pry bar
- [ ] Cash (small bills) or travelers checks and coins

To Do

Keep a card with important health information in kit

Week 17 — Date _____

- [ ] 1 gallon fruit juice
- [ ] 1 can fruit*
- [ ] Garbage bags

To Do

Arrange for a friend or neighbor to help your children if you cannot

Week 18 — Date _____

- [ ] Paper cups
- [ ] Blankets or sleeping bags*
- [ ] Change of clothing and sturdy footwear*

To Do

Volunteer with a local disaster or emergency group such as the Red Cross, Medical Reserve Corps, CERT Team

Week 19 — Date _____

- [ ] Toothbrush*/Toothpaste*

To Do

Consider duplicating a few items from this more comprehensive list for a small kit to keep in your vehicle

Week 20 — Date _____

- [ ] Hammer
- [ ] Screwdrivers
- [ ] Pliers
- [ ] Assorted nails/screws
- [ ] Purchase and install emergency escape ladder for upper story windows

Week 21 — Date _____

- [ ] Electrolyte replacement drinks
- [ ] 1 can vegetables*
- [ ] Comfort food

To Do

Check with child's school/daycare regarding disaster plans

Week 22 — Date _____

- [ ] Energy bars
- [ ] 1 box crackers
- [ ] Aluminum foil
- [ ] Plastic bags

To Do

Take a first aid class

**Purchase one for each member of the household*

Week 23 — Date _____

- [ ] 1 box facial tissues
- [ ] Feminine hygiene products
- [ ] 3 packs of baby wipes

To Do

Find out about your workplace disaster plan

Week 24 — Date _____

- [ ] Extra batteries for phone & flashlights
- [ ] Dust masks/N-95 masks
- [ ] Sewing kit/scissors

To Do

Check your kit in 6 months for spoilage or expiration of any items _____

Special Items Your Family May Need

Infant Items

Formula, diapers, bottles, pacifiers, medications

Adult/Senior Items

Prescription medications, vision care items (extra glasses/contact lenses and supplies), diabetic supplies, denture needs, hearing aid batteries

Persons with Disabilities/Special Needs

Communication board, specialized care items (oxygen, catheters, wound care items), a list of prescription medications including dosages and physician name and number, type and models of required medical devices, wheelchairs and their batteries, etc.

Wear a medical alert ID and register with local office of emergency services (VC Alert)

If you are equipment dependent (dialysis, ventilator, etc.), know location and availability of more than one facility

Make sure your support network knows your information and can operate any devices you need

Pet Items

Your pets should always wear a collar/ID tag

Include food, bowls, water, a crate/carrier and vaccination records

Include sanitation needs, such as litter, newspapers, bags, and a photo of your pet in your kit