

>>> YOUR EMERGENCY PLAN

Ask an out-of-town friend or relative to be your contact in case of an emergency.

Out-of-town contact: _____

Address: _____

Telephone: _____ Cell phone: _____

Decide on a meeting place in case you cannot return to your home, and know where you will go if you have to evacuate your area.

Neighborhood Meeting place: _____

Out-of-town meeting place: _____

Family Member: _____

Cell Phone: _____

Email: _____

Workplace: _____

Telephone: _____

School: _____

Telephone: _____

Medicine(s) & Dosage(s): _____

Life-Support Equipment: _____

Doctor: _____

Telephone: _____

Doctor: _____

Telephone: _____

Pharmacy: _____

Telephone: _____

Insurance co.: _____

In-Home Care Services: _____

Telephone: _____

Family Member: _____

Cell Phone: _____

Email: _____

Workplace: _____

Telephone: _____

School: _____

Telephone: _____

Medicine(s) & Dosage(s): _____

Life-Support Equipment: _____

Doctor: _____

Telephone: _____

Doctor: _____

Telephone: _____

Pharmacy: _____

Telephone: _____

Insurance co.: _____

In-Home Care Services: _____

Telephone: _____

Should I Stay or Should I Go

Depending on the hazard, it may be safe to stay where you are or you may want to move away to remain safe. Listen to local authorities and use common sense when implementing your plans.

Create a Shelter-In-Place Plan

There may be situations when you should stay put and create a barrier between yourself and the outside air. If local authorities say the air is badly contaminated or you see debris in the air, you may want to shelter-in-place.

- Know how and when to shut off utilities.
- Pre-designate an interior room with few or no windows where you and your family can stay. Keep an emergency supply kit that can be easily taken there.
- If necessary, seal the room by covering all windows, doors, and air vents with plastic sheeting and duct tape.
- Watch TV, check the internet and social media, or listen to the radio for official news as it becomes available.

Identify Persons with Disabilities and Others with Access and Functional Needs

To ensure personal safety in emergency situations, children and adults with physical, mobility, sensory, intellectual, developmental, cognitive, or mental health disabilities; older adults; people with chronic or temporary health conditions; women in late stages of pregnancy; individuals with limited English proficiency, low literacy, or additional communication needs; individuals with low incomes; individuals without access to transportation; individuals experiencing homelessness; and others should observe the following guidelines:

- Pre-plan for events, and consider the types of assistance you may need to remain independent during an emergency. Enlist the support of people you trust for support, including family, neighbors, and coworkers.
- Emergency kit should include items that help maintain independence. Remember to include extra medications and consider power needs for medical equipment.
- Make sure your emergency kits include necessary items for your service animal, including food, water, medicines, waste disposal items, copies of vaccination records, and veterinarian's contact information. Also include a recent photo of your service animal and any identifying data, such as a microchip.

> For information on what to include in your kit, visit www.ready.gov

> Sign up for Alerts Prince George's <http://alertmpgc.us>



FAMILY PREPAREDNESS

A GUIDE TO EMERGENCY PREPARATION



STAY INFORMED—SIGN UP FOR ALERTS!

Sign up for Alert Prince George's to receive alerts and information about severe weather, major traffic disruptions, significant power outages, and flooded areas. This is a free service, but check with your wireless plan to see if message rates apply. Visit <http://alert.mypgc.us> to sign up.

Follow us on Twitter! Subscribe to @PGCountyOEM to receive information during emergencies.

>>> CREATE A PLAN

Create and Develop the Plan

A family preparedness plan helps ensure that everyone knows what to do, who to contact, and where to meet during an emergency.

Things That You Can Do and What Should Be in Your Plan:

- Names and contact information of family members (local and out of town)
- Workplace and school contact numbers
- Wallet card with key contact numbers
- Identify meeting locations if displaced (local and out of town)
- Review the plan as a family
- Have accessible contact information for utilities (gas, electric, water, telephone, etc.)
- Familiarize yourself with your child's school/daycare emergency plan
- Review and practice what steps to take to assist those with disabilities and others with access and functional needs
- Consider needs for pets and service animals

Make a Kit

An emergency supply kit includes basic supplies that everyone should have on hand to survive for at least 3 days if an emergency occurs. You can make several kits—one for home, work, and your vehicle. The kit should include supplies you will need if the power is out, water supplies are cut, and grocery stores are not open. You can add to your supplies over time as your budget permits. Maintain your kit by rotating food and water every 6 months.

>>> ASSEMBLE AN EMERGENCY KIT

Suggested Items:

- Food—at least a 3-day supply of non-perishable foods, such as canned goods and packaged foods
- Water—1 gallon of water per person per day for drinking and sanitation for at least 3 days
- Battery-powered or hand-crank radio, with extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air; plastic sheeting and duct tape to help keep out contaminated air while sheltering-in-place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation

Plan to Care for Your Pets

- Vet records and contract information
- Picture of you with your pet(s)
- Food and water for at least 3 days.
- Waste disposal

- Wrench or pliers to turn off utilities
- Manual can opener for food
- Cash
- Games for children
- Sleeping bag or warm blanket for each person; additional bedding if you live in a cold climate
- Complete change of clothing, including a long-sleeved shirt, long pants, and sturdy shoes; additional clothing if you live in a cold climate
- Local maps
- Cell phone with chargers, inverter, or solar charger
- Copies of your family's vital records: identification, proof of residency, insurance, and medical and financial information

Stay Informed

- Non-Emergency Public Safety: call (301) 352-1200
- County Information—Prince George's County Click: call 311
- www.facebook.com/PGCountyOEM
- Alert Prince George's at <http://alertmypgc.us>
- Prince George's County Twitter: @PGCountyOEM
- www.Ready.gov
- www.Fema.gov

>>> YOUR EMERGENCY PLAN

Family Member: _____

Cell Phone: _____

Email: _____

Workplace: _____

Telephone: _____

School: _____

Telephone: _____

Medicine(s) & Dosage(s): _____

Life-Support Equipment: _____

Doctor: _____

Telephone: _____

Doctor: _____

Telephone: _____

Pharmacy: _____

Telephone: _____

Insurance co.: _____

In-Home Care Services: _____

Telephone: _____

Family Member: _____

Cell Phone: _____

Email: _____

Workplace: _____

Telephone: _____

School: _____

Telephone: _____

Medicine(s) & Dosage(s): _____

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Doctor: _____

Telephone: _____

Doctor: _____

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Telephone: _____

Insurance co.: _____

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Telephone: _____

BE PREPARED!

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- > Sign up for Alert Prince George's at <http://alertmypgc.us>
- > Prince George's County Twitter: @PGCountyOEM
- > www.facebook.com/PGCountyOEM
- > County Information—Prince George's County Click: call 311
- > Non-Emergency Public Safety: call (301) 352-1200

