

DISASTER RECOVERY PACKET



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Disasters in communities across North Carolina are imminent. While we applaud leadership at the local, state, and national levels for all they do to assess, prepare and respond; the voice of our state's most vulnerable people --those impacted most, is needed more. Realizing this, the North Carolina Community Action Association convened executive leadership and community stakeholders from communities that experienced the devastation of Hurricane Florence, to share their first-hand knowledge of how coordinated service delivery and assistance to underserved and marginalized communities can be strengthened.

Our goal is to be more intentional in helping vulnerable populations plan and prepare for any disaster situation. While we can't prevent disasters, better plans will minimize stress and save lives. We trust that you will complete this emergency communications plan, and think about how your family will navigate the next disaster situation. You can't prepare enough, but by having the essentials needed, and knowing where to go and who to call will lessen the undue stress and confusion associated with not being prepared for any emergency situation. Your local community action agency is there to assist you now, and during disaster recovery. Plan now. Be prepared. You and your family's lives depend on it.

Be safe.

Sincere Regards,

A handwritten signature in black ink, which appears to read "Sharon C. Goodson".

Sharon C. Goodson
Executive Director
NC Community Action Association
Southeastern Association of Community
Action Agencies

EMERGENCY KIT CHECKLIST

ITEMS	DESCRIPTION	✓
Water	Include at least three gallons per person, to last a total of three days.	<input type="checkbox"/>
Food	Bring enough non-perishable items for three days.	<input type="checkbox"/>
First aid kit	https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html	<input type="checkbox"/>
Medications	Stock a seven-day supply of prescription and over-the-counter drugs.	<input type="checkbox"/>
Important documents	Store deeds, leases, insurance policies, passports, medical information, and other papers in a fireproof, waterproof container. Store electronic copies on an external drive or website.	<input type="checkbox"/>
Contact numbers	Know how to reach your support network, including family members, neighbors, doctors, and insurance agents.	<input type="checkbox"/>
Cash	Withdraw cash before the storm. ATMs may be down.	<input type="checkbox"/>
Local maps	Have a map on hand. The internet and global positioning system (GPS) may not be available.	<input type="checkbox"/>
Flashlight	Don't forget batteries!	<input type="checkbox"/>
Radio	Get one that is powered with batteries or a hand-crank.	<input type="checkbox"/>
Matches	Keep them in a waterproof container.	<input type="checkbox"/>
Cell phone	Bring your charger and consider external batteries.	<input type="checkbox"/>
Generator	Think about getting a portable generator, and don't forget the gas.	<input type="checkbox"/>



FAMILY EMERGENCY COMMUNICATION PLAN

Write your family's name above

**Family Emergency
Communication Plan**

HOUSEHOLD INFORMATION

Home #:.....
Address:.....
Name:.....
Mobile #:.....
Other # or social media:.....
Email:.....
Important medical or other information:.....
.....

Name:.....
Mobile #:.....
Other # or social media:.....
Email:.....
Important medical or other information:.....
.....

Name:.....
Mobile #:.....
Other # or social media:.....
Email:.....
Important medical or other information:.....
.....

Name:.....
Mobile #:.....
Other # or social media:.....
Email:.....
Important medical or other information:.....
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SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:.....
Mobile #:.....
Address:.....
Emergency/hotline #:.....
Website:.....
Emergency Plan/Pick-up:.....

Name:.....
Mobile #:.....
Address:.....
Emergency/hotline #:.....
Website:.....
Emergency Plan/Pick-up:.....

Name:.....
Mobile #:.....
Address:.....
Emergency/hotline #:.....
Website:.....
Emergency Plan/Pick-up:.....

Name:.....
Mobile #:.....
Address:.....
Emergency/hotline #:.....
Website:.....
Emergency Plan/Pick-up:.....

IN CASE OF EMERGENCY (ICE) CONTACT

Name:.....Mobile #:.....
Home #:.....Email:.....
Address:.....

OUT-OF-TOWN CONTACT

Name:.....Mobile #:.....
Home #:.....Email:.....
Address:.....

EMERGENCY MEETING PLACES

Indoor:.....
Instructions:.....
.....
.....
.....

Neighborhood:.....
Instructions:.....
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.....
.....

Out-of-Neighborhood:.....
Address:.....
Instructions:.....
.....
.....
.....

Out-of-Town:.....
Address:.....
Instructions:.....
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.....
.....

IMPORTANT NUMBERS OR INFORMATION

Police:.....Dial 911 or #:.....
Fire.....Dial 911 or #:.....
Poison Control:.....#:.....
Doctor:.....#:.....
Pediatrician:.....#:.....
Dentist:.....#:.....
Medical Insurance.....#:.....
Policy #:.....
Medical Insurance.....#:.....
Policy #:.....
Hospital/Clinic:.....#:.....

Pharmacy:.....#:.....
Hmoeowner/Rental Insurance.....#:.....
Policy #:.....
Flood Insurance.....#:.....
Policy #:.....
Veterinarian:.....#:.....
Kennel:.....#:.....
Electric company:.....#:.....
Gas company:.....#:.....
Water Company.....#:.....
Alternate/Accessible Transportation.....#:.....
Other:.....
Other:.....

Blue Ridge Community Action, Inc.
(828) 438-6255

Blue Ridge Opportunity Commission
(336) 667-7174

Catawba County Social Services
(828) 695-5600

Community Action Opportunities
(828) 252-2495

Four Square Community Action Inc.
(828) 321-4475

Macon Program for Progress, Inc.
800-563-4022 or
828-524-4471

Mountain Projects Inc.
(828) 452-1447

W.A.M.Y Community Action, Inc.
(828) 264-2421

Charlotte Area Fund, Inc.
(704) 372-3010

Davidson County Community Action
(336) 249-0234

Experiment in Self-Reliance, Inc.
(336) 722-9400

Gaston Community Action, Inc.
(704) 861-2283

I-CARE, Inc.
(704) 872-8141

Salisbury-Rowan Community Action Agency, Inc.
(704) 633-6633

Sandhills Community Action Program
(910) 947-5675

Union County Community Action
(704) 283-7583

Yadkin Valley Economic Development District, Inc.
(336) 367-7251

NC Commission of Indian Affairs
(919) 807-4440

Alamance County Community Services Agency, Inc.
(336) 229-7031

Central Piedmont Community Action (formerly JOCCA)
Phone: (919) 742-2277

Franklin-Vance-Warren Opportunity, Inc.
800-682-1163 or
252-492-0161

Johnston-Lee-Harnett Community Action, Inc.
919-934-2145

Passage Home
(919) 834-0666

Southeastern Community and Family Services
(910) 277-3500

Telamon Corporation
(919) 851-7611

Welfare Reform Liaison Project, Inc.
(336) 691-5780

Action Pathways, Inc. (formerly CCAP)
(910) 485-6131

Choanoke Area Development Association (CADA)
(252) 539-4155

Coastal Community Action
(252) 223-1631

Economic Improvement Council, Inc.
(252) 482-4495

Eastern Carolina Human Services Agency
(910) 347-2151

Greene Lamp, Inc.
(252) 523-7770

Nash-Edgecombe Economic Development (NEED), Inc.
(252) 442-8081

Wayne Action Group for Economic Solvency (WAGES), Inc.
(919) 734-1178