



National Preparedness Month

"PREPARED, NOT SCARED"

Week 2: Make a Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Families (or friends) can cope better with disasters by preparing in advance and working as a team. If something were to happen, how would you contact one another, how would you get to a safe place, and what would you do in different emergency situations? Planning what to do – and practicing! – before a disaster strikes will provide the best protection for you and family/friends.

Step 1: Put Together a Plan:

Discuss these 4 questions with your family, friends, or household to start your emergency plan.

- 1.How will I receive emergency alerts and warnings?
- 2.What is my shelter plan?
- 3.What is my evacuation route?
- 4.What is my family/household communication plan?

Step 2: Consider Specific Needs in Your Household:

As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill Out a Family Emergency Plan:

Download and fill out a family emergency plan or use them as a guide to create your own.

- [Emergency Plan for Parents](#)

Step 4: Practice Your Plan with Your Family/ Household