

## Creating a Family Emergency Plan

DIRECTIONS:

1) Create a chart on the board with the following six titles:

<b>Emergency Kit</b>	<b>Water/ Electricity</b>	<b>Danger Outdoors</b>	<b>Special Needs</b>	<b>Important Documents</b>	<b>Contact List Information</b>

2) Ask students the suggested underlined questions below for each category.

3) Have students list out as many examples as they can of items for each question, and explain that these are all important components of a family emergency plan. (Suggested answers are below.)

4) Once all the categories/materials have been discussed, erase or cover up the answers before playing "Pass the Flashlight."

*Suggested Answers:*

What are some items you should include in a disaster supplies kit?

- Bottled water
- Whistle (to alert rescuers to your location)
- Sturdy shoes
- Emergency cash
- Road map
- List of emergency out-of-area contact phone numbers
- Snack foods, high in water and calories
- Crank-powered or shake-powered flashlight, or light sticks
- Crank-powered or shake-powered radio
- Personal hygiene supplies
- Comfort items such as games, crayons, writing materials, teddy bears
- Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and animals
- Copies of personal identification (drivers license, work ID card, etc.)
- Medications, prescription list, copies of medical cards, doctor's name & contact information
- Medical consent forms for dependents
- Spare eyeglasses or contact lenses and cleaning solution
- First aid kit and handbook
- Examination gloves (non-latex)
- Dust mask

What are some daily activities that require water or electricity? (Water and electricity sources may be down after a major earthquake, severely limiting access to these two resources we often take for granted.)

Water

- Taking a shower
- Washing your hands
- Using the bathroom
- Doing the laundry
- Brushing teeth
- Cooking
- Washing the car
- Watering plants
- Drinking water

Electricity

- Turning on the light
- Watching TV
- Using the computer
- Using kitchen appliances
- Using the phone

Follow up question for students: What would you do without water or electricity?

When you are outdoors, what are some dangerous areas/objects to avoid? (Seek open spaces! Most earthquake injuries result from objects falling on you!)

- Trees
- Power Lines
- Buildings
- Flagpoles
- Fences
- Streetlamps

Who in a household or neighborhood might have special needs during an earthquake or other emergency? What are some things they might need after an earthquake, in addition to the other emergency kit items?

- Infants (Need: formula, diapers, medicine, vitamins)
- The disabled/persons with mobility issues (Need: assistance equipment)
- The elderly (Need: medicine, pills, prescriptions, assistance equipment)
- Pets (Need: food, a leash or cage, water)

What are some important documents you should have a spare copy of in case something happens to the originals? (Have copies of important documents stored somewhere safe and ideally, waterproof and fireproof.)

- Passports
- Driver License
- Birth Certificate
- Copies of Insurance Documents

What topics should you include on an emergency information/contact list that you store with your other important documents?

- Home Address:
- Meeting Place (near home):
- Meeting Place (away from home):
- Out-of-state Contact
  - Name(s):
  - Home Phone:
  - Cell Phone:
  - Address:
- Special Needs list
- Responsibilities

*Other content to share with your students:*

Check with neighbors to see if anyone has skills or resources, or may need extra help.

Use phones for as little as possible to enable others to connect as well, including emergency responders.

Choose an out-of-the-area contact for all family members to call to update their statuses and to relay information, since local lines may be down or jammed by too many people trying to use them at the same time.

Beware of leaks from broken gas or water pipes and mains, especially when mixed with fire or electricity.

Put out small fires and take care of small injuries if possible, since the fire department will most likely be overwhelmed handling severe cases.