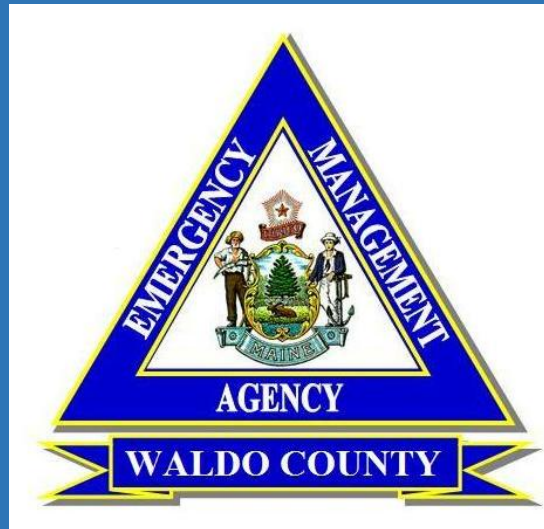


Completing a Family Emergency Plan

Brought to you by the
Waldo County Emergency Management Agency (EMA)



The Family Emergency Plan

The County EMA Office has created a fillable Family Emergency Plan.

Why is such a plan important?

Disasters happen and those who are prepared to “weather the storm”, will suffer the least.

Having a plan will help you to prepare.

THE _____ FAMILY DISASTER PLAN

1. We will be prepared for the following disasters:

Structure Fires and Wildfires	Extreme Summer and Winter Storms
Long Term Power Outages	Hazardous Materials Releases
Disease Outbreaks	Other:

2. Check up on one another:

Name	Home Phone	Cell Phone	Work/School Phone

Contact Person Outside the Area

In case local phone service is out, long distance service might still be available. All family members should check in with the "Contact Person Outside the Area" to relay information to one another.

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3. Contact Information for Emergency Services: **911**

Poison Control Center 1-800-442-6305	Central Maine Power 1-800-696-1000	Waldo County EMA 338-3870
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4. For a House Fire, we will evacuate and will meet outside at the following location

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Determine the best escape routes from your home. Find two ways out of each room.

5. The Children's School Evacuation Sites are at:

School Name	Evacuation Location, Street Address

6. We will always maintain the following supplies:

- 7-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or traveler's checks.
- Sanitation supplies.

7. Our important records are stored in a fireproof container at the following location

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8. Teach each family member how to use the fire extinguisher (ABC type) and show them where it's kept. All members of the Family have learned about Basic First Aid.

The Family Emergency Plan

The Plan will only take 10-15 minutes to complete.

Make it a family meeting to fill it out together after dinner.

This way everyone feels “ownership” and everyone will know what to do.

So, let’s start!

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The Family Emergency Plan

Type in your family name.

Update the types of disasters your family should prepare for.

THE PERKINS FAMILY DISASTER PLAN

1. We will be prepared for the following disasters:

Structure Fires and Wildfires	Extreme Summer and Winter Storms
Long Term Power Outages	Hazardous Materials Releases
Disease Outbreaks	Other: Flooding

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The Family Emergency Plan

Type in your family members and their contact information.

This is important so that any family members can contact each other.

THE PERKINS FAMILY DISASTER PLAN

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Structure Fires and Wildfires	Extreme Summer and Winter Storms
Long Term Power Outages	Hazardous Materials Releases
Disease Outbreaks	Other: Flooding

2. Check up on one another:

Name	Home Phone	Cell Phone	Work/School Phone
Charles Perkins (Dad)	(207) 123-4567	(207) 222-9876	(207) 123-5678
Sally Perkins (Mom)	(207) 123-4567	(207) 222-4680	(207) 234-2468
Cindy Perkins (Daughter)	(207) 123-4567	(207) 222-8765	(207) 234-5567 (school)
Billy Perkins (Son)	(207) 123-4567	N/A	(207) 123-6678 (daycare)

Contact Person Outside the Area

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The Family Emergency Plan

Type in a Contact Person who is outside your local exchange, preferably a long distance call.

If local telephone service is overwhelmed due to the emergency, long distance calls will probably still go through.

This will be your check in if family members are separated and can't call one another.

THE PERKINS FAMILY DISASTER PLAN

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Contact Person Outside the Area

In case local phone service is out, long distance service might still be available. All family members should check in with the "Contact Person Outside the Area" to rely information to one another.

Aunt Betty O'Malley	(603) 456-1234	(603) 555-1357	(603) 677-3334
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- An extra set of car keys and a credit card, cash or traveler's checks.
- Sanitation supplies.

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The Family Emergency Plan

Type in your meeting location and instructions should you have to evacuate your home during a home fire.

Type in the evacuation sites for the children, if they evacuate from their school or daycare.

THE PERKINS FAMILY DISASTER PLAN

1. We will be prepared for the following disasters:

Structure Fires and Wildfires	Extreme Summer and Winter Storms
Long Term Power Outages	Hazardous Materials Releases
Disease Outbreaks	Other: Flooding

2. Check up on one another:

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4. For a House Fire, we will evacuate and will meet outside at the following location

Meet at the storage shed out back. Don't leave this spot. We will need to ensure everyone is present.
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Determine the best escape routes from your home. Find two ways out of each room.

5. The Children's School Evacuation Sites are at:

School Name	Evacuation Location, Street Address
West Side High School (Cindy)	West Side Community Center, 46 West Drive, Anytown
Little Toddlers Daycare (Billy)	Wesley's Furniture Store, 123 North Street, Anytown

6. We will always maintain the following supplies:

- 7-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
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- Sanitation supplies.

7. Our important records are stored in a fireproof container at the following location

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8. Teach each family member how to use the fire extinguisher (ABC type) and show them where it's kept. All members of the Family have learned about Basic First Aid.

The Family Emergency Plan

Complete the actions listed in section 6.

Locate all of your important records in a fireproof containers and type in the location of where it is stored.

Teach all family members in first aid and use of fire extinguishers.

THE PERKINS FAMILY DISASTER PLAN

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School Name	Evacuation Location, Street Address
West Side High School (Cindy)	West Side Community Center, 46 West Drive, Anytown
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6. We will always maintain the following supplies:

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- b. One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- c. A first aid kit that includes your family's prescription medications.
- d. Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- e. An extra set of car keys and a credit card, cash or traveler's checks.
- f. Sanitation supplies.

7. Our important records are stored in a fireproof container at the following location

Dad's office, next to his desk.

8. Teach each family member how to use the fire extinguisher (ABC type) and show them where it's kept. All members of the Family have learned about Basic First Aid.

The Family Emergency Plan

Page 2 is a listing of what actions to take during an emergency.

You may need to modify if your hazards and situation varies.

Use www.ready.gov to find out what you should do for various hazards.

FOR ANY TYPE OF DISASTER

1. Listen to the radio or television to get the latest information.
2. Have disaster supplies on hand, in case the power goes out.
3. Never call 911 for information; only call 911 when you need emergency services.
4. Check up on family, friends and neighbors.

STRUCTURE FIRE

1. Get out as quickly and as safely as possible.
2. When evacuating, stay low to the floor. Cover your mouth with a wet cloth to avoid inhaling smoke and gases.
3. Close doors in each room after escaping to delay the spread of the fire.
4. If in a room with a closed door:
 - a. If smoke is pouring in around the bottom of the door or it feels hot, keep the door closed.
 - b. Open a window to escape or for fresh air while awaiting rescue.
 - c. If there is no smoke at the bottom or top and the door is not hot, then open the door slowly.
 - d. If there is too much smoke or fire in the hall, slam the door shut.
5. Call for the fire department (911) from a location outside the house.

LONG TERM POWER OUTAGE (whatever the cause)

1. Keep freezers and refrigerators closed during a power outage.
2. Only use generators outdoors and away from windows.
3. Do not use a gas stove to heat your home.
4. Disconnect appliances and electronics to avoid damage from electrical surges.
5. Have alternate plans for refrigerating medicines or using power-dependent medical devices.
6. Take an inventory of the items you need that rely on electricity.
7. Talk to your medical provider about a power outage plan for medical devices powered by electricity and for refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
8. Plan for batteries and other alternatives to meet your needs when the power goes out.
9. Sign up for local alerts and warning systems. Monitor weather reports.
10. Install carbon monoxide detectors with battery backup in central locations on every level of your home.
11. Have at least one hardwired telephone (not a cordless phone).
12. Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
13. Keep mobile phones and other electric equipment charged and gas tanks full.

SEVERE WINTER STORM

1. Service snow removal equipment and have rock salt on hand to melt ice on walkways.
2. Make sure you have sufficient heating fuel; regular fuel sources may be cut off.
3. Keep pipes from freezing. Drain pipes if you can't keep them warm.
4. Stay indoors and dress warmly.

SEVERE SUMMER STORM (Tropical Storm or Hurricane)

1. Bring anything that can blow around inside. Secure items that are left outside.
2. Stay away from windows or cover windows with plywood.
3. Be prepared for power outages.

The Family Emergency Plan

Once you have filled in the form and reviewed with all family members, make several copies.

Provide a copy to each family member.

Post it on your refrigerator or some other visible location.

Good luck!

