

## First Aid

Consider taking a First Aid class. Emergency responders may not be immediately available to help you and your family when disaster strikes. Knowing how to administer care to the injured or sick before professional help arrives can save lives.

## Emergency Preparedness Plan

Fill out and distribute these cards to all family members to make sure they know where to go and who to call in case of an emergency.



Additional Emergency Information & Phone Numbers

## Family Emergency Plan

911 FOR EMERGENCIES

Emergency Contact Name \_\_\_\_\_  
Telephone \_\_\_\_\_

Out of Town Contact \_\_\_\_\_  
Telephone \_\_\_\_\_

Neighborhood Meeting Place \_\_\_\_\_  
Telephone \_\_\_\_\_

Other Important Information \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## BE INFORMED

Depending on the circumstances and nature of the emergency, the first important decision is whether to stay or leave. Plan for both possibilities. Use common sense and what you know of the situation to determine if there is immediate danger. Watch television and listen to the radio for official instructions as they become available.

If you evacuate, take your emergency supply kit and pets with you. If you believe the air is contaminated, drive with the windows and vents closed and keep the air conditioning and heaters off. Plan several destinations and different routes ahead of time, so you have options in an emergency.

If you stay in place, and you believe the air outside is contaminated, get your family and pets inside immediately. Seal the room by taping plastic sheeting over doors, windows, and air vents. Turn off exhaust fans and clothes dryers. Keep air conditioners and heaters off.



## Emergency Preparedness Resources

[www.deschutes.org/preparedness](http://www.deschutes.org/preparedness)  
[www.ready.gov](http://www.ready.gov)  
[www.govlink.org/3days3ways/](http://www.govlink.org/3days3ways/)

## CONTACT

**Deschutes County  
Health Department**  
Preparedness Program  
2577 NE Courtney Dr.  
Bend, Oregon 97701  
(541) 322-7466  
[www.deschutes.org/preparedness](http://www.deschutes.org/preparedness)



# Family Emergency Preparedness



**Deschutes County  
Health Department**



## BE PREPARED

Emergencies can range from inconvenient to devastating. Whether it's a hazardous materials accident, pandemic flu, a wildfire, earthquake or other catastrophic disaster, it pays to be prepared. Advance preparation can minimize a disaster's impact and make a big difference in protecting the safety and well-being of individuals, families, businesses and communities.

The three most practical and effective steps you can take involve preparing emergency supply kits, developing a family (and business) emergency plan, and being informed about what might happen.



## BUILD A KIT

Create or purchase your own emergency supply kit. Have a portable “go kit” ready for your car or alternate transportation. Make sure to have a family emergency kit that contains at least 72-hours' worth of supplies.

## Emergency Supply Kit Contents

### *Water*

one gallon per person, (or pet) per day for drinking, cooking and washing. Plan for a three-day supply. Renew water supplies every six months.

### *Non-perishable food*

plan a supply for at least three days (ready to eat canned foods, powdered or canned milk or milk substitutes, cereals, rice, nuts and peanut butter.) (Bear in mind individual food allergies). Consider food shelf life and rotate food when necessary.

### *Pet food for three days*

*Battery powered (or hand-crank) radio*  
and extra batteries

### *Flashlight*

and extra batteries

### *Candles and matches*

in a waterproof container

### *First aid kit*

### *Tools and supplies*

a whistle to signal for help, face mask, moist towelettes, garbage bags, wrench or pliers to turn off utilities, manual can opener for kit containing canned food, plastic sheeting

and duct tape to shelter in place if a hazardous materials accident has occurred.

### *Important family documents*

include insurance information in a waterproof Ziplock bag

### *Items for unique needs*

such as prescriptions and other medications, infant formula, diapers, feminine hygiene supplies, and more.

### *Blankets or sleeping bags*

### *Additional items to consider:*

cash and coins for pay phones, fire extinguisher, cooking stove with fuel, heavy gloves, sturdy shoes and a warm set of clothing for each family member, ax, shovel, broom, medicine dropper and household bleach. For disinfecting, use nine parts water to one part bleach. In emergencies, water can be treated by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color-safe bleach, or bleaches with added cleaners.



## MAKE A PLAN

Plan in advance what you will do in an emergency.

- Locate shut-off valves for household utilities (gas, electricity, water) and know how to use them. If the valves need a special tool to operate them, keep it close by.
- Keep at least a half tank of gas or more in your vehicles.
- Keep your cell phone charged at all times.

Your family may not be together when disaster strikes, so decide how you will contact one another and review what you will do in different situations. Make sure you know your children's school disaster plan. Consider a plan where each family member calls or emails an out of town friend or relative in the event of an emergency. Phone and cell service may be disrupted locally but may work out of town. The out of town contact may be in a better position to communicate among separated family members. If you have trouble getting a call through, the phone system may be down. Try to be patient.