



Preparedness Tips for Individuals and Families

Disasters can strike at any time. Plan ahead and remain calm, healthy and safe.

Information

Find out which disasters could happen in your area – or your home. Visit Washtenaw County's [risk assessment page](#) or contact the local chapter of the [American Red Cross](#). Severe weather and hazardous materials incidents are among the highest ranked threats in the area. Fires, nearby accidents and other emergencies may also threaten your home.

A Household Plan

Create and practice a household emergency plan. A plan can help you stay calm in an emergency. Will you evacuate or stay put? Know how you will handle both situations.

- **Communications** – How will you communicate in an emergency? Agree on emergency phone numbers, emails and other information. Have a contact person in another state or area. Make sure everyone in your plan knows this information and how to use it.
- **Safe Places** – Determine the safest places inside your home and pick outside meeting places. Make sure everyone knows more than one way to reach these safe places.
- **Away from Home** – Most of us spend hours each day at school or work. Ask about emergency plans, and make sure these places have your emergency information.
- **Review and Update** – Practice your plans. Update them at least twice per year. Check smoke detectors and fire extinguishers. Know how to shut off utilities safely.

For more details, see "[Family Disaster Planning](#)" from the American Red Cross and the Federal Emergency Management Agency (FEMA), or "[Make a Plan](#)" from ready.gov.

Emergency Supplies

In a large emergency, help may not arrive immediately. Or, the power may be out for an extended period of time. Be ready with essential supplies.

- Prepare a disaster kit with a three-day supply of food and water (3 gallons per person).
- Include a battery-operated radio, flashlights and batteries.
- Don't forget any essential medications, extra clothing, cash and a credit card.
- Pack copies of important documents in a water-proof container or Ziploc bag.
- Consider a similar kit that can be taken with you quickly and easily.

Be creative. Use backpacks, buckets or duffel bags to pack your supplies. For more information, see "[Your Family Disaster Supplies Kit](#)" from the American Red Cross and FEMA. Or, "[Get a Kit](#)" from ready.gov.



Preparedness Tips for Individuals and Families

Page 2

Next Steps

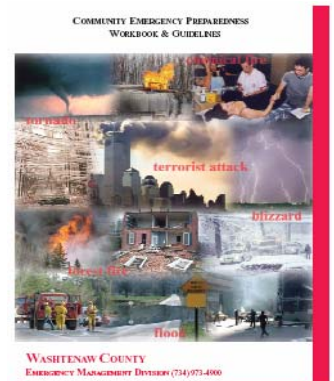
- **Encourage Preparedness** – Find out about emergency plans at work, school and places you spend time. Are there emergency plans in place? If not, help make them.
- **Neighbors Helping Neighbors** - Talk to friends and neighbors about emergency preparedness. In an emergency, you may have to rely on each other.
- **Reach Out** - Do you know people that might need extra assistance in an emergency, such as older persons, non-English speakers or persons with disabilities? Investigate how you can help. Visit prepare.org for information and materials.
- **Pets** – What about the family dog or cat? Think about steps to care for them in an emergency. See "[Pets and Disasters: Be Prepared](#)" for more information.

Additional Resources

If you would like printed information, contact [Susan Cerniglia](#) at Washtenaw County Public Health 734-544-6759, or call the Washtenaw Chapter of the American Red Cross at 734-971-5300. Download the County's Workbook and Guidelines by clicking on the picture.



The internet is also good source of information on emergency preparedness. Check the sites below for detailed information.



American Red Cross

[American Red Cross](#)

Washtenaw Chapter Phone 734-971-5300

[Prepare.org](#) (Large print and multiple languages)

Centers for Disease Control and Prevention Emergency Preparedness & Response

Bt.cdc.gov (Available in [Spanish/Español](#))

Federal Emergency Management Agency (FEMA)

Fema.gov (Available in [Spanish/Español](#))

Publication Center 1-800-480-2520

[Are you ready? An In-depth Guide to Citizen Preparedness](#)

[FEMA for Kids](#)

Pandemic Flu pandemicflu.gov

Cdc.gov/flu/pandemic (Available in [Spanish/Español](#))

U.S. Department of Homeland Security

Ready.gov (Available in [Spanish/Español](#))

Phone 202-282-8010

For fact sheets and information in other languages, contact [Susan Cerniglia](#).

