

Chapter 3: **PREPAREDNESS**

Family Emergency Plan

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Ready 





Ask a question...

 Can anything be done to prepare my family for a hurricane?

In the event of a disaster, there are many things we need to do. Preparing for the inevitable and often times unpredictable weather is perhaps the most important task on our list.

By setting aside a little bit of time each weekend or whenever there might be downtime, we only help ourselves become more prepared for whatever Mother Nature has in store for our city or town.

Not only can we prepare our homes for natural disasters such as hurricanes by mitigating our homes, we can also prepare ourselves for the aftermath by creating emergency kits with enough supplies for at least 72 hours after a storm. Both are very important tasks when it comes to being prepared for events that are out of our hands.

How Can You Prepare for a Storm?

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Not only can we prepare our homes for natural disasters such as hurricanes by mitigating our homes, we can also prepare ourselves for the aftermath by creating emergency kits with enough supplies for at least 72 hours after a storm. Both are very important tasks when it comes to being prepared for events that truly are out of our hands.

As soon as hurricane watches or warnings are issued for your area, high priority should be placed on securing any loose items in your yard or in surrounding areas. These items can become windborne debris that could damage your home, your neighbor's home, or injure others. It cannot be stressed enough that preparing your home for hurricanes is important, but preparing yourself and your family is just as critical.

Storms, such as hurricanes, can cause power outages and loss of clean, running water, which are two key components in our everyday lives. Everything we do utilizes electricity and/or water.

What are some types of outdoor items that you would need to bring in or anchor down in your yard if a hurricane were approaching?



What are some things we use everyday that require electricity or water?

If the things you listed will not work for an extended amount of time, what do we do? We prepare in advance. By creating emergency kits for our homes, offices, and vehicles, we are providing ourselves with resources that perhaps may be scarce in the wake of a natural disaster.

Storing food can also be somewhat tricky. It is imperative to store foods that do not require the use of electrical appliances. It is also wise to not store foods that contain starch because these foods make you thirsty and you will need to ration the available water. Here are some examples of food you might include in your disaster survival kit: salt-free crackers, cereal and canned foods with high liquid content.

Your kit should have enough food and water for each person in your home for at least 72 hours after a storm; it should also include supplies such as a first-aid kit, batteries, flashlights, medicine, important documents, a change of clothes and shoes, and pet supplies, if necessary.

Let's find some of the items that belong in your emergency kit in the word search on the following page.

Did You
Know?

Emergency kits should be stocked with enough food and water to last each person in the household for three days. Do you have any idea what the significance of three days is? Three days is the number of days we can live without water, but it is also the minimum amount of days we should prepare to be without electricity and clean, running water. It is a rule of thumb to stock one gallon of water per person per day, for a minimum of three days.

