

# Make a Plan

## Emergency Contacts

Most families are not together during the day. Parents are at work, children may be at school or working afternoon jobs. You may be trapped at the office or traveling outside of Texas when disaster strikes. Make sure you and your family members know where and how to get in touch with each other. You may also want to inquire about emergency plans at places where your family spends time: work, day care, school, place of worship etc..

Every family should have two emergency contact persons, one local and one from out-of-town. Your local contact will be your family's central communications point during a disaster, helping you locate family members, reporting on your situation and providing information about recovery efforts and available help. Family members should call this person and tell them where they are. After a disaster, it may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. For each contact person, you will need to know their:

1. first and last names,
2. home telephone number,
3. cell phone number, and
4. e-mail address.

Be sure every member of your family knows the phone numbers of the emergency contacts. Post the numbers by each home phone and make wallet cards for each family member. Remember that cell phones should not be counted on as a reliable source of communication during a disaster. Cell towers may be disabled or cell phone services overwhelmed and of little use. Decide on a neighborhood meeting place and an out-of-town location where your family will meet after a disaster. Select locations that are familiar to your family and places that will not be difficult for them to reach. Pick an outside meeting place, far enough away to be safe. A good meeting place might be a tree, telephone pole, mailbox, or neighbor's home.

## Emergency Wallet Cards

Creating an emergency card and placing it in your wallet, purse or child's backpack will ensure that everyone has the contact and meeting place information with them. List your emergency contacts and meeting places on an index card, give one to each family member and instruct everyone to keep the card with them at all times.

## Family Meeting Places

Pick places where your family will meet if you can't return home after an emergency. Choose two locations: One outside of the immediate area and another place near your home. Learn local evacuation routes and alternate escape routes if major roadways are closed or impassable. Wildfires are a serious threat in Central Texas so know and practice two fire escape routes from your house.

## Know Your Neighbors

It's important to know your neighbors in the event of an emergency or disaster situation. Get to know them by joining your neighborhood association, host a National Night Out event in your neighborhood (every October), or simply walk door to door and meet them. Make sure a trusted neighbor or friend has a spare key to your home, and knows where to find spare keys for your cars, recreational vehicles and safe deposit box. Let your neighbors know about your emergency plan and encourage them to create one for their family too.

# Bug Out Bag “BOB” Essentials

## Evacuating on Foot with a Grab-and-Go Kit

### 72 hour supply of food, water and necessities

You might have only a few minutes notice to take what you can and make your way to a safe location. Each family member's kit should be in portable container such as backpack or duffle bag near an exit in your home.

- Water and portable purifier
- Multi-purpose tool & signaling mirror
- Flashlight with extra batteries
- Prescription and backup medications
- Extra clothes, sturdy shoes
- Whistle, and compass
- 3 sources of fire: matches, lighter, fire starter
- Sunscreen, insect repellent, rain gear
- Non-perishable food that needs no cooking
- First-aid kit (**see below for contents**)
- Battery-powered or crank radio with extra batteries
- Document Bag (**see below for contents**)
- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting and duct tape
- Hand sanitizer, wipes, personal hygiene supplies
- Baby items (formula, bottles, baby food)



### First Aid Kit Contents

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 2 packets of aspirin (81 mg each)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- oral thermometer, scissors, tweezers
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- 2 triangular bandages, cotton balls
- First aid instruction booklet

### Document Bag Essentials for your BOB

- At least \$200 cash, current picture I.D.s, important family documents
- Insurance, medical cards, bank account info
- Social Security cards and birth records



### Three sources of fire are essential:

- Boiling water
- Warmth and heat (for drying clothes)
- Cooking
- Signaling (light or smoke)
- Protection/repellent (animals, insects)
- Building tools
- Psychological component: feeling of safety and accomplishment
- Light



## Evacuating by Car

In emergencies in which you can evacuate by car, take your go-kits and add additional supplies to your car.

These items include:

- Reading and sun glasses
- Books, games, and toys
- Extra Batteries
- Soaps, personal hygiene supplies, baby items
- Bleach, toilet paper, paper towels, garbage bags
- Dental care, hearing and vision products
- Phone charger (for standard electrical outlets)
- Matches, lighter, fire starter (3 sources)
- Call your family emergency contact
- Phone charger (car adapter), extra cell phone battery
- Road maps
- Clothes
- Blankets and pillows
- Fix-A-Flat, tools, engine oil
- More food and water
- Plastic plates, cups, utensils
- Tent
- Identify gas stations and restaurants on your route



### Before you leave your home:

- Fill your gas tank, check your spare tire
- Charge your mobile phone
- Take cash, checkbook and credit cards
- Get a map of your route

## Notes and Other Considerations

- An AM/FM Weatherband radio that can be powered by batteries AND plugged into an electrical outlet is your best choice for an emergency. However, any battery-powered radio will do.
- Cordless phones won't work during a power outage. A corded phone can be used during a power outage, since it doesn't plug in to an electrical outlet. The long cord means you can take it to the safest part of your house.
- What does bleach do? Non-scented bleach can be used to purify water for drinking or sanitize water for bathing, cooking and cleaning. To purify water, add 16 drops (1/8 teaspoon) per gallon in a large pot or kettle. Stir and let stand for 30 minutes.
- While you might not cage your pet at home, having a pet carrier/cage will help transport your pet safely during an evacuation, and may be required, depending on where you spend the night.
- Why plastic sheeting? It can be used with duct tape to seal doors, windows, and air vents at home, and offers some protection from contaminated air, hazardous materials and bad weather if you must evacuate.
- Personalize your "BOB" for the individual who will be using it. For example, child, pet (children and pets can wear backpacks), special needs, food allergies, etc..
- Consider a solar powered charger for batteries, cell phone and other portable equipment.
- Consider buying equipment that requires the same size batteries (such a AA).
- Consider additional fuel cans and water bottles (refillable).
- Consider purchasing a portable hammock to prevent sleeping on cold, wet ground and the potential for hypothermia
- Consider alternate communication devices such as walkie talkies and GPS.
- Download survival apps on your smart phone or other portable device such as **SAS Survival Guide**.

# Emergency Kit Basics

## Essentials for Home & Long Term Sustainability



### Sheltering in Place

In some emergencies, sheltering in place may be safer than evacuating. Tune in to local TV and radio for recommendations from local officials on whether to stay or go. To be prepared to shelter in place, keep these items at home:

### Food and Water

- Supply of nonperishable food that needs no cooking
- Hand-operated can opener
- Plastic plates, cups, utensils
- 2 gallons of water per person a day for drinking & sanitation
- Water purifier or collection container

### First Aid kit

- Backup prescriptions for essential medications
- Sterile, adhesive band-aids in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- 2" Sterile gauze pads (4–6)
- 4" Sterile gauze pads (4–6)
- Triangular bandages (3)
- 2" Sterile bandages (3 rolls)
- 3" Sterile bandages (3 rolls)
- Scissors
- Adhesive tape
- Tweezers, needle
- Moistened towelettes or baby wipes
- Antiseptic, Rubbing alcohol
- Oral Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Extra eye glasses

### Personal Hygiene

- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels, garbage bags
- Dental care and vision products
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

### Clean Air Items

- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

### Baby Items

- Formula, bottles, powdered milk
- Diapers
- Baby wipes
- Diaper rash ointment

### Lighting/Fire

- Flashlights for each person with extra batteries
- Fluorescent lanterns for each common area
- 3 Sources to start a fire: waterproof matches, a utility (BIC) lighter, and a magnesium fire starter
- Candles, magnifying glass (also a fire starter)

### Communication

- Portable, battery-powered or hand crank radio and NOAA Weather Radio with tone alert and extra batteries for both
- Land-line phone with long cord as a backup
- Extra batteries for flashlights, lanterns, radio
- Extra cell phone battery, solar battery & car charger
- Whistle, two-way radios / walkie talkies

### Family Safety Items

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Shovel, axe, saw and other basic tools
- Insect repellent, sunscreen
- Wrench or pliers to turn off utilities, bolt cutters to cut through chains or locks

## Transportation Items

- State and regional road maps
- Basic repairs (tools, tire patch kit, engine oil)
- Games, books, puzzles
- Road safety kit



## Pet Needs

- Supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first-aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys



Hand crank and battery powered emergency radio and charger



Solar panel charging system



Big Berkey water filtration and purifier system