

## Week 1: Discuss Your Plans

If you already have emergency plans, great! Now is a great time to discuss them and update them as a family. Remember it is also a good idea to share your plans with relatives and those who might frequently be at your home—like a babysitter. If you don't have any plans as a family/household now would be a good time to think about them. What would you do if there was a fire? What if you were separated in a disaster? Who should you call first? Does everyone in your family understand the importance of being prepared? Visit <http://www.ready.gov/> for more help and information.



**What to add to your emergency kit:** If you have a kit make sure phone numbers, medical information, etc. are up to date. Also check expiration dates on food and water and replace if necessary. Also consider adding hygiene items-feminine products, small toothbrushes/toothpaste, contact solution, anti-bacterial hand wipes, etc.

## Week 2: Make Your Plans

Take the time to actually write up your plans. If you have children this is a great way to get them involved. Draw up escape plans for fires and hang them somewhere visible in the house, make a severe weather plan. Look through the calendar to see if there are plans you are missing or have not thought of and add those to your kit. It's a good project for a rainy day!



**What to add to your emergency kit:** Copies of your new plans. If you have children, also consider adding coloring books or small games/activities for them to do in case you are stranded somewhere for a lengthy period of time. Don't forget to also have a small emergency kit in your car! (These can easily be purchased already-made)

## Week 3: Check and/or Buy Your Supplies

Every year it is important to check expiration dates on medications, water, food, and batteries in your kit and replace as necessary. Also, as needs change and as your family/household changes your emergency kit will need to adapt as well. If you have not started a kit yet, go shopping as a family and start collecting all the things you need. Make it fun!



**What to add to your emergency kit:** Anything that has been listed since January that you don't already have

#### **Week 4: Practice/test Your Plans**

Find a couple hours to practice your plans as a family/household. Test your escape routes. Do they make sense? Does everyone understand them? Do they actually work? Do you have more than one path in case one is blocked? Also practice operating your flashlights and radios in your emergency kit. Make sure the whole family knows how to use them. Practice your procedure for if your family gets separated. Make sure everyone knows emergency numbers for each situation.



***What to add to your emergency kit:*** Any new plans you found your household needed. Also, consider having an emergency cell phone with a calling card.