

Your Family Disaster Plan



Where will your family be when disaster strikes? They could be anywhere—at work, at school,

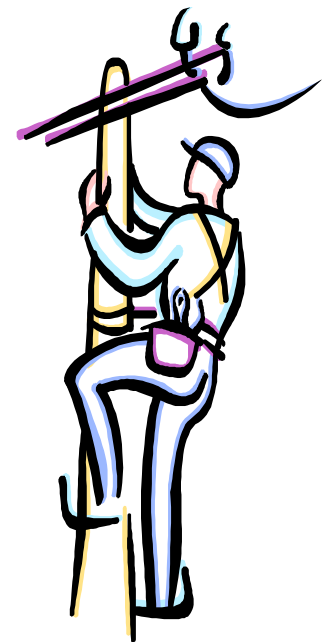


or in the car.

How will you find each other? Will you know if your children are safe?

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephones were cut off? Local officials and relief workers will be

on the scene after a disaster, but they cannot reach everyone right away. Families can—and do—cope with disaster by preparing in advance and working together as a team.



Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.



There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash can, a camping backpack or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of

water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day(1/2 for

drinking, 1/2 for food preparation & sanitation)*

- Keep at least a three day supply of water for each person in your house-



Food

Store at least a three day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water.



If you must heat food, pack a can of sterno. Select food

items that are compact and lightweight. *Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples—sugar, salt, pepper

- High energy foods—peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons or persons on special diets.
- comfort/stress foods—cookies, hard candy, lollipops, sweetened cereals, instant coffee, tea bags.

First Aid Kit

Assemble a first aid kit for you home and one for each car. A first aid kit* should include:

- Sterile adhesive bandages in assorted sizes
- 2" & 4" sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2" & 3" sterile roller bandages (3 rolls each)
- Scissors, tweezers, needle

- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Assorted safety pins
- Cleansing agent/ soap



- Latex gloves (2 pair)
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (to induce vomiting if advised by the Poison Control Center)
- Laxative

Tools and Supplies

- | | | |
|---|--|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils* | <input type="checkbox"/> Tube tent | household gas and water |
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Pliers | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Battery operated radio and extra batteries* | <input type="checkbox"/> Tape | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Cash or traveler's checks, change* | <input type="checkbox"/> Compass | <input type="checkbox"/> Map of the area (for locating shelters) |
| <input type="checkbox"/> Flashlight and extra batteries* | <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Toilet paper, towelettes* |
| <input type="checkbox"/> Non-electric can opener, utility knife* | <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Soap, liquid detergent* |
| <input type="checkbox"/> Fire extinguisher | <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Feminine supplies* |
| | <input type="checkbox"/> Signal Flare | <input type="checkbox"/> Personal hygiene items* |
| | <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Plastic garbage bags |
| | <input type="checkbox"/> Needles, thread | <input type="checkbox"/> Plastic bucket with tight lid |
| | <input type="checkbox"/> Medicine dropper | <input type="checkbox"/> Disinfectant |
| | <input type="checkbox"/> Shut-off wrench, to turn off | <input type="checkbox"/> Household chlorine bleach |

Suggestions and Reminders

- *Store your kit in a convenient place known to all family members. Keep a smaller version of the disaster supplies kit in the trunk of your car.*
- *Keep items in air tight plastic bags.*
- *Change your stored water supply every six months to keep it fresh.*
- *Rotate your stored food every six months.*
- *Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.*
- *Ask your physician or pharmacist about storing prescription medications.*

Clothing and Bedding

* Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots*

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Rain gear* | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Blankets or sleeping bags* | |
| <input type="checkbox"/> Hat and gloves | |
| <input type="checkbox"/> Thermal underwear | |



Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- Formula
- Diapers
- Bottles
- Powdered Milk
- Medications

For Adults*

- Heart & blood pressure medications

- | | |
|--|---|
| <input type="checkbox"/> Insulin | contracts, deeds, stocks and bonds |
| <input type="checkbox"/> Prescription Drugs | <input type="checkbox"/> Passports, social security cards, immunization records |
| <input type="checkbox"/> Denture needs | <input type="checkbox"/> Bank account numbers |
| <input type="checkbox"/> Contact lenses and supplies | <input type="checkbox"/> Credit card account numbers and companies |
| <input type="checkbox"/> Extra eye glasses | <input type="checkbox"/> Inventory of valuable household goods, important telephone numbers |
| <input type="checkbox"/> Entertainment—games and books | <input type="checkbox"/> Family records (birth, marriage, death certificates) |
| <input type="checkbox"/> Important Document | |
| Keep these records in a waterproof, portable container | |
| <input type="checkbox"/> Will, insurance policies, | |

**Gallatin County Disaster
& Emergency Services**

34 North Rouse Avenue
P.O. Box 1230
Bozeman, MT 59771-1230

Phone: (406) 582-2350

Fax: (406)582-2355

Email: jshrauger@bozeman.net

Create a Family Disaster Plan

To get started...

Meet with your family.

- Discuss the types of disasters that could occur. In Gallatin County, the most likely disasters are flood, fire, winter storm, earthquake, technological and hazardous materials.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.
- Plan how your family will stay in contact if separated by disaster: pick 2 places to meet, a location a safe distance from your house in case of fire and a location outside your neighborhood in case you can't return home. Choose an out of state friend as a check in contact for everyone to call.
- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.
- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times a year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.
- Meet with your neighbors, plan how the neighborhood could work together after a disaster.

REMEMBER TO PRACTICE AND MAINTAIN YOUR PLAN!

Important Emergency Contact Information:

**Gallatin County Emergency Management - emergency information sources
1600 am and 1700 am**

www.bozeman.net/DES

Gallatin County Emergency Management Information Phone Line: 582-3175

Five Rivers District American Red Cross—587-4611

Poison Control Center—1-800-525-5042