

## Steps in preparing for an emergency



### Step 1: Do a personal assessment

A personal assessment is a list of questions that helps you figure out what you will need during an emergency. This will help you set up your emergency kit. It can also help emergency workers know what you need. A basic personal assessment has been included in this folder.

### Step 2: Prepare an emergency plan

The second step to being prepared is to set up your emergency plan. An emergency plan is the steps you will do and how you will deal with an emergency. Every emergency plan, should have the following things:

#### List of common emergency situations:

Have a list of local emergency situations. By knowing what could affect you, you can plan your emergency kit to address these different emergency situations.

#### Draw a house map:

A house map will help you see where/how you should evacuate and where important emergency supplies are located. Your map should have:

- Location you will meet family, friends or helpers in case of emergency (meeting location)
- Location of your emergency kit (where do you keep it?)
- Location of your nearest shelter
- Location of your mobility devices (usually next to you or near exits)

### Communication Plan

A communication plan includes a list of your emergency contacts and other important numbers. Remember in a disaster you might not be able to use your cell phone. Keep a list of phone numbers:

- Emergency contacts (friends, family, service provider, and staff)
- Electric, gas and water company
- City, county and state police
- Your Pharmacist



Part of a communication plan is having a list of important information about you. You should have lists of the following:

- Current medications you are taking
- Food/drug allergies you may have
- Your preferred food

### Step 3: Make a kit

One of the biggest things you can do to be ready for an emergency is to have an emergency kit. An emergency kit is more than a First Aid kit. Your emergency kit is unique to you. Different people need different things in their kit. Included in this folder is a list of basic emergency supplies you should have.

Here are some more tips for your emergency kit:

- Your emergency kit should last up to 2 weeks.
- You do not have to put it all together at once. Do one thing at a time.
- Train people you know and trust on how to use your assistive devices.



### Step 4: Be informed

Knowing when a disaster strikes is important. Knowing about it will help you know what to do next. Staying informed and being involved in your community are important to your emergency plan. If you do not know when, where or how an emergency strikes, you won't be prepared.

#### Sign up for alerts

There are many different alert systems that range from national, down to local. By getting notifications you can stay informed and help you be prepared when an emergency happens. Notification systems are done by text, email, and VRS (Video Relay systems).

- Federal level notification systems are automatic and do not require you to sign up for them.
- The state notification system is not an automatic sign up. You will need to sign up for yourself. A notification handout is included in the folder.
- County/local level notification systems in Idaho are based on county. These systems are for local disasters and will inform you of potential storms, situations and evacuation notices. Find your county in the handout in the folder.



#### Follow social media:

Following local groups on social media is also another way for you to stay informed. You can find out about different events, activities, and opportunities within your community. Below are some suggested groups for you to follow.

- Your local emergency management
- Local Red Cross chapter
- Local church preparedness groups

#### Get involved!

By joining different preparedness groups you are helping yourself be prepared, and providing a valuable service to your community. Reach out to your local emergency management office to find different opportunities.