

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.

Step 2: Make a 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. Here are some tips for your emergency kit:

- Your emergency kit should last at least 2 weeks.
- You do not have to put it all together at once. Do one thing at a time.



Draw a house map

A house map will help you see where and 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 emergency shelter



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Step 3: Prepare an emergency plan

The third step to being prepared is to set up your emergency plan. An emergency plan details how you will deal with an emergency.

List of common emergency situations

By knowing what could affect you, you can build your emergency kit to be ready for different emergency situations.

- Fire
- Flood
- Snow
- Windstorms
- Other emergencies

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)
- Mental Health Checklist
- 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.

- Current medications you are taking
- Food/drug allergies you may have
- Your preferred food
- Location of your mobility devices (usually next to you or near exits)
 - ◊ Train people you know and trust on how to use your assistive devices.

Step 4: Be informed

Knowing about a disaster will help you plan 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 local to national. Getting notifications keeps you informed and 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.
- 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.

Follow social media

Following local groups on social media is also another way for you to stay informed. 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 opportunities.

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