

Personal/Family Disaster Preparedness Plan
By Student Name

1. Personal Background Information (Maximum of 250 words):

Describe number of family members including the unique needs/considerations of your family, ages, and specific health issues:

I live with my boyfriend, however, I would evacuate to my parents' nearby house in an emergency:

Name:	Age:	Specific Health Issues/Unique Needs:
ME (Student)	24	None
Boyfriend	23	None
Brother	18	None –May or may not be home depending on time of year (college student)
Mom	53	None
Dad	53	Mechanical heart valve with anticoagulant therapy, type 1 diabetic, on a range of medications for various cardiovascular and endocrine health history

Pets:

We have 4 animals that reside at my parents' home:

Name:	Species:	Age:	Miscellaneous:
Daisy	Long-hair Chihuahua	5	No health conditions or limitations; would not be able to walk long distances
Jack	Long-hair Chihuahua	4	Has 1 bad leg and a bad eye; would not be able to walk long distances
Colby	Long-hair Chihuahua	4	Morbidly obese for a dog; would not be able to walk long distances
Soxie	Cat	16	Has late-onset cat dementia; is declawed; not an outdoor cat; mild-deafness; would not be able to walk long distances



(Left to right: Jack, Colby, Daisy; Soxie)

Geographic Location:

I currently live in Major City, Country directly on riverfront property. My apartment is on the 4th floor of a brick building. The building has large windows, no basement, or gas-run devices. It is locked by an electronic system that in a disaster would be rendered useless in a power outage. In the event of a major disaster, I would travel to the suburbs to be with my family. My family's home is on a large hill overlooking the river,

has gas-run devices, a basement, and 3 additional cars. Being a registered nurse, I want to be close to my father who has multiple health conditions.



Photo: Front view of my apartment building off balcony



Photo: From 0.25 m from downtown apartment – notice ice piling up and potential for flooding



Photo: Top right notice boats/marina



Photo: View from my parent's backyard; Notice large hill obscuring direct access to river

2. Types of Disaster (Maximum of 250 words):

Describe the type of disaster most likely to occur in your area:

Based on the "Major City" Web site ("Emergency Management & Homeland Security · Emergency Resources," 2013) the most likely disaster to occur in our area is flooding. However, other potential disasters listed include:

- a. Summer weather: Extreme heat, tornadoes
- b. Winter: Severe winter weather, blizzards, extreme wind chills, winter storms
- c. Flu/Pandemics
- d. Terrorism
- e. Utility outages
- f. Fires
- g. Chemical spills
- h. Landslides
- i. Earthquakes

Describe how the type of disaster specific to your area impacts your preparation plans:

Since I live on the river, a massive flood may be detrimental to my preparedness plans of leaving to my parents' home in the suburbs by car. However, as aforementioned, we live within walking distance of a marina. Hopefully, we could get a ride with someone in the general direction of city-wide evacuation routes or towards my parents' home. Secondarily, my apartment is downtown on the 4th floor of an apartment complex; and I work on the 9th floor of the hospital so I may be able to shelter-in-place if I could not immediately evacuate. I could use pre-prepared items in my "Home Kit" to board up/tarp windows and prepare.

Without a basement, if other natural disasters such as a tornado occur, I would shelter on the first floor of the apartment complex in the emergency stairwell that is approximately 50 feet from any windows or doorways.

3. Home Preparedness and Jump Kit Checklists (Maximum 500 words):

I would prepare several "Home Kits" -- 1 at my apartment, 1 at my parent's home, 1 at our secondary location:

- a. Food – Supplies for 4-5 adults at approximately 2400 calories per day; mostly comprised of dry goods; canned goods (fruits, vegetables, proteins) with low-moderate amount of sodium content. Should be stockpiled for each individual for approximately 2 weeks.

- b. Medical Supplies – Bandages; medicine (prescribed for each individual family member and as-needed antibiotics); bacitracin; alcohol wipes; suture kits; splint kits; saline; peroxide; Dakin's antiseptic solution (can be made with bleach stock-pile).
- c. Pet Supplies for 4 animals – approximately 15 lb of dry food per animal; wet food (10 cans per animal); medical supplies; activate charcoal or ipecac.
- d. Miscellaneous Supplies – Batteries (all varieties); tape; candles; matches; hand-radios; 2 weather-proof hand cranked/solar power radios with additional features (for example see: http://www.amazon.com/ER-Emergency-Ready-Hand-Crank-Flashlight/dp/B0007CL02S/ref=sr_1_9?s=sporting-goods&ie=UTF8&qid=1377289952&sr=1-9&keywords=radio+hand+crank); duct tape; large weather-proof plastic for doors/windows; window-ladders; fire-extinguishers; 10 flashlights.
- e. Water – Water supplies for 4-5 adults at 1 gallon per day; water purification tablets; bleach (un-scented); water-bottle stock-piled.
- f. Firearms/Edged Tools - Shotgun; handgun; reloading supplies; ammunition; cleaning supplies; sharpening supplies; axe; knife with full tang.
- g. Sanitation– 1 per person; portable shower; dry shampoo; antiseptic body wash; hazardous waste bags and shovel to bury waste.
- h. Important Records: Insurance policies and titles to all vehicles, houses, apartments; copies of birth certificates and social security cards; health insurance card copies and group #s; contact list (names, addresses, phone numbers) of important individuals involved in evacuation plans; cash (\$200-400/person).

My “Jump Kit” would include:

- a. Food – Non-perishable dry and canned goods; easy-to-prepare snacks, and meals for at least 3 days.
- b. Medical Supplies - First aid kit comprised of the items listed by the American Red Cross: “Anatomy of a First Aid Kit” retrieved from <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>; medications for at least 7 days including as needed antibiotics.
- c. Pet Supplies – Some dry food; small cans of wet-food; dog and cat coats for warmth.
- d. Miscellaneous Supplies – Duct Tape; water-proof matches or flint (dryer lint or dry grape vine may be useful); flashlight with extra batteries; aforementioned weather-proof hand crank/solar power radio with additional features (NOAA weather radio); cell-phone with portable charger; compass with print outs of maps marked with evacuation plans; emergency blanket; change of clothing; hat; can opener.
- e. Water – One gallon rations per person per day; 3 day supply; Platypus Gravityworks Filter; water purification tablets.
- f. Important Record – Copies of personal documents (medication list and past medical history); proof of address; deed/lease to home, cars; passports and copies of photo identification; copies of birth certificates and social security card; insurance policies copies.
- g. Firearms/Edged Tools – Handgun with small amount of ammunition; 1 knife with full tang; multi-purpose tool.

4. Contingency Plans (Maximum of 250 words):

Describe plans for leaving your job:

Since I am a nurse and work at a large level 1 trauma hospital, I would not be allowed to leave my job if I were working based on current policy in the employee handbook. I would be required to take care of patients until a fellow staff member arrives at the hospital to relieve me. This may take several hours to days depending on the type of disaster. If I am not at work when a disaster is declared, I may be required to come to the hospital to relieve fellow staff currently working.

Describe plans for meeting family members including a local meeting place and an out of town meeting place:

Since I live and work downtown, I would store at least 2 extra gas cans full of gas in my car and evacuate from downtown to my parents' house. My boyfriend's work is closer to my parents' house; he has a hybrid car and would meet me at my parents' residence. My brother, depending on the time of year, may be at college approximately 3 hours away. My brother may have to shelter-in-place until we could reach him or ride with a fellow student/faculty to our area. A local meeting place would be my parents' home in a nearby suburb or the local high school. An out of town meeting place would be my extended family's house 2 hours away in Rural Area, PA.

5. Escape Routes or Transportation Plans (Maximum of 250 words):

Provide a plan for leaving your home and the area including information on where you will go and how you will get there.

Meeting Spots:	Distance from Downtown Work/Apartment to Meeting Spot:	Method of Transportation to Location:
<i>Primary:</i> Parents' home, Suburbia, PA	15 miles utilizing highways, back roads.	Car with additional tanks of gas; boat from downtown utilizing local river route
<i>Secondary:</i> Extended family's home in Rural Area, PA	140 miles utilizing highways	Car with additional tanks of gas
<i>Tertiary:</i> Family beach house in South Carolina	756 miles utilizing highways	Car with additional tanks of gas; hitchhiking rides with others in exchange for goods from survival pack; having family meet us half-way

Describe specific concerns based on the type of disaster or specific family needs:

If there was a flood, which is the most common disaster in our region, typical transportation utilizing a car would not be possible. Luckily, there is a marina with several large motor boats within 50 feet of my apartment; I could sail on the river to a location near my parents' home. If my family and I needed to evacuate on foot, there are many horse farms nearby to my parents' home. I have been an equestrian most of my life. We could utilize the horses as a means of transportation or as a means to carry heavy supplies. Most local farms have golf carts, ATVs, tractors, and other alternative vehicles that may come in handy in off-road situations. My father, depending on how much medication we had stored, may have a hard time walking long distances (potential for hypoglycemia); he would be able to ride the horses while the rest of us walked.

6. Emergency Communication Plan (Maximum of 250 words):

Describe the plan for communication within your family:

- Each family member has their own cellular device. Also, my boyfriend, father/mother, and I have a total of 4 iPads and 5 computers.
- If a disaster is declared, I would send both a text message and e-mail notifying my family to begin the disaster plan and meet at the designated primary spot. We would utilize text messages on every hour mark to determine each other's location.
- I would have my family bookmark crucial links and sign up for text messaging/e-mail services provided through FEMA's "Get Tech Ready" Web site.

Describe a communication plan with authorities:

- To receive messages from authorities in the area I would use a weather-proof radio (as aforementioned) with extra batteries. Since we have 5 vehicles, we could designate 1 vehicle to listen to the radio for short periods of time or to charge electronic devices for access to emergency notification systems.

In the event you cannot use cell phones or other wireless devices:

- a) Once we are all together, hand-held radios will be given out. Additional batteries will be provided.
- b) If we are separated, each family member would be required to register on The American Red Cross's Web site "Register or Search the Safe and Well Listing" so we can attempt to get in touch with one another once Internet or cell-phone services is restored.
- c) Pay phones may work during emergencies, so it is crucial to keep loose change on hand and know local locations.
- d) If cell phones or other wireless devices do not work we would rely on the wired land-line phone (not a cordless handset) at my parents' home.

7. Maintenance Approach (Maximum of 250 words):

Develop a strategy to keep your plan up to date in the coming months and years.

My family will hold "Monthly Preparedness Meetings" on the 1st Saturday of every month. Each family member will bring their "Jump kits" (home and portable) to my parents' home. We will check our own personal kits, each other's kits, and discuss any concerns or additions to the plan. We will keep a running itemized list of each "Jump kit" with the expiration/refill dates of perishable items including food, water, and medicines. We will also develop a list of supplies (including medications) each month that are in need of replacement and share costs and responsibilities to purchase these items. Medications can be tracked in an iPhone application called "Pill Reminder" and updated for each family member; this application can even export and print lists of these medicines to add to the kit. We will also update any necessary paperwork to the safe at my parents' house, practice disaster drills, and start educating family members on various disaster survival techniques learned throughout this course. I have requested that all of my family members sign up for this course, so I am curious to see how their plans develop in comparison to my own and formulate the final plan from there!

8. References:

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- c. The American Red Cross's: "Register or Search the Safe and Well Listing." Retrieved from <http://www.redcross.org/find-help/contact-family/register-safe-listing>.
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