

do **1** thing

Tips Preparing You For Disasters & Emergencies

www.do1thing.us



EMERGENCY CONTACT LIST

Fill in your emergency contact information
Post at home and take it to work

Local Contact Person: _____
 Phone: _____
 Address: _____

Out-of-Area/State Contact Person: _____
 Phone: _____
 Address: _____

Emergency Family Contact/Next of Kin: _____
 Phone: _____
 Address: _____

Doctor/ Health Care Provider: _____
 Phone: _____
 Address: _____

Children's Day Care Provider/School: _____
 Phone: _____
 Address: _____

Children's School: _____
 Phone: _____
 Address: _____

Children's School: _____
 Phone: _____
 Address: _____

Parent's Residence/Living Facility: _____
 Phone: _____
 Address: _____

Important Phone Numbers

Police & Fire Department . . . 911/269-337-8120
 Ambulance/Life EMS 911/269-343-5433
 Poison Control Center 800-222-1222
 County Animal Services 269-383-8743
 Borgess Hospital 269-226-7000
 Bronson Hospital 269-341-7100
 Consumers Gas/Elec 800-477-5050
 Kalamazoo City Water 269-337-8148

Kalamazoo County
Office of Emergency Management
 269-383-8743

Kalamazoo County
Health & Community Services
Emergency Preparedness Coordinator
 269-373-5025

Kalamazoo County



269.373.5200
 3299 Gull Road • Kalamazoo, MI 49048



JANUARY

Make a Plan

Disasters change things. When an emergency happens you may have to decide what to do very quickly, while you are worrying about what might happen. By planning ahead, it will be easier to make the right decisions when the worst happens.

- **THE GOAL:** Plan what to do in case of an emergency or disaster.
- Know what types of disasters can happen where you are.
- Plan what to do if you have to evacuate.
- Choose two places for your family to meet.



FEBRUARY

Water

Whether you live in the country or the city, your water supply relies on electricity to run the system. During a power outage you may find yourself without a way to get water. Your water supply can also become unsafe to drink. Both private wells and city water systems can be contaminated in a disaster.

- **THE GOAL:** Have enough water on-hand for your family to last 3 days (72 hours). This should be about 3 gallons per person.
- If you buy commercially bottled water, it should be replaced once a year.
- If you get your water from a private well, disinfect your tap water before bottling.



MARCH

Sheltering

In a disaster you may be asked to either evacuate or shelter-in-place. In the excitement of an emergency, it can be difficult to focus on what you are doing. Know what to do to keep your family safe. Practice your tornado and fire safety plans. If your family has practiced, they will be more comfortable doing it when the emergency actually happens.

- **THE GOAL:** Know how to respond safely when instructions are given to evacuate or take shelter.
- Choose the best place in your home or workplace to take shelter.
- Make a Go Bag for emergency sheltering.



APRIL

Food

An emergency food supply doesn't have to sit on a shelf, ready for disaster to strike. It can be part of the food you use every day. The key to a good food storage plan is to buy ahead of time. Replace items before they run out. Buy items when they are on sale. A large duffel bag or plastic tub with a lid makes a great storage place for an emergency food supply. Make sure your family, including pets, will have what they need when disaster strikes.

- **THE GOAL:** Have an emergency food supply that will meet the needs of your household for three days without outside help.
- Choose items that don't need to be cooled, heated, or need a lot of water.
- Take steps to make sure food in your refrigerator and freezer will stay safe.



MAY

Work, School, & Community

Disasters can happen at any time. If you are away from home do you know where to find safe shelter locations? Do you know what the emergency procedures are for your child's school or for your workplace? Will people who count on you know what to do if you can't reach them? Know how to make sure you and your loved ones are safe in a disaster, no matter where you are.

- **THE GOAL:** Make sure everyone in your household can receive, understand, and act on information received in an emergency.
- Make sure emergency procedures are in place for your workplace or school.
- Find out if your community has designated evacuation routes for disasters.



JUNE

Unique Family Needs

Every household is different. Is there an infant or young child in your home? Does someone in your family have a medical condition that requires medication? Do you have a pet? Before disaster strikes, talk to your family about your household's unique needs. Make a list of special items you may need in a disaster.

- **THE GOAL:** Be aware of and prepare for your family's unique needs.
- Talk to your kids about what to do in a fire, a medical emergency, or a disaster. Make sure they know where emergency supplies are kept.
- Talk to your local animal control agency or humane society about options for sheltering your pet in a disaster.



JULY

Family Communication Plan

Today we have more ways to speak with one another than ever before. We are used to staying in touch with cell phones, internet, and email, but disasters can change things. These devices may not be available. Cell phone towers quickly become overloaded with people trying to reach friends and family. If the power is out at your home, cordless phones, internet, and email will not work either.

- **THE GOAL:** Have the ability to communicate with family members during a disaster.
- Have a phone with a cord and a car charger for your cell phone standing by in case of a power failure.
- Develop a plan so you can stay in touch with your family in a disaster.



AUGUST

Get Involved

It takes more than police, fire and EMS to respond to a disaster. It takes people who are committed to neighborhoods, churches, schools and volunteer organizations. When people are willing to work together for the good of others, communities are stronger. People who are involved are the key to a disaster resilient community.

- **THE GOAL:** Make your community stronger by getting trained and getting involved.
- Connect with an isolated individual in your neighborhood or start a neighborhood organization.
- Become a volunteer in your community (CERT, Red Cross, Neighborhood Watch, etc.).



SEPTEMBER

Be Informed

Getting correct information during an emergency is the key to taking safe action. Someone in your household may not be able to receive, understand, or act on emergency information. Think about what special needs your household may have. Take action now to make sure everyone in your family will be safe in an emergency.

- **THE GOAL:** Make sure everyone in your household can receive, understand, and act on information received in an emergency.
- Call your local fire department to find out if your area is covered by warning sirens.



OCTOBER

Power

We count on electricity for heat, food, and medical needs. Many gas appliances even need electricity to run. A power outage is an emergency that often follows another emergency—like a hurricane, tornado, or winter storm. That makes it even more important to be prepared in advance.

- **THE GOAL:** Be able to safely meet your basic needs during an electrical outage.
- Have flashlights ready in an easily accessible place and check batteries in flashlights and radios.
- Create a power outage plan.
- After the power goes out: Unplug major appliances and electronics.



NOVEMBER

Emergency Supplies

Any emergency is easier to handle when you have prepared ahead of time. Put together an emergency kit with important items to keep at home, and a go bag with items you will need to take with you if you evacuate. Think about what you and your family would need in a disaster. You can make kits for your home, car or workplace. Emergencies can happen anywhere.

- **THE GOAL:** Remember important items that may be overlooked when leaving your home in a disaster.
- Create an emergency supply kit for your pet, your car, and your workplace or school.
- Stash some cash in case ATMs and credit card machines are not usable in a disaster.



DECEMBER

First Aid

An emergency can happen at any time and any place. Many public places have a first aid kit, oxygen, or an AED (automated external defibrillator) to treat people. These items can only save lives if someone knows how to use them. Actions you take in the first few minutes after an injury or other medical incident may save someone's life.

- **THE GOAL:** Be prepared to give first aid while waiting for an ambulance.
- Make or buy first aid kits for your home and car.
- Take training in first aid, CPR, AED, or pet first aid.