

Information about the Kentucky State University Cooperative Extension Program



Seasonal CRD Preparedness Tips April: Family Preparedness Plan

A family preparedness plan is essential for ensuring the safety and well-being of loved ones during emergencies and disasters. This proactive approach provides clear guidance on communication, evacuation, and accessing essential resources, alleviating anxiety and mitigating risks when crisis strikes. By creating and practicing a plan together, families feel empowered and confident in their ability to respond effectively. See the tips below and sheet attached to create your own Family Preparedness Plan:

Tip #1: Preparing to create a plan:

- Discuss the following questions with your family:
 - How will I receive emergency alerts and warnings?
 - Wireless emergency alerts, NOAA weather radio, Public alert and warning system (IPAWS - FEMA's national warning system), FEMA mobile app
 - What is my shelter plan? (I.e.: storm tornadoes, pandemic, etc)

- **Shelter in place** (i.e.: home, work, etc.) to avoid contamination outside:
 - Go to an interior room with few windows, seal all windows/doors/gaps, and turn off fans, AC, and air heating systems



- **Mass care shelter**
 - Provides food, water, medicine, sanitation to a large population
 - Still bring your Emergency Supply Kit
 - Many do not allow pets.
 - Search for open shelters:
 - Texting “SHELTER” and your ZIP code to 43362
 - Example: Shelter 01234

○ **What is my evacuation route?**

- Know your local disaster plans and identify evacuation routes and destinations before evacuating,
- Keep informed with a battery-powered radio, pack essential supplies, and secure your home before leaving.
- After evacuation, check with officials, inform loved ones of your whereabouts, and avoid hazards when returning home.

Tip #2: Consider specific needs in your household:

- Discuss your individual family member living needs and responsibilities
- Decide how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment.

- Keep these factors in mind when creating the plan:
 - Household ages
 - Responsibilities for assisting others
 - Locations frequented
 - Dietary and Medical needs including prescriptions and equipment
 - Disabilities / functional needs (devices and equipment)
 - Languages spoken Cultural and religious considerations
 - Pets or service animals

Tip #3: Create the Family Emergency Plan (FEP) and practice regularly:

- See attached page for an FEP outline
- Create a virtual FEP through FEMA’s website:
 - <https://www.ready.gov/plan-form>

Sources

<https://www.ready.gov/plan>

For more information contact:

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Find Ready tips at Ready.gov

Family Emergency Communication Plan

Household Information

Household Phone:

Household Address:

Family Members

Emergency Plans

Emergency Contacts

Emergency Meeting Places

Medical Information

Poison Control: 1-800-222-1222

Pediatrician Name:

Pediatrician Phone:

Allergy information and prescriptions:

Veterinarian Name:

Veterinarian Number:

Additional Information: