Ready Montgomery
Emergency Preparedness and Response

Plan to be Safe.

Everybody Ready.

Disaster preparedness for individuals and families.

You can do this.

A little advance planning can make the difference between tragedy and survival. It all starts with a conversation.

No one likes to think about—let alone talk about—an emergency that could disrupt our daily lives, or worse, do harm to us or our loved ones. Yet this thoughtful consideration is essential to effective emergency planning.

This brochure is intended to provide a starting point to help you make that plan. In it you'll find some basic information, things to think about and things to do. In addition, it contains information about how to access other resources for more details.

So for yourself, your loved ones and your neighbors; make a plan to be safe.

Ready Plan to be safe.

1 Start a conversation.

Now is the perfect time. Talking things through can help create a sense of control and reduce stress.

WHAT TO PREPARE FOR

Discuss the types of events that are most likely to happen in your area. Think about the different ways to respond to a natural disaster, terrorist event, or a major public health emergency.

WHOM TO CONTACT

Ask an out-of-state friend or relative to be your "family contact." Other family members can call this person and identify where they are. Use the form on the next panel as a guide.

WHERE TO MEET

Pick two places to meet:

- Right outside your house in case of a sudden emergency, such as a fire.
- Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

WHERE TO STAY

Discuss the possibilities of evacuating the area or "staying put" and sheltering in place. Consider also:

- Developing a plan for children in childcare or school, older adults and other family members who need special assistance.
- Planning for the care of your pets. Shelters generally do not accept animals.

WHAT TO DO

Put together an emergency preparedness kit (see panel at far right for details) and keep it in a safe place in your home.

2 Make a plan.

Gather critical information into one place and share it with your family. It will save precious time for when you need it most.

The following types of information might be helpful in an emergency. Use this as a guide for making your own plan.

PERSONAL INFORMATION

Name _____

Address _____

Phone _____

Cell Phone _____

Birth Date _____

LOCAL CONTACT

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

OUT-OF-STATE CONTACT

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

NEAREST RELATIVE

Name _____

Relationship _____

Address _____

Phone _____

Cell Phone _____

PETS CARED FOR BY

Name _____

Address _____

Phone _____

Cell Phone _____

MEETING PLACES

Outside your home _____

Outside your neighborhood _____

If a disaster should occur, call your out-of-state contact, it is often easier to call long distance.

A specific plan should be created for children in child care or school, older adults, and other immediate family members who need special assistance.

3 Make a kit.

Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.

NINE ESSENTIAL ITEMS

1. One gallon of **water** per person per day for three days
2. Non-perishable **food** such as canned or packaged food
3. One change of **clothes** and footwear per person
4. Three days' worth of prescription **medications** (if needed).
5. **Flashlight** and extra batteries
6. Manual **can opener**
7. Battery-powered, solar-powered or hand-crank **radio**.
8. **Hygiene items** like soap, toilet paper and a toothbrush
9. **First aid** basics like antiseptic, bandages and non-prescription medicine

FOR MORE INFORMATION

Montgomery County, Md.	montgomerycountymd.gov
American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov
Humane Society of the United States	hsus.org/disaster

(For help with pet preparation)

If you do not have access to a computer and need additional information on Emergency Preparedness, please contact the Montgomery County Health and Human Services Information Line at 240-777-1245 and (TTY) 240-777-1295.

This publication was supported by Cooperative Agreement Number U50/CCU302718 from the CDC to NACCHO. Its contents are solely the responsibility of the Advanced Practice Center for Public Health Emergency Preparedness and Response of Montgomery County, Maryland, and do not necessarily represent the official views of the CDC or NACCHO.

APC
Advanced Practice Centers

Douglas M. Duncan
County Executive

Montgomery County Advanced Practice Center for Public Health Emergency Preparedness and Response
www.montgomerycountymd.gov/apc

Alternative formats of this document are available upon request by calling 240-777-3038.