

# Disaster Preparedness Checklist

As the frequency and intensity of natural disaster increase, a preparedness plan becomes even more crucial. This checklist will help you and your community prepare for common emergency situations.



## Communications Plan

- Emergency Contacts:** Keep a list of important phone numbers. If it helps, label phone numbers with photos of family members to help with identification.
- Regular Check-ins:** Schedule regular calls or visits with neighbors, family, or friends to stay connected.



## Evacuation Plan

- Know the Routes:** Be aware of all possible evacuation routes. Have a transportation plan if you don't drive.
- Safe Locations:** Identify safe spaces within your home and community where you can take refuge.



## Emergency Kit

- Medications:** Stock up on all essential medications and keep them in a waterproof container. Also have a list of medical conditions, doctor contacts, and essential supplies. Make sure you have pet medications, too.
- First-Aid Supplies:** Include basic supplies like bandages, antiseptics, and pain relievers.
- Food and Water:** Keep a minimum of a three-day supply of non-perishable food and water. If you have pets, also include their food. If an older adult relies on services like Meals on Wheels, find out the provider's emergency plans.
- Other Essentials:** These may include glasses, hearing aids, flashlights, and batteries.



## Stay Informed

- Have a **battery-powered radio or NOAA Weather Radio** to receive news and updates. If you have a hearing impairment, consider a weather radio with a visual alert.
- If you have power, **watch local TV news** for weather updates and notifications from emergency management officials.
- If you have a smartphone, **download the FEMA and Red Cross apps.**

**By planning ahead, you can ensure your safety and well-being during any crisis or disaster.**

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