

PERSONAL PREPAREDNESS

While we want to ensure preparedness across all aspects of our conference, your first line of defense should be your home. No matter what your home situation looks like, it is important to be prepared for Hurricane Season. On top of staying up to date on weather forecasts, here are a few steps you can take to make yourself and your family more prepared for a disaster.

Make a Kit

A disaster supply kit for your home is essential because after a disaster you may not have access to food, water, or other supplies.

Be sure to have the essentials in your kit:

- Water
- Nonperishable Food
- Flashlight
- Extra Batteries
- First Aid Kit
- Backup phone battery

Other items should include personal medications, pet supplies, baby formula and other supplies. Additional needs should be determined based on your family's specific needs. Visit [Ready.Gov/kit](https://www.ready.gov/kit) for a full list and more information on building your kit.



Make a Plan

When preparing for a disaster, it is important to think through what your household's plan of action is should one occur. Below are a few questions you should think through to know what to do in chaotic times.

- If you need to evacuate, where will you go?
- What are the specific needs of your household?
 - Do you have children, pets, or elderly residents?
 - Do you have any dietary restrictions or special medical conditions?

Creating a plan can help with some of the difficult decisions that need to be made when a disaster occurs. Making these decisions when you are not in a chaotic or stressful situation can allow you to make better and safer decisions for your family.

For assistance in creating your plan, The American Red Cross provides a family readiness disaster plan template which can be found linked on our [website](#).

Sources:

[Ready.Gov](#)

[The American Red Cross](#)



Family Disaster Plan Template

Family Last Name(s) or Household Address: _____ Date: _____

Family Member/Household Contact Info:

Name	Home Phone	Cell Phone	Email
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pet(s) info:

Name	Type	Color	Registration #
_____	_____	_____	_____
_____	_____	_____	_____

Plan of Action

1. The disasters most likely to affect our household are:

2. What are the escape routes from our home?