
Be Safe Be Prepared

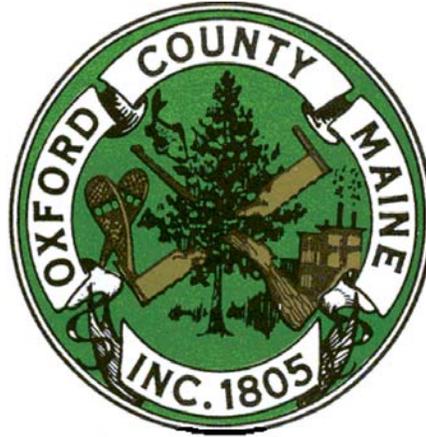
COMMUNICATIONS PLAN

Your family may not be together when disaster strikes. During a major disaster local phone systems and cell phone systems may be jammed.

- Plan how you will contact one another and what you will do.
- Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home; perhaps a relative or friend.
- Ask an out-of-state friend to be your "family contact". After a disaster it's often easier to call long distance.
- Make sure everyone has the contact numbers and addresses of the out-of-town contact and the meeting place.
- Make sure family members have each other's contact numbers at work, school, daycare, etc.
- Keep phone numbers up-to-date.

FREE "GETTING READY FOR DISASTER" DVD AND "ARE YOU READY?" GUIDE

The DVD and guide highlight important steps of disaster preparedness and bring into focus issues such as drafting a family disaster plan, stockpiling food and water; helping children cope with disasters and preparedness for special populations such as the elderly and people with disabilities. The DVD (designated # "FEMA 500" for ordering purposes) and "Are You Ready?" guide are now available for no cost at the FEMA Distribution Center by calling **1-800-480-2520**



**Knowing the facts is
the best preparation.**

FOR MORE INFORMATION

www.megalink.net/~oxctyema/

www.maine.gov/mema

www.fema.gov

www.redcross.org

www.ready.gov



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Individual and Family Preparedness in Oxford County

Oxford County EMA



*Prepare*Respond*Recover*Mitigate*

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Begin planning today!

PLAN TOGETHER FOR AN EMERGENCY

- ⦿ Talk about what might happen: fire, flooding, blizzard, etc.
- ⦿ How would you find out about it?
- ⦿ Discuss how to respond to each disaster that could occur
- ⦿ Do you know how to contact each other? (See Communications Plan)
- ⦿ What would you need if you couldn't get out for a few days? (See Building a Disaster Kit)
- ⦿ Learn how to turn off the water, gas and electricity at main switches
- ⦿ Post emergency telephone numbers near telephones
- ⦿ What are the most important things to take with you if you have to leave? If you go to a shelter, you may need pillows, blankets and snacks to eat until the shelter is fully functioning. Think about financial papers, check books, credit cards, etc.
- ⦿ Draw a floor plan of your home. Mark two escape routes from each room
- ⦿ Plan together for the special needs of your children and others in your family
- ⦿ Is there a blanket or special toy loved by a child?
- ⦿ Is there a member of your family who requires special accommodations?



- ⦿ Plan for your pets as well. There are a number of shelters within Oxford County that have made plans to accommodate your pets. Check with your local Emergency Management Director about pet friendly shelters.

BUILD A DISASTER SUPPLY KIT FOR YOUR HOME

What will you need if you can't get out for three days and don't have electricity? Here are some suggestions:

- ⦿ 3-day supply of nonperishable food that does not require cooking and a non-electric can opener
- ⦿ 3-day supply of water (1 gallon of water per person, per day). Identify the storage date and replace every 6 months
- ⦿ Portable, battery powered radio and flashlight with plenty of extra batteries
- ⦿ Games, books, cards, etc.
- ⦿ First aid kit and prescriptions medications
- ⦿ Cash and credit cards
- ⦿ Telephone that works if the electricity is off
- ⦿ A safe way to heat food and water: camp stove, etc.
- ⦿ A way to keep warm if the power is off: sleeping bags, extra blankets, etc.
- ⦿ At least one complete change of clothing and footwear per person
- ⦿ An extra set of car keys
- ⦿ Items for infants: formula, diapers, etc
- ⦿ A list of family physicians
- ⦿ A list of important family information and copies of important documents (store in a waterproof,



portable container): will, insurance policies, stocks, social security cards, immunization record, bank information, family records (birth, marriage, death certificates)

- ⦿ Sanitation items: soap, garbage bags, disinfectant, etc.
- ⦿ Food and water for pets, as well as, shot records



GET INFORMED

Contact your local emergency management office or local American Red Cross Chapter to gather the information you will need to create a plan.

- ⦿ Pay attention to what is going on in your community that may threaten your family. Find out which disaster could occur in your area: severe weather, fires, flooding, drought, etc.
- ⦿ Instruct household members to turn on the radio for emergency information. Consider purchasing a NOAA weather radio in order to receive alerts.
- ⦿ Alert devices are available for the hearing impaired. Contact the Maine center on Deafness (207.797.7656 TTY/V) for more information.

Also...

- ⦿ Ask your workplace about emergency plans
- ⦿ Learn about emergency plans for your children's school or day care center



A more detailed listing and sample forms for recording this information can be found at www.ready.gov