





Emergency Plan for First Responder Families Worksheet

Be sure your family has a plan in case of a major emergency. Make sure each family member knows about the plan. Check out www.ready.gov and www.pandemicflu.gov for more planning checklists and information. This worksheet is divided into four sections:

-  Safety, Health and Home
-  Communication
-  Transportation
-  Child and Animal Care

Safety, Health and Home

Supplies

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Respiratory Protection

- Have appropriate face masks and a stock on hand for your family in case you have to travel or care for someone who is sick. Appropriate face masks should be made of dense-weave cotton material that snugly covers the nose and mouth and be specifically fit for each member of the family. Visit <http://www.ready.gov> for more recommendations.

Isolation/Quarantine

- In the event of a community-wide quarantine, you will be ordered to stay at home to avoid becoming sick. Be sure to have supplies on hand for everyone, including your pets, for several weeks.

Note any other safety and health concerns that your family needs to know:



Communication

Family Member Name	Cell/Pager #	Work/School #	Home #	Email
Family Physician Dr.				
Pediatrician Dr.				

Emergency Meeting Places

It's important to have locations where you know your family can meet in case of a fire, flood or other emergency. Work with your family to decide on a local and regional location to go.

	Address	Phone Number	Key contact person	Other information
Neighborhood				
Regional				
Evacuation Location				
Out of Town Relative				

✈️ Transportation

List your current routes and methods to get to and from work and school. List a Plan B on the right side in case your first route/method of transportation is unavailable. Be sure to note alternative routes and drivers (neighbor, cab) if applicable. Have a map on hand for evacuation or if you have to walk.

Usual Routes/Methods

Plan B Routes/Method

Usual Routes/Methods	Plan B Routes/Method



Child and Animal Care

Describe your current plan for child care and a Plan B.

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Describe your current plan for taking care of the pets and a Plan B for them.

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Child and Animal Care Checklist

- Have supplies, water and medication on hand for your children.
- Have supplies, water and medication on hand for your pets.
- Have supplies, water and medication on hand for yourself.
- Discuss a plan for children staying at home for extended periods of time, as school closings may occur along with restrictions on public gatherings.
- Plan entertainment, educational activities and recreation for your children to do at home. Have materials, such as reading books, coloring books, and games, on hand for your children to use.

Medications

List any prescriptions or required medication for children and pets.

Child/Pet	Medication

