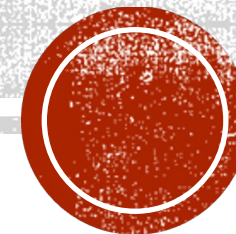




IN CASE OF EMERGENCY



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FAMILY PLAN

- Snow Storm
- Ice Storm
- Power Outages
- School Closures



BE AS PREPARED AS POSSIBLE

Make a plan that will help you be more prepared if

School Closure

- Who will pick kids up if there is early dismissal
- Who will care for kids during school closures
- What to do with bored kids

Snow or Ice Storm

- Who will shovel snow
- Can your car handle hazardous roads
- Do the kids have cold weather gear – especially gloves and boots

Power outages

- How will you keep your family warm
- Do you have food that does not need refrigeration
- How will you provide lighting
- Is there somewhere that your family can go





FOOD

- Enough food for at least 3 days
- Food that does not need refrigeration
- 1 gallon of water per family member
- Cooler or ice chest for perishable food
- Paper plates and plastic utensils
- Manual can opener



BABY IN THE HOUSE

powdered formula if bottle feeding

Manual breast pump if nursing

extra bottles

bottled water

diapers/wipes

safe place to sleep

clothing that keeps baby warm without overheating

ice packs and cooler

same schedule as much as possible



SAFE SHELTER

Warm blanket or sleeping bag for each family member

Use flashlights rather than candles

Safe use of generators – only outside with CO² detector

Teach children about danger of downed power lines

Use extreme caution with heaters

Equip home with smoke alarm and fire extinguishers

Consider going to someone else's home





KEEPING KIDS BUSY

- Board games
- Paper, pencils, crayons
- Books
- Jacks, jump ropes, hula hoops



CHECKING IN



- Battery pack for cell phone
- Car phone charger
- Battery powered radio
- Texting rather than calling
(uses less power)

PETS



- Shelter from the elements
- Extra pet food
- Walks when possible
- Outdoor fun



Batteries

Prescription and medical needs

Eyeglasses and contact lens

Whistle (signal for help)

Basic tools

Shovel

Bag of sand or cat litter (traction in snow)

**IMPORTANT
ITEMS —
DO NOT
FORGET**





IN CASE OF EMERGENCY



Beverly Weathington Merrill
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The Healthier Urban Families
Outreach Program

