

Disaster Planning

**Suggestions taken from the NM Dept. of Homeland Security and Emergency Management - NM Family Emergency Preparedness Guide.*

1. What Type of Disasters Could Happen to You?

- What types of disasters are most likely to happen in your area?
- Does your community have a warning signal? What does it sound like and what should you do when you hear it?
- Find out which radio stations will provide emergency information for your area.

2. Create a Disaster Plan

- Meet with your family and discuss why you need to prepare for disasters.
- Discuss the types of disasters that could happen and explain what to do in each case.
- Make two evacuation plans- one specific to your home and another if your entire neighborhood is affected.
- Have an action plan for your pets.
- Contact an out of area relative or friend to be your "family contact". Explain to them their responsibility.
- **Family Communication Plan:** print out these cards and give a copy to each family member so they know what to do in case of an emergency.

3. Put Your Plan Into Action

- Post emergency telephone numbers by all telephones.
- Teach children how and when to call 911 for help.
- Create your home emergency supply kit.
- Find safe spots in your home for each type of disaster.
- Determine the best escape routes from your home - find two ways out of each room.
- Make sure you have smoke detectors on each level of your home, especially near bedrooms.
- Make sure you have a Class ABC fire extinguisher.
- Check for adequate insurance coverage.
- Take photos or videotape your belongings and your home.
- Take a first aid and CPR class.

4. Keeping Your Plan Current

- **Practice, practice, practice** - review your plan once a month.
- Conduct fire and emergency evacuation drills at least twice a year.
- Test and recharge your fire extinguishers according to the manufacturer's instructions.
- Test your smoke detectors monthly - change the batteries every six months. (Like when the time changes)
- Replace emergency supply kit stored water and food every six months.

QUICK INFO

Assembling a Disaster Kit:

Surviving on your own after a disaster requires provisions for three days. This means having your own food, water, and other supplies (for each family member). Local officials and relief workers will be on the scene after a disaster, but you could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, you may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

Basic Disaster Supplies: One gallon per person per day of water in plastic containers, store food that won't go bad and does not have to be heated or cooked (Remember to pack a manual can opener, cups, and eating utensils), flashlight and extra batteries,

First Aid Kit, whistle, dust masks, moist baby wipes, toiletries, wrench or pliers, plastic sheeting and duct tape, athletic shoes, garbage bags, one month's supply of needed medication, warm clothing, a sleeping bag, and unique needs for your family.

Notes: Make sure all family members know where your family kit is located and place the supplies in an easy to carry bag or plastic tub.

Check expiration dates on all canned foods and change out the water periodically.