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# 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/](http://www.megalink.net/~oxctyema/)

[www.maine.gov/mema](http://www.maine.gov/mema)

[www.fema.gov](http://www.fema.gov)

[www.redcross.org](http://www.redcross.org)

[www.ready.gov](http://www.ready.gov)



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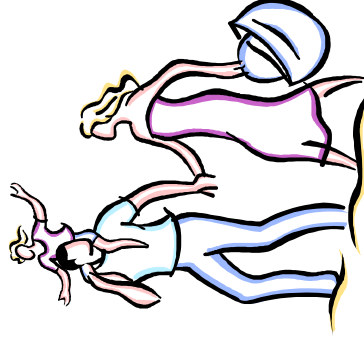
[www.megalink.net/~oxctyema/](http://www.megalink.net/~oxctyema/)



# Individual and Family Preparedness in Oxford County

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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:*

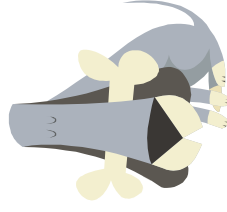
- ⊙ 3-day supply of nonperishable food that does not require cooking and a non-electric can opener
- ⊙ 3-day supply of water (1 gallon of water per person, per day). Identify the storage date and replace every 6 months
- ⊙ Portable, battery powered radio and flashlight with plenty of extra batteries
- ⊙ 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](http://www.ready.gov)*