

Preparedness Information Card

PRE-EMERGENCY PLANS

Develop a Family Communication Plan

Plan on how your family will contact each other.
Designate several locations where your family will meet.

Create a Plan to Evacuate

Make arrangements for your pets
Bring your emergency kit(s)
Choose several different locations where your family would go in the event of an evacuation

Create a plan to shelter-in-place (stay inside)

Designate a room in your home as a shelter in place. The ideal location will have no windows or doors that open to the outside. Cover windows, bring pets indoors.

SHELTER INFORMATION & NEEDS

If you and your family have to move to a local emergency shelter, please remember the following.

Bring your own emergency supply kit. Not all shelters will be pet friendly – it's up to you as a pet owner to have a plan for your pets.

- No weapons – law enforcement will be on site
- Bring all family medications and/or prescriptions
- Personal hygiene items
- Bring your own pillow, blankets, foam mats
- Pet food, pet bowls, and pet medications
- Some type of pet cage or leash (per pet)
- If pets are not allowed in the shelter, there *may* be other rooms set up as pet shelter
- Pet owners are responsible for their pets
- No alcohol, no smoking, spitting or swearing
- Fighting will not be tolerated
- Bring items to entertain children (games, etc.)
- Cell phone charger cords

BE READY CHECKLIST

- ✓ I know what emergencies or disasters are most likely to occur in my community.
- ✓ I have a family disaster plan and have practiced it.
- ✓ I have an emergency preparedness kit.
- ✓ At least one member of my household is trained in first aid and CPR/AED.
- ✓ I have taken action to help my community prepare.

EMERGENCY SUPPLY KIT MATERIALS

Your kit should be packed and ready to go. You should be able to move the kit by yourself, or with the assistance of another. A wheeled cart or child's wagon would be helpful.

- ☐ Important family documents, family records, ID, bank and insurance records.
- ☐ All medications and/or prescriptions. Extra hearing aid batteries and an extra pair of eyeglasses.
- ☐ Personal hygiene supplies. Toilet paper. Baby diapers and formula.
- ☐ Moist towelettes, different size plastic bags. (Large can be used to keep dry and warm).
- ☐ Manual Can opener, Paper or plastic dinnerware, mess kits. Roll of plastic sheeting.
- ☐ 5-day supply of non-perishable food and water.
- ☐ Household disinfectant. Matches or lighters.
- ☐ Radio, flashlight (and extra batteries), or a hand cranked model. Some type of time piece (clock).
- ☐ Whistle to signal for help.
- ☐ First Aid Kit, with extra bandages.
- ☐ Work gloves, cloth rags, dust mask.
- ☐ Duct tape, small folding shovel, rope (clothes line).
- ☐ Wrench, pliers, hammer, both types of screwdriver.
- ☐ Sleeping bags, blankets, foam mats, camp pillows.
- ☐ Cash or Traveler's Checks.
- ☐ Pet food, medications, leashes, bowls.

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CREATE A FIRST AID KIT



- ☐ Weather tight box or bag
- ☐ First Aid manual
- ☐ Extra medications
- ☐ Sterile and non-sterile gloves
- ☐ Hand sanitizer
- ☐ Bandages all sizes/ sanitation pads
- ☐ Sterile bandages & rolled gauze
- ☐ Ace bandages
- ☐ Adhesive first aid tape
- ☐ Soap & towelettes
- ☐ Scissors
- ☐ Safety pins
- ☐ Thermometer
- ☐ Eye wash solution
- ☐ Aspirin & non-aspirin pain reliever
- ☐ Antacids – Pepto-Bismol
- ☐ Diarrhea medication
- ☐ Instant cold pack

WHAT ELSE CAN I DO?

- ✓ Volunteer with your County CERT team, Red Cross or any other disaster response agency
- ✓ Learn First Aid and CPR
- ✓ Learn your child's school emergency plan
- ✓ Include extended family in planning
- ✓ Practice your family plan regularly
- ✓ Encourage others to prepare, friends, extended family, co-workers and neighbors

HELPFUL WEBSITES

www.ready.gov

Federal site for disaster preparedness and emergency planning.

www.redcross.org

The American Red Cross site offers disaster relief, emergency shelter information, CPR/First Aid Training and preparedness resources.

www.maine.gov/dhhs/boh

Maine public health information and programs.

www.211maine.org

A statewide information and referral service that connects people to local resources.

www.noaa.gov/weather

Weather forecasts and severe weather alerts.

www.maine.gov/mema

Maine emergency preparedness and planning resources.

YORK COUNTY

NON-EMERGENCY CONTACTS

Red Cross: 800-464-6692

United Way: 874-1000

Salvation Army: 324-3134

Southern Maine Area on Aging: 396-6500

Maine Health Hospital: 490-7900

Nasson Health Care: 490-6900

Sanford Food Pantry: 490-2397

York County Sheriff: 324-3644

Sanford Police: 324-3644

Sanford Dispatch Center: 324-3644

SEND A SAFETY CHECK-IN

Following a disaster, **register on the American Red Cross Safe and Well Website** or call **1-800-RED CROSS (1-800-733-2767)** and select the prompt for "Disaster" to register yourself and your family to let others know you're safe.