

# PREPARING FOR EMERGENCIES

## CREATING EMERGENCY PLANS

Disasters can happen unexpectedly. They may force you to evacuate your neighborhood or confine you to your home. You may be without basic services such as gas, water, electricity or telephone for an unknown time; by preparing ahead of time you can remain calm and safe.

- Discuss the types of disaster that are likely to occur with your family. Plan what to do in each case. Discuss what to do in evacuation.
- Identify two places to meet: one right outside your home in case of a fire; one outside your neighborhood in case you cannot return home.
- Ask a relative or friend that lives out of the area to be your family's contact person. After a disaster, it is often easier to call long distance. All family members should call this person to tell them where they are.
- Create a list of important contact numbers and share it with all family members.
- Learn how to turn off utilities such as water, gas and electricity. Keep necessary tools near shut-off valves.
- Make plans for taking care of pets in an emergency.
- Check supplies every six months; and replace water and food.

## SHELTERING IN PLACE

Sheltering in place is used to minimize exposure to chemicals or other hazardous situations. Public officials will notify you when to shelter in place. If you shelter in place, turn off fans, heating and air conditioning and go to an interior room. Listen to the radio or television for further instructions.



## GATHERING DISASTER SUPPLIES

Keep enough supplies in your home to meet your needs for at least three days. Store the disaster supply kit in an easy-to-carry container such as backpack or duffel bag. The kits can be used in case you have to leave your home quickly or if you must remain in your home for an extended period of time. **Try to include:**

- Water, one gallon per person per day.
- Food, non-perishable food such as crackers, canned food and dried food.
- One set of clothing and footwear per person, and one blanket per person.
- First aid kit.
- Prescription medications for your family.
- Tools including can opener, shut-off wrench, and work gloves.
- Battery-powered radio.
- Flashlight and extra batteries.
- Extra set of car keys and a credit card, cash or traveler's checks.
- Personal care items: toilet paper, soap, towels, shampoo, deodorant, toothbrush, toothpaste, comb and bleach.
- Special items for infants, elderly, or disabled family members.
- An extra pair of glasses.
- Entertainment such as games and books.
- Household documents & contact numbers.

## ADDITIONAL RESOURCES

Emergency and Community Health Outreach  
(multilingual webpage)

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

Minneapolis Dept. of Health & Family Support  
Emergency Preparedness

<http://www.minneapolismn.gov/emergency/index.htm>

Minnesota Department of Health

[www.health.state.mn.us/oep/prepare/index.html](http://www.health.state.mn.us/oep/prepare/index.html)

Centers for Disease Control and Prevention

[www.bt.cdc.gov/](http://www.bt.cdc.gov/)

If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email [health.familysupport@ci.minneapolis.mn.us](mailto:health.familysupport@ci.minneapolis.mn.us). Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000.

TTY users may call 612-673-2157 or 612-673-2626.

Attention: If you have any questions regarding this material please call Minneapolis Department of Health and Family Support 612-673-2301.

Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800;

Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700;

Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

# Emergency Contact Information

Fill out this page with information you would need in an emergency.

Home Address \_\_\_\_\_ Phone \_\_\_\_\_  
Adult Name \_\_\_\_\_ Work Phone \_\_\_\_\_  
Employer \_\_\_\_\_ Phone \_\_\_\_\_  
Adult Name \_\_\_\_\_ Work Phone \_\_\_\_\_  
Employer \_\_\_\_\_ Phone \_\_\_\_\_

## Children's Names and Schools/Daycare

Name \_\_\_\_\_ Age \_\_\_\_\_ School/School phone \_\_\_\_\_  
Name \_\_\_\_\_ Age \_\_\_\_\_ School/School phone \_\_\_\_\_  
Name \_\_\_\_\_ Age \_\_\_\_\_ School/School phone \_\_\_\_\_  
School/Daycare's policy for release of children after disaster \_\_\_\_\_

We have made arrangements for \_\_\_\_\_ to pick up our children if we are unable to do so.  
Name \_\_\_\_\_ Phone \_\_\_\_\_

## Medical Information

Please list details for your family; include name, medications, equipment and special needs.

\_\_\_\_\_  
\_\_\_\_\_

## In case of emergency, please contact: (List one out of state contact)

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

## Meeting Place

Outside home \_\_\_\_\_ Outside Neighborhood \_\_\_\_\_

## Pets

Name \_\_\_\_\_ Type \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_  
Name \_\_\_\_\_ Type \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_

## Neighbors

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_

Share copies with all family members.



## EMERGENCY SERVICES

In a life threatening emergency, call 911.

### Safety

Police \_\_\_\_\_  
Fire \_\_\_\_\_  
Hospital \_\_\_\_\_  
Nurse Line \_\_\_\_\_

### Utilities

Electric \_\_\_\_\_  
Gas \_\_\_\_\_  
Water \_\_\_\_\_  
Phone \_\_\_\_\_

### Family Physician/Clinic

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Name \_\_\_\_\_  
Phone \_\_\_\_\_