

Get Ready - Stay Ready
Personal Preparedness Plan

MOBILE



Volunteers Building Strong, Healthy, and Prepared
COMMUNITIES



GET READY - STAY READY

Personal Preparedness Plan

Are you prepared for an emergency? Emergencies and disasters can happen anytime and anywhere. They typically strike without warning and disrupt hundreds of thousands of lives each year. Each emergency and disaster has its own lasting effects on individuals, families, and communities. Through preparedness efforts, you can help reduce the fear and anxieties related to these unknown situations as well as reduce the immediate and long term risks to you and your families.

We recognize that emergency planning can be overwhelming if you attempt to think about every situation all at one time, so this program is designed to break it down into more manageable segments. The goal is to complete a comprehensive emergency plan and put together an all hazards disaster kit that is individualized to your needs.

We hope that you will find this information both easy to follow and very effective in preparing you and your loved ones for the best response possible to a real disaster situation. Remember, awareness and preparedness will save lives!

Sincerely,

The Mobile Medical Reserve Corp

PS - Please note that a basic 3-day supply is discussed throughout this plan as a minimum kit that can be used at home or taken with you in the event of an evacuation. After considering the needs of your household and the disasters or emergencies that may occur in your area, you may wish to increase your level of preparedness to be self sufficient for a longer period of time.

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COMMUNICATIONS PLAN

TASK 1: Prepare emergency contact cards for each household member to carry at all times.

Emergency Contact Cards

Your family may not be together when disasters strikes, so plan how you will contact and communicate with one another. An Emergency Contact Card should be made for all household members. The next page will provide you with the American Red Cross Emergency Contact Card. If you require more for your household, they can be viewed and printed by visiting the following link.

<http://www.redcross.org/www-files/Documents/pdf/Preparedness/ECCard.pdf>

- Print one card for each member of your household.
- Write the contact information for each household member, such as: work, school, and frequently visited places.
- Write the pre-arranged meeting place outside your home and outside your neighborhood. Include a phone number if available.
- Add any specific comments or information, including allergies.
- Fold the card so it fits in your pocket, wallet or purse. (Laminating the cards will protect against wear, tear and water).
- Carry the card with you so it is available in the event of a disaster or other emergency.
- Consider sending one to your child's school to keep on file.
- Identify a family member or friend that lives out-of-state for household members to notify they are safe.

**Mobile Medical Reserve Corps
Personal Preparedness Plan**



Emergency Contact Card

Other Important Information

Emergency Contact Card
This card is for:
Person you should contact:
Phone number(s):
Out-of-town contact:
Phone number(s):
Where to meet:
Dial 911 for Emergencies!

...Fold Here...

Other Important Information

Emergency Contact Card
This card is for:
Person you should contact:
Phone number(s):
Out-of-town contact:
Phone number(s):
Where to meet:
Dial 911 for Emergencies!

Other Important Information

Emergency Contact Card
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Person you should contact:
Phone number(s):
Out-of-town contact:
Phone number(s):
Where to meet:
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...Fold Here...

Other Important Information

Emergency Contact Card
This card is for:
Person you should contact:
Phone number(s):
Out-of-town contact:
Phone number(s):
Where to meet:
Dial 911 for Emergencies!

Adapted from Minnesota Emergency Readiness Education & Training, Ready.gov, and CDC / Dallas County MRC 081107

TASK 2: Complete the following Communication Plan. You may not be together when disasters strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-State Contact Name: _____ Tel. No.: _____

In-State Contact Name: _____ Tel. No.: _____

I. Fill out the following information for each household member and keep it up-to-date. Include a picture of each household member (including pets) along with age, allergies, primary physician, veterinarian and medications for humans and pets.

Name: _____ Social Security Number: _____

Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____

Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____

Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____

Date of Birth: _____ Important Medical Information: _____

II. Important Contact Information

Doctor: _____ Tel. No.: _____

Doctor: _____ Tel No. _____

Pediatrician: _____ Tel No. _____

Pharmacy: _____ Tel No. _____

Dentist: _____ Tel No. _____

Orthodontist: _____ Tel No. _____

Veterinarian/Kennel: _____ Tel No. _____

Local Animal Shelter: _____ Tel No. _____

Pet's Microchip Co.: _____ Tel No. _____

Religious Affiliation: _____ Tel No. _____

Minister: _____ Tel No. _____

Home Owner's Insurance: _____ Tel No. _____

Medical Insurance: _____ Tel No. _____

Pet Insurance: _____ Tel No. _____

Other _____ Tel No. _____

III. Where to Go In an Emergency

Home

Address: _____

Tel. No. _____

Neighborhood Meeting Place: _____

Out-of-Neighborhood Meeting Place: _____

School(s)

Name of School: _____

Address: _____

Tel. No.: _____

Evacuation Location: _____

Name of School: _____

Address: _____

Tel. No.: _____

Evacuation Location: _____

Work

Name of Work: _____

Address: _____

Tel. No.: _____

Evacuation Location: _____

Name of Work: _____

Address: _____

Tel. No.: _____

Evacuation Location: _____

IV. Important Emergency Telephone Numbers *(Make a copy of this page and post near telephones)*

FIRE: 911 or _____

POLICE: 911 or _____

POISON CONTROL: _____

GAS COMPANY: _____

ELECTRIC COMPANY: _____

WATER: _____

TELEPHONE SERVICE: _____

OTHER _____

V. Find the following in your home and write down their location

Fire Extinguisher(s): _____

Smoke Detector(s): _____

Water Heater: _____

Gas Shut-Off Valve: _____

Electric Circuit Box: _____

Main Water Valve: _____

WATER

TASK 3: Prepare and store at least a 72 hour supply of water for all household members.

How Much:

You should store at least one gallon of water per person per day (two quarts for drinking and two quarts for food preparation/ sanitation) and one ounce of water per pound per pet (canine and feline) per day. To determine adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How to Store:

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or “use by” date.

If you are preparing your own containers of water:

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps:

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers:

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger.

Place the date of water preparation on the outside of the container so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

Water Purification:

If you need to purify water and do not have any purification tablets or are unable to boil water for 10 minutes, the Environmental Protection Agency (EPA) and U.S. Department of Health and Human Services suggest the following:

Water	Bleach (if Water is Clear)	Bleach (if Water is Cloudy)
1 gallon	8 drops (1/8 tsp)	16 drops (1/4 tsp)
5 gallons	½ teaspoon	1 teaspoon
Use liquid chlorine bleach (5.25% hypochlorite). Wait 30 minutes before drinking.		

FOOD

TASK 4: Collect & store at least a 72 hour food supply for all household members.

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand.
- Include a manual can opener.
- Include special dietary needs.

Supplies	
Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>
Cookies	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>
Cereals	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>
Other:	<input type="checkbox"/>
Other:	<input type="checkbox"/>

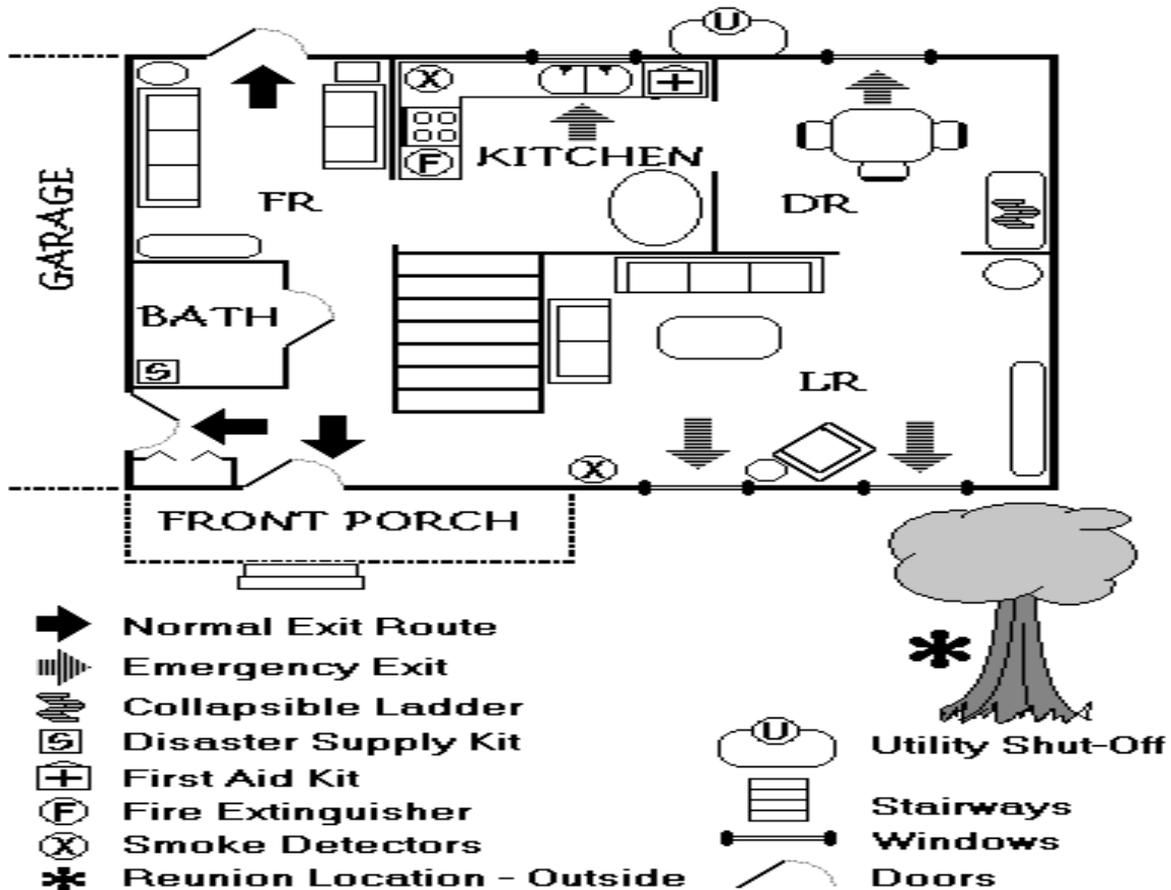
- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, corroded or becomes expired.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored items every six months.
- Be sure to write the date you store it on all containers.

EMERGENCY EVACUATION PLAN

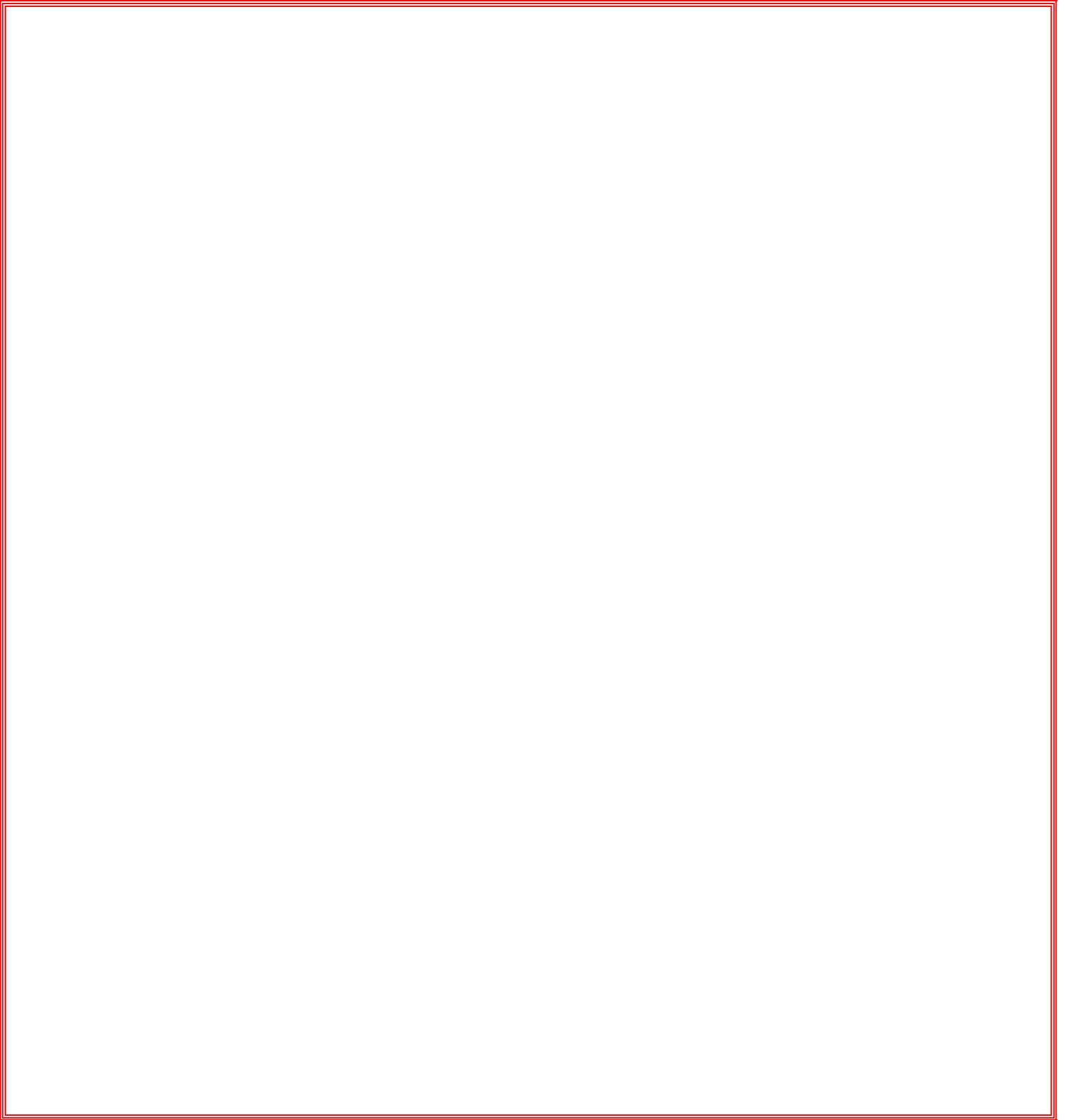
TASK 5: Create an Emergency Evacuation Plan.

An emergency evacuation plan is useful not only for disasters, but also for fires or other incidents in your home. When creating an evacuation plan for your home it is important to remember the following:

- Identify two escape routes from each room.
- Identify the location of any throw ladder, or other special equipment.
- Identify the location of fire extinguishers, smoke detectors, first aid kits, disaster 72 hour kit.
- Identify the locations of the shutoffs for gas, water, and electricity (contact utility company for guidance on preparation and response regarding gas appliances and service to your home. If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas using the outside main valve if you can, and call the gas company from a neighbor's home.)
- Draw your floor plan, and then draw your evacuation routes and a meeting place.
- If you live in a two-story home, make one drawing for each story.
- Identify outside hazards (fences, trees, power lines, etc.).
- Identify where to meet NEAR the home (e.g., next door neighbor's mailbox)
- Identify where to meet OUTSIDE the IMMEDIATE AREA (e.g., nearby restaurant parking lot)



Our Emergency Evacuation Plan



FIRST AID SUPPLY KIT

TASK 6: Gather the suggested supplies to create your First Aid Supply Kit.

Adhesive bandages (band aids) , various sizes	<input type="checkbox"/>
5 " x 9 " sterile dressing	<input type="checkbox"/>
Conforming roller gauze bandage	<input type="checkbox"/>
Triangular bandages, sling	<input type="checkbox"/>
2" and 4" sterile gauze pads	<input type="checkbox"/>
Roll 3" cohesive bandage	<input type="checkbox"/>
Germicidal hand wipes or waterless, alcohol-based hand sanitizer or moist wipes	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>
Pairs large, medical grade, non-latex gloves	<input type="checkbox"/>
Tongue depressor blades	<input type="checkbox"/>
Adhesive tape, 2" width	<input type="checkbox"/>
Antibacterial ointment	<input type="checkbox"/>
Cold pack	<input type="checkbox"/>
Scissors (small, personal)	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
Assorted sizes of safety pins	<input type="checkbox"/>
Cotton balls	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
CPR breathing barrier, such as a face shield	<input type="checkbox"/>
Eye wash	<input type="checkbox"/>
Rubbing alcohol	<input type="checkbox"/>
Hydrogen Peroxide	<input type="checkbox"/>
First aid manual	<input type="checkbox"/>
Eye dropper	<input type="checkbox"/>
First Aid guide book:	<input type="checkbox"/>
Other:	<input type="checkbox"/>

DOCUMENTS AND KEYS

TASK 7: Make copies of all the suggested important documents and store with your disaster kit. Make an extra set to give to a friend or family member outside of your immediate city.

Item	
Personal identification	<input type="checkbox"/>
Cash and coins	<input type="checkbox"/>
Credit cards	<input type="checkbox"/>
Cell phone (s)	<input type="checkbox"/>
Extra set of house keys and car keys	<input type="checkbox"/>
Other:	<input type="checkbox"/>
Copies of the following	
Birth certificate(s)	<input type="checkbox"/>
Marriage certificate / Divorce certificate	<input type="checkbox"/>
Legal custody, visitation, guardianship or adoption papers	<input type="checkbox"/>
Driver's license (s)	<input type="checkbox"/>
Social Security cards	<input type="checkbox"/>
Passports	<input type="checkbox"/>
Wills	<input type="checkbox"/>
Deeds	<input type="checkbox"/>
Inventory of household goods (<u>include pictures</u> of your home including all rooms, new editions and valuable items)	<input type="checkbox"/>
Insurance papers (medical, homeowner's, auto, etc.). Review policies for adequate coverage.	<input type="checkbox"/>
Immunization records	<input type="checkbox"/>
Bank and credit card account numbers	<input type="checkbox"/>
Stocks and bonds	<input type="checkbox"/>
Emergency contact list and phone numbers	<input type="checkbox"/>
Map of the area	<input type="checkbox"/>
Proof of Address (copy of utility bill)	<input type="checkbox"/>
Pet's medical records and microchip number	<input type="checkbox"/>
Other:	<input type="checkbox"/>

EQUIPMENT AND TOOLS

TASK 8: Based on the types of disasters that are prone to your area, collect as many of the suggested items below to protect and shelter your household members for 72 hours.

Tools		Kitchen Items	
Portable, battery-powered radio or television and extra batteries	<input type="checkbox"/>	Manual can opener	<input type="checkbox"/>
NOAA Weather Radio	<input type="checkbox"/>	Mess kits or paper cups, plates, and plastic utensils	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Regular telephone that is not cordless OR satellite radio	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Matches in a waterproof container (or waterproof matches) or Grill lighter wand	<input type="checkbox"/>	Sugar, salt, pepper	<input type="checkbox"/>
Shut-off wrench	<input type="checkbox"/>	Aluminum foil and plastic wrap	<input type="checkbox"/>
Duct tape	<input type="checkbox"/>	Resealable plastic bags	<input type="checkbox"/>
Plastic sheeting/Tarp	<input type="checkbox"/>	Small cooking stove and a can of cooking fuel (if food must be cooked)	<input type="checkbox"/>
Scissors	<input type="checkbox"/>		
Whistle	<input type="checkbox"/>	Comfort Items	
Signal flare	<input type="checkbox"/>	Games	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Cards	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>	Books	<input type="checkbox"/>
Paper, pens, and pencils	<input type="checkbox"/>	Toys for kids	<input type="checkbox"/>
Fire extinguisher, small canister, ABC-type	<input type="checkbox"/>	Colored pencils (crayons melt) and coloring books/notepads	<input type="checkbox"/>
Needles and thread	<input type="checkbox"/>	Other Items	
Coil of ½" rope	<input type="checkbox"/>	Disposable camera	<input type="checkbox"/>
Staple Gun	<input type="checkbox"/>	City map	<input type="checkbox"/>
Hammer, pliers, screwdriver	<input type="checkbox"/>	Poncho/Rain Gear	<input type="checkbox"/>
Rubber bands	<input type="checkbox"/>	Battery-operated travel alarm clock	<input type="checkbox"/>
Other:	<input type="checkbox"/>	Other:	<input type="checkbox"/>

SANITATION AND HYGIENE SUPPLIES

TASK 9: Gather the following supplies to ensure your sanitation and hygiene needs. The bucket suggested below can store the items, and act as a latrine, if necessary. The two, 1-gallon zip lock bags would then be useful to store the items in.

Item	
Medium-sized plastic bucket with tight lid	<input type="checkbox"/>
Washcloth and towel	<input type="checkbox"/>
Towelettes, soap, hand sanitizer	<input type="checkbox"/>
Toothpaste, toothbrush	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Comb, brush	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/>
Lip balm	<input type="checkbox"/>
Insect repellent	<input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	<input type="checkbox"/>
Disinfectant	<input type="checkbox"/>
A small shovel for digging a latrine	<input type="checkbox"/>
Toilet paper	<input type="checkbox"/>
Contact lens solutions	<input type="checkbox"/>
Mirror	<input type="checkbox"/>
Two, 1-gallon size zip lock bags	<input type="checkbox"/>
Other:	<input type="checkbox"/>
Other:	<input type="checkbox"/>

CLOTHING AND BEDDING

TASK 11: Based on the unique needs of your household, collect the following clothing and bedding supplies to keep each member protected from any harsh weather elements.

Item	
Complete change of clothes	<input type="checkbox"/>
Sturdy shoes or boots	<input type="checkbox"/>
Rain gear & Rain boots	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>
Extra underwear	<input type="checkbox"/>
Thermal underwear	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Blankets	<input type="checkbox"/>
Sleeping bags	<input type="checkbox"/>
Pillows	<input type="checkbox"/>
Other:	<input type="checkbox"/>

HOME HAZARD HUNT

TASK12: Spend some time with your household members identifying hazards in and outside of your home. Minimize the impact of an emergency or disaster by safeguarding your home. Anything that can move, fall, break or cause a fire is a potential hazard.

- Check batteries in smoke alarms every six months and make sure they are on each level of your home and outside every bedroom
- Repair defective electrical wiring and leaky gas connections
- Fasten shelves securely
- Place heavy objects on lower shelves
- Hang pictures and mirrors away from beds
- Brace overhead light fixtures
- Strap water heater to wall studs
- Repair cracks in ceilings or foundations
- Place oily polishing rags or waste in covered metal cans and store away from main dwelling
- Store pesticides and flammable products away from heat sources
- Clean and repair chimneys, flue pipes, vent connectors and gas vents
- Unless local officials advise otherwise, or there is immediate threat to life or safety, leave natural gas on because you will need it for heating and cooking when you return home. If you turn your gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond.
- If high winds are expected, cover the outside of all windows of your home. Use shutters that are rated to provide significant protection from windblown debris or fit plywood coverings (pre-measured, holes drilled, etc) over all windows. Damage happens when wind gets inside a home through a broken window, door or damaged roof. Tape does not prevent windows from breaking and is not recommended.
- If flooding is expected, consider using sand bags to keep water away from your home. It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers and time to place them properly.

Identify potential risks **inside** your home: _____

Identify potential risks **outside** your home: _____

CHILDREN'S ACTIVITY SURVIVAL KIT

TASK 13: You may have to leave your home during a disaster and sleep somewhere else for a while. Put together your own Children's Activity Survival Kit so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag.

Some suggested items for the Kids Activity Survival Kit:

- A factual and /or children's book about (earthquakes, hurricanes and tornados, rain, storms, floods, and fires)
- A few of your child's favorite books
- Non-toxic marking pens, crayons, pencils, and plenty of paper
- Scissors and glue
- Manipulative toys such as LEGOS
- 2 favorite small toys such as an action figure or doll
- 1 or 2 board games, table puzzles
- Favorite stuffed animal or puppet
- Small play vehicles such as an ambulance, fire truck, helicopter, dump truck, police car, tractor
- Small people figures to use with toys
- Favorite blanket and/or pillow
- Picture of the family, including pets
- "Keep safe" box with a few treasures of little things your child feels are special
- Video games
- Portable DVD players (with car adaptor and extra batteries) and movies
- Music (I Pods or MP3 players)

It is important to make copies and include in your kit, your child (ren)'s immunization record and medical information including any prescription medication.

PET EMERGENCY SUPPLIES AND TRAVELING KITS

TASK 14: The best thing you can do for yourself and your pet(s) is to be prepared. Use the suggested list below to create an emergency supply kit for your pet(s).

Some suggested items for your Pet Emergency Supply and Traveling Kit:

- 3-7 days' worth of canned (pop-top) or dry food
- Disposable litter trays (aluminum roasting pans are perfect)
- Litter or paper toweling
- Baking soda for excretion odors
- Hand held shovel
- Disposable garbage bags for clean-up
- Liquid dish soap and disinfectant
- Pet feeding dishes
- Extra harness, leash, and yard stake
- Photocopies of medical records, Microchip Number
- Waterproof container with a two-week supply of any medicine your pet needs
- Bottled water, at least 72 hour supply for each pet (one ounce water, per pound, per pet)
- A traveling bag, crate or sturdy carrier, ideally one for each pet
- Blanket (for scooping up a fearful pet)
- Recent photos of your pets (in case you are separated)
- Toys

WILL YOUR PET(S) BE SAFE DURING EVACUATION?

The ASPCA offers a free pet safety pack that includes a pet rescue window decal to alert rescue personnel that pets are inside your home (www.asPCA.org). If you evacuate with your pets, and if time allows, write "EVACUATED" across the decal.

Identify a friend or family member who can care for your pet, preferably outside of your city:

Name: _____

Address: _____

Phone (1): _____ Phone (2): _____

Identify pet shelters in your area in the event you need to evacuate during an emergency:

Name: _____

Address: _____

Phone: _____

Identify pet friendly hotels in areas in which you may evacuate to during an emergency:

<http://www.petswelcome.com/milkbone/routeframe.html>

Hotel: _____

Address: _____

Phone (1): _____

Hotel: _____

Address: _____

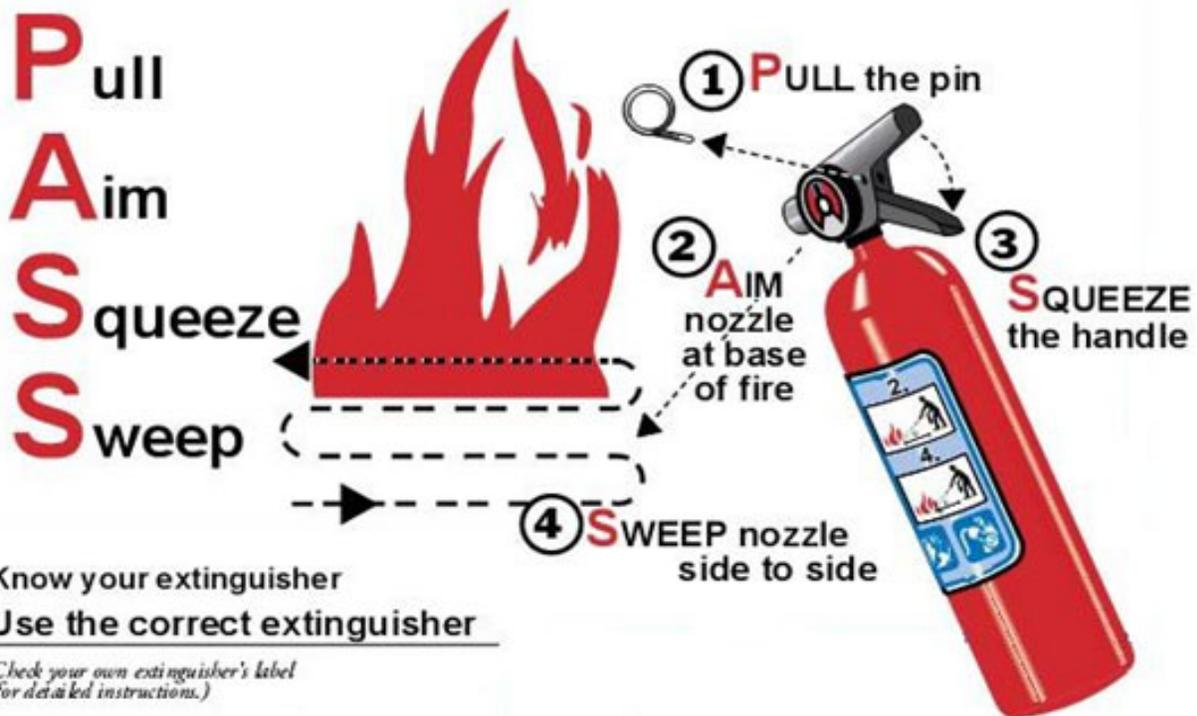
Phone (1): _____

- **It is important to keep your pets ID tags up-to-date.** Shelters do not usually accept animals that are not up to date on their vaccines. Consider listing two telephone numbers: your cell phone and the telephone number of a friend or family member outside of your city.
- You may also **consider getting your pet micro-chipped.** Make sure your Vet has the name of the Microchip Company and the phone number of the company from which your pet's Microchip came from.

INJURY PREVENTION AND HOUSEHOLD PREPAREDNESS TIPS

- Learn First Aid and CPR
- Post emergency telephone numbers by telephones (program into cell phone)
- Show responsible household members how to shut off the home's gas and main water valve
- Secure your water heater and major appliances
- Replace batteries on smoke detectors twice a year during daylight savings time
- Remove any objects above your bed, such as picture frames, hanging plants, etc...
- Place beds away from windows
- Keep a pair of sturdy, closed-toe shoes and flashlight under or next to your bed
- Keep exits clear at all times
- Purchase a throw ladder if you live in a multiple story home
- Practice evacuation drills every six months
- Do not call 911 unless there is an emergency
- Keep a fire extinguisher in the house and the garage (at a minimum, an ABC type)
- Teach everyone in the house how to use a fire extinguisher (P.A.S.S)

To operate an extinguisher:



KIT LOCATIONS AND MAINTENANCE

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles. When storing home items, consider designating two areas, if possible, in the event damage to your home causes you to be unable to retrieve the items.

Home	Work	Car
<p>Your disaster supply kit should contain essential food, water, and supplies for at least three days.</p> <p>Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all household members know where the kit is kept.</p> <p>Additionally, you may want to consider having supplies for sheltering for up to two weeks.</p>	<p>This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.</p> <p>Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.</p>	<p>In case you are stranded, keep a kit of emergency supplies in your car.</p> <p>This kit should contain food, water, first aid supplies, flares, jumper cables, small hammer & shovel and seasonal supplies.</p> <p>Walking shoes, sweatshirt, hat, raincoat or poncho</p>

UPDATE your plan every six months OR when there is a change to important information.

ADDITIONAL RESOURCES

IMPORTANT TELEPHONE NUMBERS and WEBSITE RESOURCES

Alabama Department of Public Health (ADPH) 1-800-ALA-1818 / www.adph.org

ADPH Center for Emergency Preparedness: 1-866-264-4073 / www.adph.org/cep

Alabama Emergency Management Agency: 1-205-280-2275 / www.ema.alabama.gov

American Red Cross: 251-438-2571 / www.redcross.org

EPA - Safe Water Hotline: 1-800-426-4791

FEMA: 1-800-621-FEMA (3362) / www.fema.gov

Mobile County Emergency Management Agency: 251-460-8000 / www.mcema.net

Mobile County Health Department: 251-690-8106 / www.mobilecountyhealth.org

Mobile Medical Reserve Corps: 251-544-2196 / www.MobileMRC.org

Mobile SPCA: 251-633-3531 / www.mobilespca.org

National Response Center: Toxic Chemical and Oil Spills: 1-800-424-8802

2-1-1 Connects Alabama: Health & human service info and referral / www.211connectsalabama.org

www.disasterhelp.gov

www.moreprepared.com

www.redcrossalcoast.org

www.ready.gov

www.dogster.com / www.catcarehq.com

<http://www.petswelcome.com/milkbone/routeframe.html>



**MOBILE MEDICAL RESERVE CORPS
PERSONAL PREPAREDNESS COMMITMENT**

Thank you for participating with the Mobile Medical Reserve Corps by committing to develop a personal plan for you and your family to prepare in advance of an emergency. This activity is a part of the volunteer commitment to serve with the Mobile Medical Reserve Corps. Once you have completed your personal preparedness plan, sign and return this form for placement in your training file. If you have any suggestions for improvement of this plan, please indicate below or email comments to Elizabeth Williams, Coordinator, Mobile Medical Reserve Corps at the following:

ewilliams@mobilecountyhealth.org

Phone: 251-544-2196 Fax: 251-690-8891

Name: _____

Address: _____

Phone No. Home: _____

Work: _____

Cell: _____

Signature _____ **Date** _____

Suggestions or Comments:
