

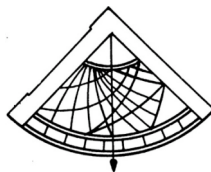


Family Disaster Plan

Check when completed. Bold items, and a minimum of 5 additional items are required for instructor candidates and Community Disaster Volunteers

ASSESSMENT & PLANNING	
<input type="checkbox"/>	We held a family meeting. (household, extended family, or family of one)
<input type="checkbox"/>	We identified the safest places in the house and in each room. (Away from windows, large and heavy objects that can fall, and objects like heaters that can cause fire.)
<input type="checkbox"/>	We identified exits and alternative exits from our house and building.
<input type="checkbox"/>	We searched for and identified non-structural hazards in our environment.
<input type="checkbox"/>	We know our out-of-area contact person(s) and phone number(s): It's: _____
<input type="checkbox"/>	We know where we would reunite Inside the house: _____ Outside the house: _____ Outside the neighborhood: _____
<input type="checkbox"/>	We made our copies of important documents, and key addresses and phone numbers. We have one set with our out-of-area contact and/or we keep one in our earthquake bag.
<input type="checkbox"/>	We know that we will only use the telephone in case of physical emergency after an earthquake. We will use radio and television for information.
<input type="checkbox"/>	We plan to review our plan again every 6 months.
<input type="checkbox"/>	We are spreading the word to everyone we know.

Please turn over...



PHYSICAL PROTECTION

<input type="checkbox"/>	Our building has been designed and built according to seismic codes, or it has been inspected by a qualified engineer, and required repair or retrofit has been completed.
<input type="checkbox"/>	We maintain our building, protecting it from damp, and repairing damage when it occurs.
<input type="checkbox"/>	We have fastened tall and heavy furniture, appliances, large electronics, propane gas tanks, lighting fixtures and other items that could kill us or our children, correctly, to wall, beam, ceiling or floor.
<input type="checkbox"/>	We have put latches on kitchen cabinets, secured televisions, computers and other electronic items, and hung pictures securely on closed hooks to protect ourselves from things that could injure us, or would be expensive to replace.
<input type="checkbox"/>	We have a fire extinguisher and maintain it once a year.
<input type="checkbox"/>	We have secured family heirlooms and items of cultural value that could be lost to future generations.
<input type="checkbox"/>	We have limited, isolated, and secured any hazardous materials to prevent spill or release.
<input type="checkbox"/>	We keep shoes and flashlights with fresh batteries, by our beds.
<input type="checkbox"/>	We know never to light a match, lighter, or any other flame after an earthquake until we are sure there is no danger of escaping gas anywhere around.
<input type="checkbox"/>	We have protected ourselves from glass breaking with heavy curtains or window film

RESPONSE CAPACITY: SUPPLIES & SKILLS

<input type="checkbox"/>	We have gathered survival supplies in our home and made up evacuation bags for our home and car. (including 4 liters of water per person per day and food for 3 days, prescription medications, water, high energy food, flashlight, battery, first aid kit, cash, change of clothing, toiletries and special provisions we need for ourselves, including elderly, disabled, small children, and animals.)
<input type="checkbox"/>	We know how to use a fire extinguisher.
<input type="checkbox"/>	We know how to turn off our electricity, water and gas.
<input type="checkbox"/>	We know principles of incident command systems or standard emergency management systems for organizing post-disaster self-help in our community.
<input type="checkbox"/>	We have learned first aid, light search and rescue, fire suppression, wireless communication or community disaster volunteer skills.