

**FREE and LOW-COST IDEAS**

# Keep Your Family Ready for **Emergencies**



[health.ny.gov](https://health.ny.gov)

# Imagine...

## **A Bad Storm...Serious Flooding...A Chemical Spill... Widespread Disease...Terrorism**

We want to keep our families safe during emergencies. Having a family emergency plan is important. Most families have the tools handy to create a good plan.

Use the free and low-cost ideas in this brochure to make your plan. A good plan will help keep your family safe and help you be able to bounce back more quickly after the emergency.

Many ideas are simple and use items that you may already have or can get for a small cost or free. Have everyone help make the plan. It's an important family project.

Regularly review and update your family emergency plan. Make changes when needed.

### **Ideas for Being Ready**

Have ICE? Check your phone.

- Many cell phones have an “In Case of Emergency” (ICE) in the contact list.
- Fill in the name and number of a trusted person.
- Emergency responders will look for your ICE contact and call that number if you are unconscious or seriously injured.
- List other emergency contacts as ICE1, ICE2, etc.



## No Cell Phone? You May Be Able To Get One Free.

- Assurance Wireless offers a no-cost, wireless phone and free minutes of wireless voice service to low-income New Yorkers. Call **1-888-898-4888** or go to **assurancewireless.com** to apply.
- SafeLink Wireless also offers a free cell phone and free minutes, including text messaging, if you meet eligibility requirements. More information is available at **SafeLinkwireless.com** or by calling **1-800-SAFELINK (723-3546)**.

## Use The Internet

- Don't have Internet access? Go to your public library or a local cafe.
- You will find many tips online to plan for and respond to emergencies.

## Go To Events

- Fairs, exhibits, first aid trainings, and children's photo identification (ID) programs are excellent sources for items such as:

- emergency planning books;
- first aid kits;
- flashlights;
- materials on shelters, emergency food pantries at home, emergency pet care, evacuations; and
- photo ID cards.



Important Phone Numbers	
Main contact person	Out-of-state contact #2
Phone/cell _____	Phone/cell _____
Contact person #2	Place family meets, if separated _____
Phone/cell _____	Physician _____
Out-of-state contact	Hospital _____
Phone/cell _____	Pediatrician _____
	Dentist _____
	Pharmacist _____
	Medical Insurance _____
	Veterinarian/Kennel _____
	Other _____

**The New York State Department of Health offers a family health emergency wallet card. Visit: [health.ny.gov/publications/7280.pdf](http://health.ny.gov/publications/7280.pdf) for a free copy.**

## Make Your Own Contact Lists

- List phone numbers for ambulance, poison control center, doctors, pharmacy, weather stations, school and bus companies, and workplaces, and keep in plain sight.
- Add these emergency numbers to all your phones.
- Keep a contact list of family and friends in your children's backpacks, your wallet and at work. Explain to your children when to use the contact list.

## Make Your Own Family Emergency Plan

Recycle a binder. Keep materials together. Include these items:

- A plan to get out of the house fast.
- A place to meet if your family is split up.
- A phone contact list.
- Emergency plans for school, work and home.
- Copies of ID cards, credit card numbers, an extra set of house and car keys, insurance and health policies, current family photos and some cash.
- A list of everyone's medications, medical histories, allergies, blood type, and immunization records. As a backup, consider saving documents to a "flash drive".
- Pet boarding information, photos, and copies of vet records. Emergency shelters do not allow pets with the exception of service animals. Plan ahead where you can leave your pet, if needed.





## Keep Backpacks Ready To Go

Pack a bag with essential items, that is ready to go in case you must leave your home or workplace quickly.

Replace items as necessary. Pack essential items such as:

- High-energy food
  - Water
  - Clothing
  - Personal care items & first aid supplies
  - Flashlights
- For individuals with disabilities consider including medications, medical ID items, and medical supplies.
  - For babies and small children bring along your baby bag and take extra toys and books for comfort.
  - Pack a bag for work, too.

## Make Your Own Car Kit

- Pack walking shoes, a warm jacket, blankets, a flashlight and extra batteries, a battery-operated radio, a first aid kit, lists of personal medical information and emergency contacts, foil water pouches or bottled water.

## Have Extra Quantities on Hand

- Stock essentials like powdered milk, high-energy foods, and canned meats, soups, pasta and other family favorites. Consider adding flashlights, radios and extra batteries, disposable diapers, baby food and formula, paper products, a manual can opener, bleach and plastic bags.
- Buy in bulk and split costs with another family.
- Use coupons and watch for sales.
- Buy a little at a time, if you can. Store in a dry, dark place, such as a closet.
- Rotate items and check for expiration dates, such as on batteries and bottled water.

## Stay Connected

- Connect with family and friends through your cell phone or landline. Have a long-distance contact in case local lines are not working.
- Use social media to connect with family and friends and to follow news/weather updates. Use the Facebook “I’m Safe” feature to tell loved ones you are OK.
- Weather news and emergency advice can change rapidly and without warning. Check for updates.
- Get emergency news on your phone or computer by registering for **NYAlert** at [nyalert.gov](http://nyalert.gov).
- Invest in emergency chargers powered by batteries, solar power, or hand cranking. These can be used during power outages. More information can be found online.

## More Emergency Preparedness Links

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

[health.ny.gov](http://health.ny.gov)

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

[dhses.ny.gov](http://dhses.ny.gov)

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

[weather.gov](http://weather.gov)

# Be Ready for Bad Weather

- If you have a smart phone, check out the many useful apps for emergency situations. Apps can keep you updated about weather conditions, help you locate emergency shelters, allow you to use your phone as a flashlight or alert signal, and much more.
- For apps, check your phone carrier's apps store, as well as [fema.gov](http://fema.gov) and [redcross.org](http://redcross.org)





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**[youtube.com/NYSDOH](https://youtube.com/NYSDOH)**

*During an emergency the  
New York State Health Department  
will use social media and its  
webpages to share up-to-date  
information with you and your family.*



**Department  
of Health**