



# Know what to do.

# The \_\_\_\_\_ Family Plan (last name)

Complete the following chart using the zone map and descriptions. If a family member has two different locations for day and night (e.g. work during the day, college classes at night), fill out two lines for that family member.

Home Address	Zone	Reception Center	Evacuation Route

Family Member	School Name	Zone	Reception Center	Evacuation Route

If your family has friends or relatives who live outside the area to be evacuated, you may wish to stay with them during the emergency or plan to reunite there. Indicate in the block below your personal destination.

The family will relocate to:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Directions: \_\_\_\_\_  
Pet Sitter: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_

Our EAS Stations:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Know what to do.

Return this form to:  
Jefferson County  
Office of Emergency Management  
101 East Barraque Street  
Pine Bluff AR 71601-9947

## Special Needs Information

If you have a visual or mobility impairment that would keep you from evacuating your home during an emergency, please fill out this form and return it. This information will remain confidential. This information is needed to keep our records up to date.

_____	_____	_____
(first name)	(middle name)	(last name)
_____		
(address, route, box or street)		
_____	_____	_____
(city)	(county)	(zip code)
_____	_____	
(telephone number)	(birth date)	

If you live in a rural area, give directions to your home below:

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

Please check any of the following which apply to you:

- Mobility impaired
- Hearing impaired
- Sight impaired
- I would need special notification in any emergency
- I would need a ride in an emergency
- I do have a friend, neighbor or relative who could give me a ride in an emergency, and here is their name, address and telephone number. \_\_\_\_\_  
\_\_\_\_\_
- I do not have a friend, neighbor or relative who could give me a ride. Please arrange a ride for me.
- I need more of these forms sent to me.



## Know what to do.

**Family Disaster Kit** One way to prepare ahead of time for a disaster is to assemble a family disaster kit. This kit should contain six basics: water, food, first-aid supplies, clothing and bedding, tools and special items. Keep items you would most likely need during an evacuation in an easy-to-carry container such as a large covered trash can, a camping backpack or a duffel bag. Following is a list of suggested supplies for the kit:

### Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day (two quarts for drinking, two for food preparation and sanitation).
- Keep at least a three-day supply of water for each person in your household. Also keep a supply of water purifying agents in the kit.

### Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation. Don't forget to pack a can opener.

- Milk: powdered or canned
- Canned meats, fruits and vegetables
- Soups: bouillon cubes or dehydrated
- High-energy foods: peanut butter, jelly, crackers, nuts, health food bars, trail mix
- Vitamins
- Smoked or dried meats
- Staples: sugar, salt, pepper
- Stress foods: sugar cookies, hard candy, sweetened cereals

### First-Aid Kit

You should have at least two first-aid kits -- one for your home and one for each car you drive.

A basic first-aid kit should include the following:

- Sterile adhesive bandages
- 3-inch sterile gauze pads (8-12)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- Needle
- Bar of soap
- Moist towelettes (8-10 packages)
- 2-inch sterile gauze pads (8-12)
- Adhesive tape
- Scissors
- Tweezers
- Safety razor blade
- Antiseptic spray
- Thermometer
- Tongue depressor
- Petroleum jelly
- Safety pins
- Latex gloves
- Non-prescription pain relievers
- Anti-diarrhea medication
- Antacids
- Laxatives
- Rubbing alcohol
- Sunscreen

## Family Disaster Kit (continued)

### Clothing and Bedding

Include at least one complete change of clothing and footwear per person, as well as these items:

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hats and gloves
- Thermal underwear
- Sunglasses

### Tools and Supplies

Consider packing a small ABC-type fire extinguisher, a tent, signal flares, plastic garbage bags and ties, a small shovel, a plastic bucket with a tight-fitting lid, disinfectant, household chlorine bleach and the following:

- Mess kits or paper cups, plates and utensils
- Battery-operated radio and extra batteries
- Cash or traveler's checks and change
- Emergency preparedness manual
- Wrench to shut off water and gas
- Flashlight and extra batteries
- Utility knife
- Pliers
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Paper and pencil
- Needle and thread
- Medicine dropper
- Whistle
- Plastic sheeting
- Map of the area (to locate shelters)
- Toilet paper
- Towels
- Soap or liquid detergent
- Personal hygiene items

### Special Items

Remember family members with special needs such as infants, the elderly or disabled persons:

For Baby:

- Formula
- Bottles
- Medications
- Diapers
- Powdered milk

For Adults:

- Heart and blood pressure medication
- Insulin
- Denture needs
- Extra eyeglasses
- Prescription drugs
- Contact lenses and supplies

### Other Items

Consider packing small games for children and books for adults. Copies of important family documents should be packed in a waterproof, portable container.

- Wills, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage certificates)

### Finally

Store your kit in a convenient place known to all family members. Keep a smaller version in the trunk of your car. Keep the contents in air-tight plastic bags. Stored water should be changed every three months so it stays fresh, and stored food should be rotated every six months. Rethink your kit and family needs at least once a year and replace batteries, update clothing, etc. Ask your doctor or pharmacist about storing prescription medications.