

DISASTER PLANNING

The best way to make your family and home safer is to be prepared before disaster strikes.

- Make a **family communications plan** that includes an **evacuation plan** and coordinates with your school, work and community communication plans. Practice this plan with your entire family.
- Build a **disaster supplies kit** that includes enough supplies for each family member for three days. Remember to check your kit every six months.

OTHER PREPARATION CONSIDERATIONS:

*Addresses and phone numbers of relatives to notify
Congregation and community members who need
additional assistance, transportation, or care
Important papers not easily replaced
Photographs and family keepsakes*

SPIRITUAL PREPARATION

They that were foolish took their lamps and took no oil with them; but the wise took oil in their vessels with their lamps... And while they (the foolish) went to buy, the bridegroom came; and they that were ready went in with him to the marriage. *Matthew 25:3,9*

Compiled by Betty Smith Campbell, RN, PhD

Provided by Community of Christ Health Ministries Association
www.hmaCofChrist.org or 816-833-1000 ext 2262

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Build a Disaster Supply Kit

There are six basic areas to stock at your home.

Water: Keep at least a three-day supply of water per person (2 quarts for drinking, 2 quarts for each person in the household for food preparation/ sanitation).

Food: Store at least a three-day supply of non-perishable food such as ready-to-eat canned meats, fruits, vegetables, canned juices, staples (salt, pepper, spices, etc.), high-energy foods, vitamins, and food for infants.

First aid supplies: Antiseptic solution, ace bandages, band-aids, antibiotic ointment, and many other items. See Red Cross website listed below.

Clothing & Bedding: Include at least one complete change of clothing and footwear per person, sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, thermal underwear, and sunglasses.

Tools and Emergency supplies: Flashlights, batteries, radio, matches and many others. See Red Cross website listed below.

Special items and supplies for a medical condition: Infants, elderly, disabled, and those with chronic illnesses require medications, special equipment, and additional supplies. Children will need small games, toys and books to keep occupied.

Additional information under each category can be located at the American Red Cross website:
www.redcross.org/services/prepare/0,1082,0_91_,00.html
or call 1-800-REDCROSS

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