



EMERGENCY PREPAREDNESS PLAN

Preparing Our Homes.

Protecting Our Families.

Helping Our Community.

Preparation is not panic. Preparation is wisdom.

Emergencies can happen without warning. Severe weather, power outages, fires, flooding, medical emergencies, and other unexpected situations can quickly disrupt everyday life.

The goal of this Emergency Preparedness Plan is not to create fear, but to encourage every Love City household to be prepared, informed, and able to say:

WE HAVE A PLAN.

WE HAVE SUPPLIES.

WE KNOW WHAT TO DO.

WE ARE PREPARED TO HELP OUR FAMILY AND OUR NEIGHBORS.

Love City Ministries

“The prudent see danger and take refuge...” — Proverbs 22:3

1. MAKE A FAMILY EMERGENCY PLAN

Every household should talk about what they will do before an emergency happens.

Discuss:

- ☐ Where will we meet if we become separated?
- ☐ Who will we contact if we cannot reach one another?
- ☐ Where will we go if we must leave our home?
- ☐ How will we get there?
- ☐ Who will assist children, seniors, or family members with special needs?
- ☐ What will we do with our pets?
- ☐ Does everyone know important phone numbers?

Choose an out-of-area emergency contact whom everyone in the family can call or text.

Our Emergency Contact Name: _____

Phone: _____

Relationship: _____

2. BUILD A 3-DAY EMERGENCY KIT

Every household should have enough basic supplies to care for everyone in the home for at least three days.

Keep supplies together in an easy-to-access plastic storage container, tote, backpack, or designated area of your home.

WATER

- ☐ Store at least one gallon of water per person, per day, for three days
- ☐ Store water in clean, airtight containers
- ☐ Include additional water for pets when possible

Example

Family of 4:

$4 \text{ people} \times 1 \text{ gallon} \times 3 \text{ days} = 12 \text{ gallons of water}$

FOOD

Keep at least a three-day supply of non-perishable food that does not require refrigeration.

Consider:

- ☐ Canned foods
- ☐ Peanut butter
- ☐ Crackers
- ☐ Granola or protein bars
- ☐ Cereal
- ☐ Shelf-stable milk
- ☐ Dried fruit
- ☐ Nuts
- ☐ Ready-to-eat meals
- ☐ Baby food or formula, if needed
- ☐ Pet food
- ☐ Manual can opener

Choose foods your household will actually eat and remember to periodically check expiration dates.

FIRST AID & MEDICATIONS

A well-stocked First Aid kit can help prevent a minor injury from becoming a larger problem.

Basic First Aid Supplies

- ☐ Sterile gloves
- ☐ Sterile dressings and gauze
- ☐ Adhesive bandages in several sizes
- ☐ Soap or cleansing wipes
- ☐ Antibiotic ointment
- ☐ Eye wash solution
- ☐ Thermometer
- ☐ First Aid guide
- ☐ Pain relievers
- ☐ Anti-diarrhea medication
- ☐ Antacid
- ☐ Other commonly used non-prescription medications

Additional Medical Needs

- ☐ Several days of necessary prescription medication, when possible
- ☐ Glucose-monitoring supplies
- ☐ Blood-pressure-monitoring supplies
- ☐ Medical equipment and supplies
- ☐ Written medication list including dosage information
- ☐ Medical conditions and allergy information

Everyone should also have an ICE (In Case of Emergency) contact stored in their cell phone.

Consider taking a basic First Aid and CPR course as a family.

SANITATION & PERSONAL CARE

After some disasters, water and sewer systems may not function properly.

Prepare sanitation supplies for the same amount of time you prepare food and water.

Include:

- ☐ *Toilet paper*
- ☐ *Soap*
- ☐ *Hand sanitizer*
- ☐ *Feminine hygiene products*
- ☐ *Moist towelettes*
- ☐ *Plastic garbage bags*
- ☐ *Plastic ties*
- ☐ *Plastic bucket with a tight-fitting lid*
- ☐ *Household chlorine bleach*
- ☐ *Disposable gloves*
- ☐ *Pet waste supplies*
- ☐ *Diapers and baby supplies, if needed*

EMERGENCY TOOLS & SUPPLIES

Every household should consider keeping the following items available:

- ☐ *Flashlights*
- ☐ *Extra batteries*
- ☐ *Battery-powered, hand-crank, or USB-powered radio*
- ☐ *Portable phone charger or battery bank*
- ☐ *Whistle to signal for help*
- ☐ *Manual can opener*
- ☐ *Utility knife*
- ☐ *Small fire extinguisher*
- ☐ *Wrench*
- ☐ *Pliers*
- ☐ *Duct tape*
- ☐ *Waterproof matches*
- ☐ *Cups, plates, and utensils*
- ☐ *Blankets*
- ☐ *Extra clothing*
- ☐ *Work gloves*
- ☐ *Plastic storage containers*

PREPARE IMPORTANT DOCUMENTS

Important documents can easily be damaged or lost during an emergency.

Keep copies in a waterproof container and consider storing secure digital copies.

Important documents may include:

- ☐ Driver's licenses or identification
- ☐ Passports
- ☐ Social Security information
- ☐ Birth certificates
- ☐ Marriage certificates
- ☐ Insurance policies and cards
- ☐ Medical information
- ☐ Immunization records
- ☐ Wills
- ☐ Contracts
- ☐ Deeds or property records
- ☐ Bank information
- ☐ Credit card company information
- ☐ Important telephone numbers

KNOW YOUR HOME

Every adult in the household should know:

- ☐ Where the main water shutoff is located
- ☐ Where the electrical panel is located
- ☐ How to shut down the furnace or air-conditioning system
- ☐ How and when utilities should be turned off
- ☐ Where the fire extinguisher is located

Never turn off utilities unless instructed to do so or you know it is necessary and safe

HOME INVENTORY

Use your phone to take pictures or a short video of important belongings throughout your home.

Consider documenting:

- Furniture
- Electronics
- Appliances
- Jewelry
- Artwork
- Vehicles
- Valuable personal property

This information may be helpful when filing an insurance claim after a disaster.

Protect sensitive documents carefully. Do not leave passwords, Social Security numbers, bank information, or other private information unsecured.

3. SHELTERING IN PLACE or EVACUATION

SHELTERING IN PLACE During some emergencies, the safest thing to do is remain inside your home or another secure building. If instructed to shelter in place: ☐ Go inside immediately ☐ Bring children and pets inside ☐ Close and lock doors and windows ☐ Follow instructions from emergency officials ☐ Have flashlights available ☐ Have your emergency radio available	EVACUATION PLAN Sometimes leaving your home or community is the safest option. Always follow evacuation instructions from local emergency authorities. Know in advance: WHERE WILL WE GO? ☐ Family member's home ☐ Friend's home ☐ Hotel ☐ Emergency shelter ☐ Other:
☐ Keep phones and battery banks charged ☐ Have medications nearby ☐ Have food and water available	HOW WILL WE GET THERE? Primary Transportation:
☐ Be prepared for the loss of electricity Ask Yourself:	Backup Transportation:
How will we stay warm if the power goes out?	Know more than one route out of your neighborhood whenever possible.
How will we stay cool if the power goes out?	PREPARE A "TO-GO" BAG
How will we communicate with loved ones?	Every household should have at least one bag that can be grabbed quickly if evacuation becomes necessary.
Does everyone know where our emergency supplies are stored?	Your To-Go Bag should include: ☐ Water ☐ Non-perishable food/snacks ☐ Prescription medications ☐ Basic First Aid supplies

	☐ Important medical information ☐ Copies of important documents ☐ Phone charger ☐ Portable battery bank ☐ Flashlight ☐ Extra batteries ☐ Change of clothing ☐ Personal hygiene items ☐ Small amount of cash ☐ Emergency contact information ☐ Face masks, if needed ☐ Supplies for babies, seniors, or family members with special needs ☐ Pet supplies, if applicable Keep the bag somewhere that can be reached quickly.
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4. COMMUNICATION PLAN

During an emergency, phone service may be limited.

Remember:

TEXT WHEN POSSIBLE.

Text messages may sometimes go through when phone calls cannot.

Every family member should know:

Primary Emergency Contact

Name: _____

Phone: _____

Out-of-Town Contact

Name: _____

Phone: _____

Family Meeting Location Near Home

Family Meeting Location Outside Our Neighborhood

School/Childcare Emergency Contact

5. DON'T FORGET SPECIAL NEEDS

Every family's emergency kit will look different.

Think specifically about:

CHILDREN

- ☐ Formula
- ☐ Bottles
- ☐ Diapers
- ☐ Favorite comfort item
- ☐ Activities/books

SENIORS

- ☐ Medications
- ☐ Mobility devices
- ☐ Hearing-aid batteries
- ☐ Eyeglasses
- ☐ Emergency medical information

PETS

- ☐ Food
- ☐ Water
- ☐ Leash
- ☐ Carrier
- ☐ Medication
- ☐ Waste supplies
- ☐ Vaccination information

MEDICAL OR MOBILITY NEEDS

Make arrangements in advance for anyone who may need assistance evacuating, communicating, accessing medication, using medical equipment, or reaching a shelter.

6. KEEP YOUR VEHICLE READY

Consider keeping a smaller emergency kit in your vehicle containing:

- ☐ Water
- ☐ Snacks
- ☐ Flashlight
- ☐ Phone charger
- ☐ Blanket
- ☐ First Aid kit
- ☐ Jumper cables
- ☐ Basic tools
- ☐ Seasonal supplies

Try not to allow your vehicle's fuel or charge level to become extremely low, especially when severe weather or another emergency is expected.

7. STAY INFORMED

During an emergency, information matters.

Know how your family will receive official alerts and instructions.

Consider:

- ☐ Emergency alerts on your cell phone
- ☐ Local television and radio
- ☐ Local government emergency notifications
- ☐ Weather alerts
- ☐ Battery-powered or hand-crank emergency radio

Always follow instructions from local emergency management, police, fire, health, and government authorities.

LOVE CITY FAMILY PREPAREDNESS CHECKLIST

Before considering your household prepared, make sure you can answer YES to these questions:

- ☐ **We have at least three days of water.**
 - ☐ **We have at least three days of food.**
 - ☐ **We have necessary medications.**
 - ☐ **We have a First Aid kit.**
 - ☐ **We have flashlights and backup power.**
 - ☐ **We have sanitation supplies.**
 - ☐ **We have copies of important documents.**
 - ☐ **We have emergency contacts programmed into our phones.**
 - ☐ **We have discussed where our family will meet.**
 - ☐ **We know where we would go if we had to evacuate.**
 - ☐ **We have transportation plans.**
 - ☐ **We have a To-Go Bag.**
 - ☐ **We have planned for children, seniors, medical needs, and pets.**
 - ☐ **Our family knows where the emergency supplies are located.**
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OUR FAMILY EMERGENCY PLAN

Family Name: _____

Home Address: _____

Primary Phone: _____

Meeting Place Near Home

Meeting Place Outside Neighborhood

Evacuation Destination

Primary Emergency Contact

Out-of-Town Emergency Contact

Important Medical Information

Additional Information
