

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-001

Family Emergency Preparedness Guide

A Practical Guide to Prepare on case of Emergencies

Building Resilient Communities Together

Every Family Can Be Prepared

Emergencies can happen without warning. Whether it's an earthquake, wildfire, flood, severe storm, power outage, or another emergency, being prepared can make all the difference.

Preparedness isn't about expecting the worst, it's about protecting the people you love.

This guide will help your family prepare before an emergency happens, know what to do during an emergency, and recover safely afterward.

Why Family Preparedness Matters

Prepared families are more likely to:

- Stay calm during emergencies.
- Make informed decisions.
- Protect children and older adults.
- Reduce injuries.
- Reconnect more quickly if separated.
- Recover faster after an emergency.

Preparedness begins with a plan.

Know Your Risks

Every community faces different hazards.

Take a few minutes to identify the emergencies most likely to affect your family.

- ☐ Earthquakes
- ☐ Wildfires
- ☐ Flooding
- ☐ Severe storms
- ☐ Extreme heat
- ☐ Power outages
- ☐ Hazardous material incidents
- ☐ Other: _____

Create Your Family Emergency Plan

Discuss these questions together.

If an emergency happens...

Where will we meet if we cannot return home?

Who is our out-of-area emergency contact?

Name:

Phone:

How will we communicate if phone service is limited?

- ☐ Text messages
- ☐ Messaging apps
- ☐ Social media check-in
- ☐ Other

Family Contact Information

Family Member	Phone Number	Special Needs

Emergency Meeting Places

Near Home

Outside the Neighborhood

Outside the City

Build Your Family Emergency Kit

Every household should have enough supplies for at least 72 hours.

Water

- ☐ One gallon per person per day

Food

- ☐ Non-perishable food
- ☐ Manual can opener

Health

- ☐ First Aid Kit
- ☐ Prescription medications
- ☐ Eyeglasses

- ☐ Personal hygiene supplies

Lighting

- ☐ Flashlights
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio

Technology

- ☐ Portable phone chargers
- ☐ Charging cables
- ☐ Backup batteries

Important Documents

- ☐ Identification
- ☐ Insurance information
- ☐ Medical information
- ☐ Emergency contact list

Store copies in a waterproof folder.

Preparing Children

Children cope better when they know what to expect.

Teach them:

- How to call 911.
- Their full name and home address.
- Parent or guardian phone numbers.
- Where to meet during an emergency.
- Who trusted adults are.

Practice together regularly.

Preparing Older Adults

Consider:

- ☐ Medications
- ☐ Medical equipment
- ☐ Mobility needs
- ☐ Emergency contacts
- ☐ Transportation plans
- ☐ Backup power needs for medical devices

Preparing Pets

Don't forget your pets.

Include:

- ☐ Food
- ☐ Water
- ☐ Medications
- ☐ Leash
- ☐ Carrier
- ☐ Vaccination records
- ☐ Identification tags

Practice Your Plan

Preparedness improves with practice.

Your family should:

- ☐ Practice evacuation routes.
- ☐ Review emergency contacts.
- ☐ Test emergency supplies.
- ☐ Replace expired food and medications.
- ☐ Update your emergency plan every six months.

During an Emergency

Remember these priorities:

- Stay calm.
- Protect yourself first.
- Follow instructions from local emergency officials.
- Help children, older adults, and persons with disabilities.
- Communicate with family when safe to do so.

Never place yourself in unnecessary danger.

After an Emergency

When it is safe:

- ☐ Check for injuries.
- ☐ Account for family members.
- ☐ Check your home for hazards.
- ☐ Listen for official updates.
- ☐ Contact loved ones.
- ☐ Document any damage if needed.

Family Preparedness Checklist

Have we...

- ☐ Created an emergency plan?
- ☐ Selected meeting places?
- ☐ Built an emergency kit?
- ☐ Stored important documents safely?
- ☐ Practiced our emergency plan?
- ☐ Reviewed the plan in the last six months?

About Ready Together Foundation

Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness
- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

Ready Together Foundation

Building Resilient Communities Together

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