



**RESOURCES**

# COORDINATE AND EVACUATE

When disaster strikes, it's important to have a plan for where to go, whom to call, and how to meet up. This form makes it easy for everyone to know the details.

## FAMILY CONTACTS LIST

OUTDOORLIFE

FAMILY'S LAST NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY AND STATE: \_\_\_\_\_ LAND LINE: \_\_\_\_\_

### EVERYONE WHO LIVES AT THIS ADDRESS

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_ SPECIAL NEEDS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

OUTDOORLIFE

## HOUSEHOLD EVACUATION PLAN

PAGE 2

### PETS

NAME: \_\_\_\_\_ BREED: \_\_\_\_\_ COLOR: \_\_\_\_\_ MICROCHIP#: \_\_\_\_\_

NAME: \_\_\_\_\_ BREED: \_\_\_\_\_ COLOR: \_\_\_\_\_ MICROCHIP#: \_\_\_\_\_

NAME: \_\_\_\_\_ BREED: \_\_\_\_\_ COLOR: \_\_\_\_\_ MICROCHIP#: \_\_\_\_\_

IF WE'RE SEPARATED DURING AN EMERGENCY, WHAT'S OUR MUSTER POINT NEAR HOME? \_\_\_\_\_

IF WE CAN'T RETURN HOME, OR ARE TOLD TO EVACUATE, WHAT'S OUR MEETING POINT OUTSIDE THE NEIGHBORHOOD? \_\_\_\_\_

WHAT'S OUR ROUTE TO GET THERE? \_\_\_\_\_

WHAT'S OUR ALTERNATIVE ROUTE IF THE FIRST ONE IS AFFECTED OR ELIMINATED BY DISASTER? \_\_\_\_\_

IF FAMILY MEMBERS CAN'T REACH ONE ANOTHER, WHO'S OUR OUT-OF-AREA CONTACT PERSON?

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ CELL/HOME/WORK PHONE: \_\_\_\_\_

# CHECK YOUR HOME FOR HAZARDS

Your home should be a safe haven, especially if you have kids. These simple checklists help you find and correct potentially deadly hazards.

## HOME SAFETY CHECKLIST

## OUTDOOR LIFE

### CHEMICAL HAZARDS

- Be sure flammable liquids such as gasoline, cleaning products, and paint thinner are stored in a safe, well ventilated location, out of reach of children.
- Confirm that flammable liquids are stored well away from open flames, gas appliances, other possible heat sources.
- Verify that the storage containers have labels stating that they are approved by Underwriters Laboratory (UL) or Factory Mutual (FM).
- Make sure that all chemical storage containers have Mr. Yuk labels on them to warn children.

### ELECTRICAL HAZARDS

- Examine extension and appliance cords to ensure that they are in good condition. Be sure they are not frayed or cracked, and have no loose prongs or plugs.
- Make sure that any extension cords currently in use are placed so as not to become a tripping hazard.
- Confirm that no extension cords are placed under rugs or over nails, heaters, or pipes.
- Ensure that all wiring is properly covered.
- Monitor all appliances to ensure that they operate safely and do not overheat, short out, smoke, or spark.

### FIRE HAZARDS

- Keep old rags, papers, mattresses, broken furniture, clothes, curtains, and the like away from electrical equipment, gas appliances, or other possible sources of heat or flame.
- Keep fully charged fire extinguishers on each floor and ensure that they are serviced or replaced as needed.
- Safely dispose of all garden waste and dried grass clippings, tree trimmings, or pulled weeds.
- Replace the batteries in all smoke and carbon monoxide detectors annually.

### FLOOD HAZARDS

- Check gutters and downspouts to be sure they are not clogged with debris.
- Inspect storm drains near your property. If they are
- clogged, contact your local authorities for follow-up.
- Inspect your property for possible flood risks. Consider storing sandbags and supplies for seasonal flooding.

## HOME SAFETY CHECKLIST

## OUTDOOR LIFE

### ORGANIC HAZARDS

- Check if any of your houseplants are poisonous or toxic. If so, make sure they are out of reach of pets and children.
- Confirm there is no mold on the walls or ceiling of your bathrooms, kitchen, basement, or other rooms.

### STRUCTURAL HAZARDS

- Consider securing water heaters, large appliances, bookcases, other tall and heavy furniture, shelves, mirrors, pictures, and overhead light fixtures by anchoring to wall studs.
- Consider moving heavy pictures or mirrors away from where people sleep.
- Move large or heavy objects to lower shelves.
- If needed, install flexible gas supply lines for the water heater or other gas appliances.
- Evaluate cabinet doors to see if any require latches or locks to keep items from falling out.
- Ensure lighting is appropriate for all areas inside and outside the home, especially stairs.
- Clear any clutter from hallways and stairways.
- Inspect and repair any cracks in the foundation or other parts of your home.

### CHILD SAFETY MEASURES

- Install safety gates at the tops and bottoms of stairways; verify that they are securely mounted.
- Install guards around fireplaces, radiators, hot pipes, or wood-burning stoves; verify that they are securely mounted.
- Consider installing corner guards on furniture and other protection from sharp edges in the home as needed.
- Keep curtain cords and shade pulls out of reach.
- Set your hot water heater to a safe temperature of 120 °F (49 °C) or less.
- Store all prescription drugs and over-the-counter medicines in childproof containers and out of reach.
- Keep shampoos and cosmetics out of reach.
- Keep all sharp objects in the bathroom, kitchen, and other areas out of reach.
- Ensure that toilet seats and lids are left down when not in use.
- Keep all electrical outlets covered.
- Inspect beds or cribs to ensure they are mounted away from radiators or other hot surfaces.
- Verify that mattresses fit the sides of cribs snugly, and that crib slats are no more than 2<sup>3</sup>/<sub>8</sub> inches (6 cm) apart.
- Confirm that toy boxes have secure lids and safe-closing hinges.



# KNOW WHAT'S SAFE TO EAT

After a power outage, you may be torn between not wanting to waste valuable food, and the fear of food poisoning. Use these guidelines to keep you healthy.

FOOD IN REFRIGERATOR		OUTDOOR LIFE	
<b>HELD ABOVE 40 °F (4 °C) FOR MORE THAN 2 HOURS</b>			
Meat, poultry, or seafood (raw, leftover, or thawing; also includes soy meat substitutes, salads, lunch meats, pizza, cans that have been opened, and sauces with fish or meat)	<b>DISCARD</b>	Opened fruit juices or canned fruits, along with fresh fruits, coconut, dried or candied fruits, and dates	<b>SAFE</b>
Any soft, shredded, or low-fat cheeses	<b>DISCARD</b>	Vegetable or cream-based sauces, jam, opened mayonnaise, tartar sauce, and horseradish	<b>DISCARD*</b>
Hard cheeses such as cheddar, colby, swiss, parmesan, provolone, romano, or hard cheeses grated in can or jar	<b>SAFE</b>	Soy, barbecue, and taco sauce, peanut butter, jelly, relish, mustard, catsup, olives, pickles, and vinegar-based dressings	<b>SAFE</b>
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk, or opened baby formula	<b>DISCARD</b>	Opened creamy-base dressings or spaghetti sauce	<b>DISCARD</b>
Butter, margarine	<b>SAFE</b>	Bread, rolls, cakes, cookies, muffins, quick breads, tortillas, waffles, pancakes, bagels, fruit pies, pastries, grains	<b>SAFE</b>
All eggs and egg-based products, such as puddings	<b>DISCARD</b>	Unbaked dough, cooked pasta, rice, potatoes, pasta salads, fresh pasta, cheesecake, or cream-filled pastries or pies	<b>DISCARD</b>
Fresh fruits, if cut up	<b>DISCARD</b>	Fresh raw vegetables, mushrooms, herbs, and spices	<b>SAFE</b>
Pre-cut, pre-washed, and/or cooked vegetables, tofu, opened vegetable juice, garlic in oil, or potato salad	<b>DISCARD</b>	Casseroles, soups, and stews	<b>DISCARD</b>

\* if above 50 °F (10 °C) for over 8 hours

FOOD IN FREEZER		OUTDOOR LIFE	
FOOD TYPE	STILL CONTAINS ICE CRYSTALS AND FEELS AS COLD AS IF REFRIGERATED	THAWED; HELD ABOVE 40 °F (4 °C) FOR MORE THAN 2 HOURS	
Meat, poultry, and seafood	<b>REFREEZE</b> (Seafood loses some texture and flavor)		<b>DISCARD</b>
Milk and soft or semi-soft cheese	<b>REFREEZE</b> (Products may lose some texture)		<b>DISCARD</b>
Eggs (out of shell) and egg products	<b>REFREEZE</b>		<b>DISCARD</b>
Ice cream or frozen yogurt	<b>DISCARD</b>		<b>DISCARD</b>
Hard and shredded cheeses, casseroles with dairy products, cheesecake	<b>REFREEZE</b>		<b>DISCARD</b>
Fruits (juices and packaged fruits)	<b>REFREEZE</b> (Fruit's texture and flavor will change)		<b>DISCARD</b>
Vegetables (juices and packaged vegetables)	<b>REFREEZE</b> (Vegetables may lose texture and flavor)		<b>DISCARD</b> (If above 40 °F (4 °C) for more than 6 hours)
Breads and pastries (breads, rolls, muffins, and cakes without custard fillings)	<b>REFREEZE</b>		<b>REFREEZE</b>
Cakes, pies, and pastries with custard or cheese fillings	<b>REFREEZE</b>		<b>DISCARD</b>
Pie crusts, commercial and homemade bread dough	<b>REFREEZE</b> (Some quality loss may occur)		<b>REFREEZE</b> (Quality loss will be considerable.)
Casseroles (pasta and rice-based)	<b>REFREEZE</b>		<b>DISCARD</b>
Flour, cornmeal, nuts, waffles, pancakes, bagels	<b>REFREEZE</b>		<b>REFREEZE</b>
Frozen meals	<b>REFREEZE</b>		<b>DISCARD</b>

# COMMUTE WITH A CONTINGENCY PLAN

If you're caught on your way to or from work when disaster strikes, having a range of options already planned means you're well ahead of the rest of the crowd.

**OUTDOORLIFE**

ALTERNATE COMMUTE OPTIONS

**PUBLIC TRANSPORTATION OPTIONS TO AND FROM WORK**

MODE	LINE	STOP	FARE

**DRIVING OR BIKE ROUTES TO AND FROM WORK**

	PRIMARY ROUTE	ALTERNATIVE ROUTE #1	ALTERNATIVE ROUTE #2
TO			
FROM			

**OTHER TRANSPORTATION OPTIONS**

	PHONE NUMBER	WEB ADDRESS	NOTES
TAXI			
COMMUTER BUS			
COMMUTER RAIL			
OTHER			

**OUTDOORLIFE**

ALTERNATE COMMUTE OPTIONS

**COWORKERS WHO LIVE NEARBY FOR RIDE-SHARING**

NAME	OFFICE	PHONE	MOBILE	EMAIL

**CAR RENTALS NEAR WORK**

COMPANY	ADDRESS	PHONE	WEB ADDRESS

**HOTELS NEAR WORK**

NAME	ADDRESS	PHONE	WEB ADDRESS

**LOCAL TRAFFIC AND TRANSPORTATION INFORMATION**

NAME	WEB ADDRESS	NOTES

**LOCAL RED CROSS**

ADDRESS	PHONE	WEB ADDRESS

# RETURN TO A SAFE HOME

Once the crisis is over, you may well be facing a whole new set of challenges as you cope with the aftermath of a major natural or man-made disaster.

## POST-DISASTER HOME ASSESSMENT CHECKLIST

## OUTDOOR LIFE

### BEFORE RETURNING TO YOUR HOME

- Find out if it is safe to enter your community or neighborhood. Follow the advice of your local authorities.
- Create backup communication plans with family and friends in case you are unable to call.
- If possible, leave children and pets with a relative or friend while you make your initial inspection.
- Bring food and water and pack protective clothing and boots.

### DO NOT ENTER IF

- You smell gas.
- Floodwaters remain around the building.
- Your home was seriously damaged by fire or other natural disaster and the authorities have not declared it safe.
- You have any doubts about safety. Have your home inspected by a qualified building inspector or structural engineer before entering.

### ASSESS THE EXTERIOR OF YOUR HOME, DOCUMENTING AND PHOTOGRAPHING ANY OF THE FOLLOWING

- Loose or damaged power lines.
- Broken or leaking gas and water pipes.
- Wild animals.
- Any instability; the building needs to be secured on its foundation.
- Cracks in your home's foundation or chimney.
- Damaged walls.
- Any collapsed areas on the roof.
- Broken windows or doors.

### ASSESS YOUR HOME'S INTERIOR

- Beware of rodents, snakes, insects, or other animals that may be inside your home.
- If your home was flooded, assume it is contaminated with mold.
- Check the ceiling and floor for signs of sagging. The floor may be unsafe if it is wet or damaged.
- Check the sewage disposal system.
- Open doors and windows. Let the house air out before staying inside for any length of time if the house was closed for more than 48 hours.
- Open cabinets carefully. Be alert for objects that may fall.
- Take pictures of damage for insurance purposes.
- Keep records of the amount of time taken to remove debris and clean.

## OUTDOOR LIFE

## POST-DISASTER HOME ASSESSMENT CHECKLIST

### ASSESS YOUR HOME'S UTILITIES

- Even if you shut off all of your utilities before evacuating, perform your inspection as though they were on and posing a potential hazard. Because they might be.
- Do not smoke while assessing your home.
- When re-entering the building, use a flashlight in case of a gas leak. Turn it on outside before entering, as it could produce a spark that can ignite leaking gas, if present.
- Smell for gas. If you smell natural gas or propane, or hear a hissing noise, leave immediately and contact the fire department. Once outside, turn off the gas supply, if you can do so safely.
- Check pilot lights to confirm whether they are lit or out.
- Call the gas or propane company before you turn the gas back on.
- Inspect the interior for any damage to electrical, gas, or water lines.
- Have a professional check your heating system before use.
- Look for sparks, or broken or frayed wiring.
- If the main power and water systems are on, turn them off until you or a professional can ensure that they are safe.
- If there is standing water in your home, do not enter your basement or turn the power on or off. Never use any electrical tool or appliances while standing in water. Do not use any electricity until a licensed electrician has inspected your home.
- If any appliances were touched by floodwaters, unplug them and have them checked by a qualified service person before operating them.
- If pipes appear damaged, turn off the main water valve.
- Have your tap water tested by authorities before drinking.
- Do not flush toilets until you know that sewage lines are intact.

### ORGANIZE AND CLEAN

- Wear protective clothing, including N95 masks, gloves, and boots.
- Discard all perishable or frozen food that has expired or stored without proper refrigeration. When in doubt, throw it out.
- Sort contents to be repaired or discarded.
- Remove minor debris such as branches and trash.
- If you hire cleanup or repair contractors, verify that they are qualified and insured to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home. Check references.