

# Western Reserve ILC Emergency Preparedness



## Lesson 4

### Your Home Emergency Plan should consist of:

1. A prioritized contact list which everyone has a copy of
2. Knowing where your emergency documents are
3. Identify all the ways you can exit your home. Have a Plan A to evacuate. Take your emergency documents and travel kit with you for both yourself and your service animal (if you have one)
4. Plan B should be when you can remain inside your home. Have your home emergency kits and designated area ready. You may have to survive on your own for 3 days before rescue
5. Written directions for communicating special needs if you are unable to voice it
6. If you have a service animal, their kit should include a photo, bowl for food and water, blanket, plastic bags and paper towels
7. Have your emergency warning devices charged and ready to go (flashlights, cell phones, radios, and all chargers)
8. Have enough supplies and materials to be self-sufficient for a 2-day period in your car (water, can food, can opener, flares, flashlight, blanket, etc.)

**NOTE:** In case of an emergency, paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE. "ICE" stands for In Case of Emergency. If you add an ICE entry to your cell phone's contact list, paramedics will know right away how to contact your emergency assistant.