



4 Steps to Emergency Preparedness for All

Step 1: Find Five Trusted and Share Your Plan

Identify five people that you trust to check on you, and communicate with you before, during, and after a disaster or emergency so that they know you are safe or if you need help. List their phone numbers, email and street addresses on paper and/or a phone app. Have at least one person who lives out of the area.

Step 2: List Your Health Needs

List your medication, disability-related supplies or equipment, and anything else you need daily. This information can be useful for your support team, first responders, or shelter staff. Have you list on paper and/or on a phone app.

Step 3: Create Your Emergency Supplies Kits

Keeping important items with you is key to successful emergency and disaster planning. Pack emergency kits to have in different places: one to carry with you; one in your car; one in your home; and one at work. Items to pack include: Cash, Credit card, Cell phone/charger, Bottled water, Snacks, bottled water, flashlight, extra batteries; Medical supplies that you need; toiletries; and copies of important documents.

Step 4: Plan How and When to Evacuate

Make sure you know when to evacuate. Usually a city, county, or first responder will let you know - register for alerts. If it looks dangerous though, use your best judgement. Be familiar with all possible routes out of your home or office and to get out of your neighborhood. Develop a plan and a detailed map for yourself, your family, and your animal(s) to exit your home or your office when a disaster happens.

FREED can assist you with developing a personalized plan for any disaster including the COVID-19 stay at home orders, wildfires, or floods. Contact Brian at FREED at (530) 477-3333, Ex. 206 or brian@FREED.org for assistance with planning for a disaster.