

Family Emergency

PLANNING GUIDE

Date last updated: _____





“Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them” (Ezekiel 38:7).

Family Emergency Preparedness Planning Guide

Families have been counseled to be prepared for personal and large-scale disasters. This preparedness includes sustaining life with food storage and a water supply and extends to planning for reunification after a disaster, communication with other family members, mental and emotional preparation, and many other considerations.

This planning guide can help you create or update family emergency response plans. Family emergency plans should be coordinated with ward, stake, and community plans. The most effective plans are simple and brief. As a family, you should review and update this plan regularly. With the following steps and accompanying work sheets, you should be able to:

- Evaluate disasters and disruptions
- Plan for disruptions
- Develop a communications plan
- Create a reunification plan
- Plan for special needs
- Create a list of Action Items of things that require further preparation

The first step of emergency and disaster preparation is to educate yourself and your family about what a disaster is, which are most likely to occur (depending on your geographical location), how they may disrupt your daily activities or routine, and what you can do to prepare for them. Don't forget to discuss emergencies that occur on a family level such as unemployment or the death of a loved one.

Consider the following as you build your family's emergency plan.

Prior to a disaster:

- Find a location for storing and accessing important family documents, emergency funds, survival and emergency supplies, and food storage
- Set up a safe family gathering place that coincides with the ward and stake or community reunification plans
- Establish ways to communicate with each other about your safety in case you are separated during the disaster.
- Make an Emergency Information Card for each child with basic identification, medical and contact information, and information to stay in contact in a disaster.
- Pack an emergency bag for each member of the family with things such as: basic hygiene items, clothing, a light source, snacks, activities, and a comfort item to help children feel safe.

Immediately after a disaster:

- Help to locate and reunite family members who have become separated from the rest of the family. Attend to any immediate needs.
Determine and report to home teachers or other Church leadership the condition of each family member.
- Obtain medical care for those who have been injured or who have other health challenges.
- Ensure you have access to a supply of basic provisions and services—such as food, temporary shelter, sanitation, and clothing.

Soon after a disaster:

- Provide assistance to family members who are suffering, have damaged shelter or belongings, or who are experiencing emotional trauma or loss of livelihood.



Disaster and Disruption Review

List the disasters (natural or human-made) that are most likely to occur in your area. For each type of disaster, identify specific things that would be disrupted (For example, a disaster such as an earthquake, fire, flood, or hurricane all damage homes, so there would be a disruption to shelter, among other disruptions).

Consider personal or family disasters as well, which may require additional planning or cause additional

disruptions (for example, unemployment, house fire, serious illness, loss of a spouse, school lock-downs, closure of child care or schools, relocation, or separation from family).

The worksheet will help you total which disruptions are more frequent so you can prioritize your planning efforts.

EMERGENCY OR DISASTER													
Examples include an earthquake, a hurricane, a typhoon, a cyclone, a fire, a flood, a tornado, a widespread disease, civil unrest, unemployment, divorce, the death of a family member, a house fire, and other disasters.	Food, Drinking Water, and Cooking	Physical Safety	Shelter and Clothing	Communication	Emotional and Spiritual Well-Being	Power Sources	Heating and Cooling	Medical Services	Sewer and Water	Transportation and Fuel Supply			
Disruption Totals													



Planning for Disruptions

Use this worksheet to begin immediate and long-term planning efforts. Identify the resources you will need in each time frame. For example, if the disruption is to your shelter, a short-term need could be using a meetinghouse for shelter, a midterm need could be

relocating to the home of friends or family members and a long-term need could be performing repairs to the home or buying or building a more permanent shelter. Use the Take Action section to plan for any needs you still need to meet.

DISRUPTIONS	SHORT-TERM NEEDS	MIDTERM NEEDS	LONG-TERM NEEDS
	(1-3 DAYS)	(3 DAYS-2 WEEKS)	(2 WEEKS-2+ MONTHS)
Food, Drinking Water, and Cooking			
Physical Safety			
Shelter and Clothing			
Communication			
Emotional and Spiritual Well-Being			
Power Sources			
Heating and Cooling			
Medical Services			
Sewer and Water			
Transportation and Fuel Supply			



Communication Plan

Create a communications plan to contact your immediate family members, friends, neighbors, Church leaders, and community resources in an emergency. Consider memorizing phone numbers in case your contact list is unavailable. Plan other ways to make contact if you can't make a phone call, such as texting, instant messaging, and posting on social media.

After a disaster, it's often easier to make long distance calls rather than calling within the disaster area. Designate a relative in another city or area to be an out-of-town contact. Plan for all family members to report their condition and whereabouts to the out-of-town contact who can help relay information.

COMMUNICATION PLAN		
FAMILY CONTACTS	NEIGHBORS, CHURCH, WORK	MEDICAL, COMMUNITY, SCHOOL
Out of town contact:		

Reunification Plan

Designate a safe family gathering place and an alternate place. Gathering places may change depending on the disaster or where you are when the disaster occurs. For example, if you're at school, you may not be able to come to the gathering place near your home. Your gathering

place should be somewhere where children can make contact with a trusted adult.

Each ward and stake should also have a gathering place for reuniting families.

REUNIFICATION PLAN
Family gathering place:
Alternate family gathering place:
School or child care gathering place:
Ward or stake gathering place:

Family Emergency Contact Cards

In case of emergency, Family Emergency Contact Cards help first responders, such as paramedics, fire-fighters, and police officers, as well as hospital personnel, to contact the next of kin.

Fill out an Emergency Contact Card for each of your family members. Then cut the card out and fold it in half. Encourage family members to carry this with them

at all times. Check your emergency contact information to make sure it is updated.

The ICE card should be placed behind your driver's license in your wallet or in a child's backpack or diaper bag. It is helpful to also place one in your vehicle's glove box or center console.

IN CASE OF EMERGENCY	
Full name:	Blood type: Medications:
Nick name:	Allergies/conditions:
Date of birth:	Attach a photo
Phone (cell):	
Phone (home):	
Street address:	
City, State/Province, Zip:	Emergency Contact
Parent's names:	Name:
	Phone:
	Email:
	Relationship to child:

IN CASE OF EMERGENCY	
Full name:	Blood type: Medications:
Nick name:	Allergies/conditions:
Date of birth:	Attach a photo
Phone (cell):	
Phone (home):	
Street address:	
City, State/Province, Zip:	Emergency Contact
Parent's names:	Name:
	Phone:
	Email:
	Relationship to child:

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Phone (cell):	
Phone (home):	
Street address:	
City, State/Province, Zip:	Emergency Contact
Parent's names:	Name:
	Phone:
	Email:
	Relationship to child:



Special Needs to Consider

Identify any special needs your family will have in an emergency, such as needed medications, wheelchair assistance, oxygen, allergy considerations, and so on. Also consider the unique needs of children and the elderly who may have limited mobility, special food and

supply needs, or a limited ability to speak and identify themselves or others if separated. Use this work sheet to identify the need and then plan who will take care of that need.

MEDICAL AND SPECIAL NEEDS		

Take Action

As you complete your emergency plan, you may find that there are areas in which you do not have the information or resources you need. Use this Action Items section to identify next steps to complete your plan.

ACTION ITEMS

THE CHURCH OF
JESUS CHRIST
 OF LATTER-DAY SAINTS