

## **Make a Plan - Emergency Preparedness**

### **Example plans and food for thought:**

**Scenario 1:** Our children get home from school before my spouse and I are off work. There is a two-hour window where they are home before my spouse or I get home.

**Make a plan:** Make a plan to be prepared if an emergency takes place during the above mentioned two-hour window.

**PLAN:** We need to make sure our children have someone they can reach out to for help if we aren't able to get to them quickly.

Our solution is to make a list of people to contact in case of an emergency. We'll review this list regularly with our children and update as needed when circumstances change. We'll post the list inside our cupboard door where our children can look at it anytime. We have contact info for all our neighbors, so we can call them and ask them to check on our children if we are unable to contact them directly.

First Contact: Call mom and dad first. If unable to reach, move down the list.

Mom: (208)###-###

Dad: (385)###-###

Second Contact: Walk over to neighbor's house (neighbors are close friends)

Neighbor\_\_\_\_\_: (801)###-###

Third Contact: Call Aunt\_\_\_\_ or Uncle \_\_\_\_ next.

Aunt\_\_\_\_: (801)###-###

Uncle\_\_\_\_: (801)###-###

**Scenario 2:** My spouse is on oxygen supplied by a machine that requires power.

**Make a plan:** Make a plan on how to provide an oxygen supply during an extended power outage.

**PLAN:** We need some kind of standby power system to run the oxygen concentrator or we need an oxygen tank and regulator to use while the power is out. Things to consider are the size of a generator, what kind of fuel to use and how to get power from the generator to the oxygen

concentrator and cost. Also, we have an oxygen tank in the basement that we can fill up and check periodically to make sure it is full.

Our solution is to purchase a generator to provide power for the house during an outage to keep the refrigerator and freezer cold too. A house generator will also run a forced air furnace for heat if the natural gas supply is still available.

Buy a dual fuel (propane and gasoline) 7500-watt, 120/240 vac generator (on sale). The set up will require a 50-amp cable and a manual transfer switch installed at the service entrance to the house to safely connect the generator to the house power supply. We are friends with an electrician and he said he will help us purchase and install the transfer switch. We can get several tanks of propane to use as fuel.

Assure that any adult or older children in the household know where the generator is located (in the storage shed) and how to connect the fuel and power cable. And it also makes sense to fill the oxygen tank for a backup plan and a mobile source of oxygen if required.

(This is our solution and obviously a more expensive plan). Having a spare oxygen tank or two or a smaller 120 vac generator and a long extension cord will also work. Make sure the generator is only used outdoors and that the exhaust is away from any windows or doors to the house.

**Scenario 3:** Everyone in our family has a cellphone. We are at various locations such as work and school and we experience an earthquake.

**Make a plan:** Make a plan on how we communicate and the system is overwhelmed with phone traffic or only sporadically functioning.

PLAN: We need to make sure that we can contact everyone during an emergency to make sure that everyone is ok and to figure out how to get everyone to a safe location.

Our solution is to first try and make a phone call to mom's cell phone. If that doesn't work try dad's cell phone, If that doesn't work try sending a text to both mom's and dad's cell phones. If that doesn't work try sending a text to uncle Steve's cell phone. Since he lives out of state there is a better chance that the message will go through. (He has agreed to be our message center if needed). He can then test all of us and relay any messages that he receives. Make sure that you have Steve's phone number (208-xxx-xxxx) in your contacts on your phone. It will probably take a long time for all texts to come through.

If no phone messaging is working even after some hours just stay where you are if it is safe and dad or mom will come and find you. If you have to move to a safer location leave word with an authority about where you went.

The above scenarios are only the tip of the iceberg when it comes to planning. The QR code below provides a link to a more extensive document.

**Family Emergency Planning Guide**



(You can use this document as a reference for creating your plan. Use QR code, or visit [northogdenemergency.com/make-a-plan](http://northogdenemergency.com/make-a-plan) to view document)