**THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FAMILY DISASTER PLAN**

1. We will be prepared for the following disasters:

Home Fire

Major Winter Storms

Long Term Power Outage

2. Check up on one another:

|  |  |  |
| --- | --- | --- |
| **Father** | **Mother** | **Children** |
| Home Phone:  Work Phone:  Cell Phone:  Pager: | Home Phone:  Work Phone:  Cell Phone:  Pager: | School/Home Phone:  Work Phone:  Cell Phone:  Pager: |
| A Contact Person Outside the Area: | | |

In case local phone service is out, long distance service might still be available. All family members should check in with the “Contact Person Outside the Area” to rely information to one another.

3. Contact Information for Emergency Services: **911**

|  |  |  |
| --- | --- | --- |
| **Poison Control Center** | **Central Maine Power** | **Waldo County EMA** |
| 1-800-442-6305 | 1-800-696-1000  Account Number: | 338-3870 |

4. For a House Fire, we will evacuation and will meet outside at the following location

|  |
| --- |
|  |

Determine the best escape routes from your home. Find two ways out of each room.

5. We will always maintain the following supplies:

a. 7-day supply of water (one gallon per person per day) and food that won’t spoil.

b. One change of clothing and footwear per person, and one blanket or sleeping bag per person.

c. A first aid kit that includes your family’s prescription medications.

d. Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.

e. An extra set of car keys and a credit card, cash or traveler’s checks.

f. Sanitation supplies.

6. Teach each family member how to use the fire extinguisher (ABC type) and show them where it’s kept.

7. All members of the Family have learned about Basic First Aid.

HOUSE FIRE

1. Get out as quickly and as safely as possible.

2. When evacuating, stay low to the ground. If possible, cover mouth with a cloth to avoid inhaling smoke and gases.

3. Close doors in each room after escaping to delay the spread of the fire.

4. If in a room with a closed door:

a. If smoke is pouring in around the bottom of the door or it feels hot, keep the door closed.

b. Open a window to escape or for fresh air while awaiting rescue.

c. If there is no smoke at the bottom or top and the door is not hot, then open the door slowly.

d. If there is too much smoke or fire in the hall, slam the door shut.

5. Call the fire department from a location outside the house.

SEVERE WINTER STORM

1. Listen to the radio or television to get the latest information..

2. Service snow removal equipment and have rock salt on hand to melt ice on walkways.

3. Make sure you have sufficient heating fuel; regular fuel sources may be cut off.

4. Keep pipes from freezing.

5. Have disaster supplies on hand, in case the power goes out.

6. Stay indoors and dress warmly.

7. Never operate a generator inside your home.

LONG TERM POWER OUTAGE

1. Keep freezers and refrigerators closed during a power outage.

2. Only use generators outdoors and away from windows.

3. Do not use a gas stove to heat your home.

4. Disconnect appliances and electronics to avoid damage from electrical surges.

5. Have alternate plans for refrigerating medicines or using power-dependent medical devices.

6. Check on neighbors.

7. Take an inventory of the items you need that rely on electricity.

8. Talk to your medical provider about a power outage plan for medical devices powered by electricity and for refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

9. Plan for batteries and other alternatives to meet your needs when the power goes out.

10. Sign up for local alerts and warning systems. Monitor weather reports.

11. Install carbon monoxide detectors with battery backup in central locations on every level of your home.

12. Have at least one hardwired telephone (not a cordless phone).

13. Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

14. Keep mobile phones and other electric equipment charged and gas tanks full.