

“SssAaVE” A Disaster Checklist for Families

#1 Steady yourself first

- ___ Take a deep breath & decide to remain calm (a good time to pray)
- ___ Remember what you know, and act safely
- ___ Quickly assess your situation before acting: Are you in danger?
- ___ Check yourself for injuries and protect yourself from further harm
- ___ If you are trapped, blow on a whistle or bang on something to attract attention
- ___ Put on sturdy shoes to protect your feet from debris such as broken glass
- ___ Wear a dust mask and goggles if needed (these should be in your kit)
- ___ Take a flashlight or lantern with you (even if the power is presently on)

#2 safeguard your family (or others that may be with you)

- ___ Call out to find others and let them know where you are
- ___ Treat victims with life-threatening injuries immediately
- ___ Ask someone to go for help or call for assistance
- ___ Open airways by re-positioning the head (Do CPR if you have time & training)
- ___ Stop major bleeding by applying direct pressure
- ___ Raise feet, cover, and reassure to prevent shock
- ___ Do not move the injured unless in immediate danger
(If you must move someone, take care not to worsen back and neck injuries)

#3 secure your own home (or business)

- ___ Turn off gas, power, & water **IF** there are leaks
- ___ Unplug computers & other appliances to prevent damage from electrical surges
- ___ Search for and put out small fires only (Get out if they are large!)
- ___ Clean up or mark any dangerous spills
- ___ Find & contain pets, and put phones back on the hook
- ___ Lock your doors before leaving the area
- ___ Take your keys & ID with you so you will be able to return

#4 Alert others of your status

- ___ Place a colored *Emergency Signal* card or flag on your front door
 - Red:** Help now!
 - Yellow:** Help soon -when available
 - Green:** All ok
- ___ Do not leave your home or family if they need you
- ___ **TEXT** your *Out-of-State Contact* to notify loved ones

- ___ DO NOT call 911 or make other calls unless your situation is critical
- ___ Report to your *Block Staging Area* to check in with whoever is in charge

#5 assist your neighbors

- ___ Take any emergency supplies you may need with you
- ___ Protect yourself against injury (Don't become another victim!)
- ___ Follow the directions of police and firefighters on scene
- ___ Cooperate with Block Captains, CERT Leaders, etc.
- ___ Use the *Buddy System* for safety
- ___ DO NOT enter obviously damaged or unsafe buildings
- ___ DO NOT wade or drive into flooded areas.
- ___ Use fire extinguishers properly (remember PASS: pull, aim, squeeze, sweep)(A large extinguisher only puts out a 55 gal. barrel-size fire)
- ___ Protect yourself with a barrier mask and gloves if performing 1st Aid or CPR

#6 Volunteer (or get help -at the nearest LDS church building)

- ___ Wear appropriate clothing (dress for the weather and your protection)
- ___ Take your own food, water, light source, and safety gear
- ___ Take with you any emergency equipment you have that might be useful(wrench, first aid kit, blankets, crowbars, fire extinguishers, etc.)
- ___ Report to the person in charge and sign in
- ___ The *Good Samaritan Law* will cover you if you stay within your own skills & training
- ___ Insist on using the *Buddy System* for all assignments
- ___ DO NOT do things that make you uncomfortable
- ___ Log in and log out so others will know where you are
- ___ Return and report on a regular basis and let others know where you are going
- ___ Make sure someone is documenting all that happens
- ___ Take time out to rest, eat, & stay well hydrated

?? Evacuate (ONLY if you must – your home is your source of support)

- ___ If you are told to evacuate, follow emergency instructions from officials on the radio
- ___ Leave a note in your mailbox, on the door, or in a secret family location(family members will want to know where you are and how to find you)
- ___ Notify a neighbor that you are leaving (they will worry too!)
- ___ **TEXT** your *Out-of-state Contact* to leave word for loved ones
- ___ Secure pets with food & water, or take them with you in a carrier
- ___ Lock your home and take your keys, ID, and cell phone
- ___ Take a copy of your family's emergency information with you
- ___ Take your family's 72 hour kits with you including food and water for several days(You will want to include a change of clothing, bedding, jackets, cash and credit cards, maps, medications, glasses, baby items, and other needed personal items)