

Personal Preparedness Plan - from www.HillcrestReady.org

Preparing for the Zombie Apocalypse – “If you’re prepared for the zombie apocalypse...then you’re prepared for any event!” One day, you just might have “season tickets to the Zompocalypse.”

<p>Emergency Contingencies</p> <p>Questions to ask:</p> <ol style="list-style-type: none">Where are individuals or family members located during various times of the day?Where will I / we meet or go? Who can help?How does time of day impact plans?How does weather impact plans (severe weather)?What will I / we do if the house is structurally un-sound (as with a large earthquake)?Where will individuals or family members go if the house needs to be evacuated? What if the neighborhood needs to be evacuated?Where will individuals or family members go if they cannot get back to the valley – or get back to the valley <i>very easily</i>? What is the plan? Where will I / they go?	
<p>Food & Water – Current State of Preparedness</p> <ol style="list-style-type: none">How long can your household live with the amount of food and water in your home? What type of food is available? How is your water supplied?	
<p>Water, Gas, Electricity, & Water Heater - Current State of Preparedness</p> <ol style="list-style-type: none">If needed, do the members of your household know how (and when) to turn off the water, gas, and electricity? Is your water heater secure? If not, what is the process for securing your water heater?	
<p>First Aid Supplies, Needed Medical Supplies – Current State of Preparedness</p> <ol style="list-style-type: none">Do you have enough emergency first aid supplies to meet initial medical needs? For you? For friends and / or neighbors?	

Over-the-Counter Medications / Prescriptions / Personal Supplies

4. Do you have enough over the counter and medications for you, the members of your household (if applicable), and your neighbors?

Do you have enough prescription medications (*especially life-saving medications*) for you, and (if applicable) the members of your household?

What about personal supplies (examples: hygiene supplies, glasses, wheelchairs, etc.)?

Question(s) to ask: Emergency (*Life-saving medications*) Medications – Can I, or my family, survive for 3 or more months on the medications currently in the home?

Personal Protective Equipment / Emergency Tools

5. Do you have appropriate personal protective equipment (PPE)? If yes - what & how much? (Examples: Disposable gloves, goggles, N-95 masks or surgical masks)

Would you be able to share some of your PPE with friends / neighbors for emergency response?

What emergency tools do you have that are readily accessible?

Important Documents

6. Where are your important documents stored? How easily could these documents be destroyed by water or fire? Do you have all of your important documents stored in one place? Do you have back-up plans for important documents?

Family Plans / Communication / Escape Plans

7. Does your household have an escape plan? Do members know where to meet? How will you communicate with each other? What if normal means of communication are not available?

Question(s) to ask: Where will we meet?

1. Outside of the house
2. Outside of the neighborhood
3. Outside of the valley

What types of communication will we use (phone / walkie-talkie / face-to-face check-in / written)?

What if phone lines are down? Do we have an “out-of-state contact” everyone can call if local lines are busy?

What is the plan if *all communications* are cut off? What are back-up plans if I / we cannot communicate with others?

Who will check on me / us?

Employer / School Plans

8. Are you familiar with the disaster plans for your employer/s, schools, and / or daycare, etc. (where applicable)?

Question(s) to ask: How long will the school hold the children? How will things change depending on the type disaster?

What will my employer require of me during a disaster (depending on the type of disaster)? Is there a written plan? What if power / electronic access / capabilities are disrupted?

<p>Emergency Knowledge</p> <p>9. Do the members in your household know what to do in the event of a disaster? What emergency training and / or certifications do you or household members have that may be beneficial in a disaster? http://www.hillcrestready.org/.</p>	
<p>Special Needs</p> <p>10. Do you or members of your household have special needs that will require special accommodations? What about your neighbors?</p>	
<p>Pets</p> <p>11. If you have pets, what have you done to prepare them for a disaster? Supplies? Special needs?</p>	
<p>CERT</p> <p>12. Community Emergency Response Team (CERT). This is a nationally sponsored program that prepares communities to respond in the event of a disaster.</p> <p>CERT Information:</p> <ol style="list-style-type: none"> 1. Have I (or my family) been CERT certified? 2. Do I / we know when to contact CERT? 3. Do I / we know where the CERT sheds are? 4. How do I / we want to be involved? 	
<p>Amateur Radio</p> <p>13. Do you have an amateur radio and do you have backup power for it, and do you know how to use it to stay in touch with others, if there is a total loss of electrical power?</p>	

Set Reminders To:

1. Agitate fire extinguisher each month (and check gauge for fullness level)
2. Check & replace carbon monoxide and smoke alarm batteries every 12 months
3. Check emergency supply batteries in vehicle (every 6 months) – Ex: flashlights