



## smart Emergency plan \_ preparation

### finances

We recommend that you keep enough cash on hand for two weeks of groceries, gas, and medicine. With a hurricane, a blackout, or even a serious computer virus, it is quite possible that ATM machines or banks will be unable to supply funds.

Make a list of your current financial accounts and obligations to ensure bills are paid even if you have to leave your home. For those expenses which may need to be switched off, such as utilities, consider including the contact information of the client services department.

Know how to access your important records and documents. Decide whether you feel comfortable storing copies with a friend or family member, or whether you would prefer a bank lockbox or even an online storage center, such as Dropbox. Include an inventory of valuables, and take pictures for insurance purposes. Review every six months and update as needed. For those with financial advisors, your advisor should maintain copies of all important documents.

### food + water

Families need to have three gallons of water per person: one gallon per day for three days. A three-day supply of non-perishable food items is also a good rule of thumb. Purchase foods that do not need cooking or refrigeration. Replace the food and water every six months, or check expiration dates.

### medicine + household supplies

The traditional first-aid kit with sterile bandages, anti-bacterial cream, latex gloves, and extra prescription medicine can be particularly helpful in emergencies. Stock up on over-the-counter medications, and consider filling your prescriptions in advance when possible. Keep a current list of doctors, medication, and other important medical information for easy access.

Everyone who has ever experienced a power outage knows the importance of having a battery-powered radio and clock, flashlights, and fresh batteries. When using a portable generator, have a battery-operated carbon monoxide detector because leaking gas poses a health risk.

Include a variety of tools in your emergency kit such as a utility knife, matches, duct tape, etc. Also include a selection of hygiene products such as soap and towels, and changes of clothes and bedding. Consider keeping a sleeping bag within easy reach!

### be prepared to grab and go

Having a family emergency plan ensures that everyone knows where to go in an emergency. This includes pets—know how you will plan for their transportation and care. Communicate this plan to everyone in your immediate family, and be sure that supplies are portable and easily accessible. Have a pre-arranged meeting spot, and some form of notification to family/friends that you're safe.

On the next page is a list of [mobile apps + resources](#) to consider including in your emergency plan.



## smart

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#### mobile apps + resources

##### health + response

- \_ Red Cross Emergency app \_ includes information about what to do in the event of a natural disaster, as well as a means of contacting family and friends to alert them of your safety
- \_ First Aid \_ created by the American Red Cross and includes instructions and videos to treat anything from everyday emergencies to major injuries
- \_ ICE { In Case of Emergency } \_ stores emergency contact and medical information on your phone  
**note** \_ If your phone is locked and you are incapacitated, responders may not be able to access information
- \_ Medical ID \_ built into the iOS Health app on your iPhone \_ to create, access the Health app, and select { Create Medical ID } You may enter basic medical information such as medical conditions, allergies, medications, blood type, and more, as well as specify emergency contacts. If { show when locked } access is turned on, anyone can access by clicking on the word { emergency } on your locked screen.
- \_ FEMA app \_ contains information about preparing for a potential disaster, safety tips, checklists, and access to maps showing FEMA Disaster Recovery Centers nearby
- \_ Shelter View \_ created by the American Red Cross to locate emergency shelters opened in response to a natural disaster or catastrophic event

##### communication

- \_ HelpBridge \_ allows you to alert a list of family and friends of your status – either safe, or need help – with one click! This message can be sent via email and/or text as well as posted on facebook, and allows you to display your location.

##### weather + natural disaster

- \_ Intellicast HD \_ weather app alerts you as storms escalate with push alert notifications
- \_ FloodWatch \_ helpful if you live near a potential flood zone – monitors height of bodies of water and precipitation levels

##### general tools

- \_ Flashlight app { if not already included in your phone's software }