

Disaster Preparedness Checklist

Before the Disaster Season

1. Create a Plan:

- Identify multiple evacuation routes from your home.
- Have a plan for where you will stay if you need to evacuate.
- Ensure everyone knows how to communicate during an emergency.
- Designate an emergency meeting spot.

2. Build an Emergency Kit:

- Water: At least one gallon per person per day for three days.
- Food: Non-perishable food for at least three days.
- Cell phone, Flashlight and extra batteries.
- Manual can opener for food.

3. Prepare Your Home:

- Install storm shutters or board up windows.
- Secure outdoor objects (e.g., patio furniture, trash cans).
- Trim trees and shrubs to reduce damage.
- Test your generator to ensure it works, if applicable

4. Check Insurance Policies:

- Ensure your home, health, and life insurance policies are up to date and cover potential hazards.

When a Disaster is Imminent

1. Monitor Alerts and Warnings:

- Keep updated with weather reports and follow instructions from local authorities.

2. Prepare Your Home:

- Bring loose outdoor items inside.
- Secure all windows and doors.
- Set the refrigerator and freezer to the coldest settings and keep them closed as much as possible.

3. Gather Emergency Supplies:

- Ensure your emergency kit is complete and easily accessible.
- Gather important documents (e.g., IDs, insurance policies) and place them in a waterproof container.

4. Communicate Your Plan:

- Inform family and friends of your evacuation plans and contact information.

5. Charge Electronic Devices:

- Fully charge cell phones, tablets, and other electronic devices.

6. Fill Your Car with Gas:

- Ensure your vehicle has a full tank of gas in case of an evacuation.

Recommended Items in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit, personal medication
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

During the Disaster

1. Stay Indoors:

- Stay in a safe room, away from windows, skylights, and glass doors.
- Do not go outside until it is confirmed safe to do so.

2. Listen to Local Authorities:

- Follow updates and instructions from local officials through the radio or other reliable sources.

After the Disaster

1. Avoid Floodwaters:

- Stay away from floodwaters, which can be contaminated and pose a drowning risk.

2. Check for Damage:

- Carefully inspect your home for damage. Be cautious of downed power lines and structural damage.

3. Document the Damage:

- Take photos of any damage for insurance claims.

4. Communicate with Family and Friends:

- Let your loved ones know you are safe.

5. Follow Local Health Guidelines:

- Follow any boil-water advisories and other health guidelines issued by local authorities.

6. Seek Assistance if Needed:

- Contact local emergency services, shelters, and relief organizations if you require assistance.

準備災難清單

在災難季節之前

1. 制定計劃：

- 確定多條從家裡撤離的路線。
- 計劃好如果需要撤離你會住在哪裡。
- 確保每個人都知道在緊急情況下如何溝通。
- 指定一個緊急會合地點。

2. 準備緊急物資包：

- 水：每人每天至少一加侖，至少三天的供應。
- 食物：至少三天的非易腐食品。
- 手機，手電筒和額外的電池。
- 手動開罐器用於開罐食品。

3. 準備你的家：

- 安裝防風窗板或用木板封住窗戶。
- 固定室外物品（如庭院家具、垃圾桶）。
- 修剪樹木和灌木以減少損壞。
- 測試你的發電機以確保其正常運作（如果適用）。

4. 檢查保險政策：

- 確保你的房屋、健康和人壽保險政策是最新的並涵蓋潛在的危險。

當災難即將來臨

1. 監控警報和警告：

- 保持更新的天氣報告並遵循當局的指示。

2. 準備你的家：

- 將鬆散的室外物品搬進室內。
- 固定所有窗戶和門。
- 將冰箱和冷凍庫設定到最冷的設置並盡可能保持它們關閉。

3. 收集緊急物資：

- 確保你的緊急物資包是完整的並且易於取得。
- 收集重要文件（如身份證、保險政策）並放入防水容器中。

4. 傳達你的計劃：

- 通知家人和朋友你的撤離計劃和聯絡方式。

5. 給電子設備充電：

- 充滿手機、平板電腦和其他電子設備的電。

6. 為你的車加滿油：

- 確保你的車輛有滿滿一箱油以便在需要撤離時使用。

基本緊急應急用品包建議項目：

- 數日份的飲用水和不易腐爛食品
- 額外的手機電池或充電器
- 電池供電或手搖式收音機，用於接收 NOAA 天氣警報，並備有額外電池
- 手電筒和額外電池
- 急救包，個人藥物
- 防塵口罩，以過濾受污染的空氣，以及塑料布和膠帶
- 求救哨子
- 濕紙巾、垃圾袋和塑料帶，用於個人衛生
- 防火扳手或鉗子，用於關閉水電設施
- 開罐器
- 本地地圖

災難期間

1. 待在室內：

- 待在安全房間，遠離窗戶、天窗和玻璃門。
- 未確認安全之前不要外出。

2. 聽從當地當局的指示：

- 通過收音機或其他可靠來源聽取政府官員的更新和指示。

災難過後

1. 避免洪水：

- 遠離洪水，洪水可能受到污染並存在溺水風險。

2. 檢查損壞情況：

- 仔細檢查你的家是否有損壞。小心倒塌的電線和結構損壞。

3. 記錄損壞：

- 拍攝任何損壞的照片以便保險理賠。

4. 與家人和朋友聯絡：

- 讓你的親人知道你是安全的。

5. 遵循當地衛生指南：

- 遵循當局發布的煮水建議和其他衛生指南。

6. 如有需要尋求援助：

- 如果需要援助，聯繫當地緊急服務、庇護所和救援組織。