

# Emergency Preparedness Checklist



## Phone Numbers

How to Contact Each Family Member  
*(Note: send text messages as they may have an easier time getting through than phone calls)*

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## Medical Information

Name: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Name: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Name: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

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Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

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Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Name: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

## Insurance Information

Company: \_\_\_\_\_  
Policy Number: \_\_\_\_\_  
Phone: \_\_\_\_\_  
\_\_\_\_\_

## Meeting Place

*Have two options: just outside your house for any sudden emergency and further away from your neighborhood, in case you cannot return home.*

Location 1: \_\_\_\_\_

Location 2: \_\_\_\_\_

## Where to Wait Out a Storm

*Safe options to wait out a storm*

Location 1: \_\_\_\_\_

Location 2: \_\_\_\_\_

## Stations for Info

*Local Radio and TV Stations for Updates and Information*

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## Neighbors

*Ways to work together with your neighbors in an emergency*

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## House Emergency Kit

- 3-Day Supply of Food
- 3-Day Supply of Water
- Flashlight
- Batteries
- Glow Sticks
- Radio
- Blankets
- Warm Clothes
- Coats
- First Aid Kit
- Rock Salt
- Snow Shovel
- Heating Fuel (e.g., dry wood to make a fire in the fire place)
- Fire Extinguisher
- Pet Food and Supplies
- Extra Cash
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## Notes

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