



## Having a Family Emergency Plan

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*Listening, learning, and living together: it's the science of life.*



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As much as we think we can have control of everything, as we have seen, natural disaster can strike anyone, anytime, and anywhere ... be it tsunami, hurricane, flood, or all of the above!

If you haven't already, you and your family should prepare an emergency plan for such an event. Develop a specific plan; then review it frequently with all members of the household. Make a list of items considered essential in the event of evacuation, such as

special medications and foods for those on special diets, and collect all these items in one location. Have enough containers, utensils, and paper goods. If commercial bottled water is not available, collect several food-grade containers for storing water and food. These containers should be lightweight and easy to carry to make potential evacuation more efficient. Maintain an adequate supply of paper goods, such as paper towels and toilet paper.

As the supply of clean water may be limited following an evacuation, it is recommended that a supply of sanitary hand wipes be purchased. A sufficient quantity of shelf-stable, nonperishable foods should also be on hand. It's important that your family maintains their strength during and after the storm. Therefore, be sure to consider nutrition, as well as likes and dislikes of family members (especially children) when stocking up on food. When a disaster strikes, your emergency plans will help your family maintain a minimal level of safety and health while waiting for help.

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1. This document is FAR5034, one of a series of the Family Youth and Community Sciences Department, UF/IFAS Extension. Broadcast as program 263. Published October 2010. Reviewed January 2015. In the interest of time and/or clarity, the broadcast version of this script may have been modified. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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## Resources

Federal Emergency Management Agency and American Red Cross. (2004). *Food and water in an emergency*. Retrieved August 7, 2007, from <http://www.fema.gov/pdf/library/f&web.pdf>

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