

DO 1 THING

GOAL FOR JULY: Family Communication Plan

Have the ability to communicate with family members during an emergency or disaster.

**EMERGENCY
PLAN**

Usually staying in touch is simple with cell phones, internet, and email, but emergencies and disasters things can change. Cell phone towers quickly become overloaded with people trying to reach family and friends.

❖ **Develop a plan for how your family will stay in touch during a disaster.**

- ❖ Include phone numbers for all family members and those who can give you extra help, such as caregivers. Include work, school, and daycare numbers. Post the communication plan by a phone in your home, and include it in your go bag as well.
- ❖ Set up an Outside the Area Contact:
When local circuits are overloaded, you may be able to make long distance calls. Choose someone outside of the local calling area so each family member can call the “outside the area” contact and leave a message for the others.



❖ **Have a phone with a cord and a car charger for your cell phone standing by in case of a power failure.**



- ❖ Cordless phone headsets won't work if the power is out. If you have a land line be sure you have at least one phone with a cord in case of a power outage.
- ❖ Keep a cell phone car charger in your vehicle so you can still charge your cell phone in your car if the power is out.
- ❖ A text message from your cell phone may go through when a phone call won't.

❖ **Program *In Case of Emergency (ICE)* numbers into all family cell phones.**

- ❖ If you have a cell phone, you can provide the phone numbers for your emergency contacts to first responders and hospital staff if you are hurt and can't talk.
 1. Create a new contact in your cell phone's phone book.
 2. Name the contact ICE.
 3. Enter all phone numbers for the person you would like have notified in a medical emergency.



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>

