

EMERGENCY PREPAREDNESS POINTER

August 2019

Back to School Preparedness

August is back to school month for most school districts in Idaho. This is a great time of year to give the children in your home a refresher on your family's emergency plans or to implement your plans. It is important for children to know who to contact, where to meet, and how to escape your home in the event of an emergency. Ready.gov provides steps to follow to help your kids be prepared for the unexpected.

Pick a Family Meeting Place

- Create a fire escape plan that has two ways out of every room and practice it twice a year.
- Choose a meeting spot near your home, then practice getting there.
- Choose a spot outside of your neighborhood in case you can't get home. Practice getting there from school, your friends' houses, and after school activities.



Make a Communication Plan

- Pick the same out-of-state contact for each family member to call or email.
- Text, don't talk, unless it's an emergency. It may be easier to send a text, if you have a cell phone, and you don't want to tie up phone lines for emergency workers.
- Keep your family's contact information and meeting spot location in your backpack, wallet, or taped inside your school notebook. Put it in your cell phone if you have one.

Build a 72 Hour Kit

Below is a checklist of important items to include in your 72 hour kit. Consider the specific needs of each person in your home when making your kits. A comprehensive list of items to include can be found on our website: adacounty.id.gov/emergencymanagement/

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| • Non-perishable food | • Water, at least a gallon per person, per day | • Pet supplies |
| • First aid kit | • Battery powered radio | • Baby supplies |
| • Matches in a waterproof container | • Flashlight | • Paper plates, cups, utensils, paper towels |
| • Toothbrush, toothpaste, soap | • Whistle to signal for help | • Favorite toy, stuffed animal, or game |
| • Can opener | • Local maps | |

