

## Family Disaster Preparedness Plan



### First Step

BE AWARE about various hazards/disasters which have occurred in your locality. Occurrence of a disaster depends upon the geographical, geological, environmental and human induced parameters.

- Recognize various natural and human induced hazards in your locality which can lead to a disaster or can increase the impact of a disaster.
- Be aware about the geographical, social, economic and weather related conditions of your locality which can increase the risk of a disaster.
- If there are any pregnant ladies, differently abled, geriatric, patients and children in your family, make them realize about the various difficulties they have to face at the time of a disaster.
- Gather information regarding "what to do and what not to do" during a crisis situation from State/District Disaster Management Authority or any concerned departments/ organisations.

### Second Step

Prepare DISASTER MANAGEMENT PLAN for your family.

At the time of a disaster, it may not be possible that all family members be together; and hence a disaster management plan is necessary to decide 'what' and 'how' each family member should respond.

- Decide how each family member should act during different types of disasters to save their own life and the life of the family members.
- Each member should know two safe locations,  
1 - A safe house in the neighbourhood and  
2 - A house away from home, so that they can assemble there, after a crisis event.
- Each member should know the name, phone number and address of person whom they should contact during /after a crisis situation.
- All important documents related to Land, Bank, Insurance papers, Certificates of education should be kept safe from damage.



### Third Step

Prepare an EMERGENCY KIT for your family

During a crisis situation, you and your family may have to live for a few days without basic facilities. So it is better to prepare an emergency kit with all necessary supplies, which your family may need during those days for survival and safety.

Make sure that your emergency kit is water resistant and easy to carry. It should be kept in a secure place inside your house, so that any of your family member can grab it at the time of an emergency. In each kit there should be water bottle sufficient for 72 hours

(2 litres/person/day) and following items should also

be kept: Important documents, dry snacks, radio, first aid box, Tool kit, whistle, soap, toilet paper, lighter/ matchsticks, umbrella, medicines, torch and battery, charger and mobile and any other valuable items.



### Fourth Step

MOCK EXERCISES should be done to enact the plan. After preparing the plan, it is necessary that the family members practice the security and safety exercises in an organized manner. It would be practically difficult to evacuate physically challenged, aged and small children.

- Important and simple exercises like DROP – COVER – HOLD during an earthquake and STOP – DROP – ROLL for fire should be practised.
- At least once in six months, practise how to reach the nearest safe shelter from your home during a crisis situation.
- Replace necessary items like water and snacks from the emergency kit prepared and ensure quality of the items.
- Ensure that children know all emergency contact numbers and route map to reach the nearest safe shelter.
- Train yourself in first aid with the help of trained personnel and also spread awareness among your society regarding the various hazards in your locality.

What to do during an Earthquake:



What to do in case of fire



State Disaster Management Authority  
Dept. of Revenue and Disaster Management  
Govt. of Kerala