# Step 4: Maintain Your Plan

Make sure to practice your plan often and update the plan as needed. Restock supplies that have expired or are no longer usable.

### Step 5: Get Informed

### During a disaster, remember to get your information from:

- WHBL 1330 AM
- The Sheboygan Press
- TV Channel 8 (Sheboygan) or Channel 14 (Plymouth)
  - WHBZ 106.5 FM
  - WJUB 1420 AM
  - The Plymouth Review
    - WLKN 98.1 FM
    - WBFM 93.7 FM
    - WXER 104.5 FM

## Emergency Preparedness Resources

#### **Wisconsin Department of Health Services**

www.dhs.wisconsin.gov/preparedness http://pandemic.wisconsin.gov

#### **Center for Disease Control & Prevention**

http://emergency.cdc.gov www.facebook.com/cdcemergency (888) 246-2675

#### **Wisconsin Emergency Management**

http://ready.wi.gov www.facebook.com/ReadyWisconsin (608) 242-3232

#### United Way 2-1-1

www.unitedwayfoxcities.org/unitedway/2-1-1 www.facebook.com/211UnitedWayFoxCities 211 or (800) 924-5514

#### **Federal Emergency Management Agency**

www.ready.gov www.fema.gov www.facebook.com/FEMA 1-800-BE-READY

#### **American Red Cross**

www.redcross.org www.facebook.com/redcross Scenic Shores Chapter - Sheboygan 457-7739

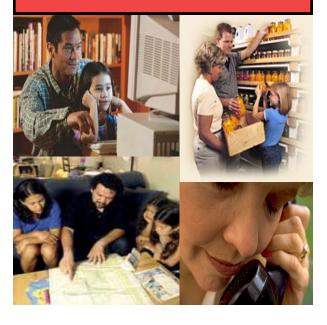
For more information:
Sheboygan County Division of Public Health
1011 North 8th Street
Sheboygan, WI 53081
(920) 459-4382
http://www.sheboygan.county.com

# Sheboygan County Division of Public Health





# Preparing for Disaster



For more information call: (920) 459-4382 http://www.sheboygancounty.com

## Step 1: Make a Plan

**Meet with Your Family Members:** Review information on preparedness.

Choose an "Out of Town" Contact: Ask an out-of-town friend or relative to be your contact. Following a disaster, family members should call this person and tell them where they are.

**Decide Where to Meet:** You may become separated. Choose a place to meet.

Complete a Family Communication Plan: Your plan should include contact information for family members. Program contacts into cell phones.

#### Escape Routes and Safe Places: You may need to evacuate on a moment's notice. Be sure everyone knows the best escape routes.

Plan for those with Disabilities and Other Special Needs: Label equipment such as wheelchairs, etc.

Plan for your Pets.

# Step 2: Assemble a Disaster Supplies Kit

A disaster supplies kit is a collection of basic items. Your kit items should be stored in a portable container(s) as close as possible to the exit door. Items should include, but are not limited to:

- · Cash & credit cards
- Whistle, flashlight, batteries, battery-powered radio
- Prescription medication, eye glasses, hearing aid batteries
- 3 day supply of nonperishable food and manual can opener. Include formula for infants.
- 3 day supply of water (1 gallon of water per person, per day)
- Personal identification
- Specialized medical supplies and equipment
- First aid kit
- Blankets or sleeping bags
- A change of clothes/sturdy shoes

## Step 3: Action Checklist

### The following are items to be completed before a disaster:

**Utilities:** Know how and when to turn off water, gas and electricity at the main switches or valves.

**Fire Extinguisher:** Be sure everyone knows how to use your fire extinguishers and where they are kept.

Smoke Alarms and Carbon Monoxide Detectors: Install on each level of your home, and check/replace batteries twice yearly.

**Insurance Coverage:** Check if you have adequate insurance coverage.

**Inventory Possessions:** Make a record of your possessions to help you claim reimbursement.

**Vital Records and Documents:** Vital family records/important documents should be kept in a safe location.