

Health & Wellness Tip of the Week

Week 28 July 10, 2017

July is all about **Emergency Planning**

It is the perfect time to remind everyone about the importance of planning ahead to protect your families from natural disasters or emergency situations at home.



Family Communication Plan

A family communication plan, prepared in advance, can help loved ones stay in touch in the event of a sudden disaster or other emergency.

Create a Plan

Use the Family Communication plan template form or create your own. Your communication plan should include contact information for family members and/or close friends in your community, as well as nearby neighbor. You should also establish an out-of-town contact.

Designate Meeting Places

Choose a spot in your neighborhood where family members can gather if your home must quickly be evacuated. Designate another location in the community to go to if family members are away from home and unable to gather at your neighborhood meeting place. Include these on your plan.

Distribute Your Plan

Make copies of your plan and give them to everyone on your list, with instructions to keep the plan with them at all times, in a purse, wallet or backpack. Place copies in your vehicles' glove boxes and in your home.

Emphasize with everyone the need to contact one another as soon as it is safe and possible after a disaster strikes. Update your plan on a regular basis.

Sources: Positive Promotions

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