

Health & Wellness

Tip of the Week

July is all about **Emergency Planning**. It is the perfect time to remind you about the importance of planning ahead for emergency situations.

Week 30
July 25, 2016

Creating a Basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear, and uncertainty.

- ✎ Decide what you and your family would do in each potential emergency situation.
- ✎ Draw a floor plan of your home showing escape routes.
- ✎ Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- ✎ Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- ✎ Post emergency numbers by every phone and teach children how and when to dial 911.
- ✎ Know how to shut off the water, gas and electricity at the main switches in your home.
- ✎ Plan how to help elderly or disabled neighbors in a disaster.
- ✎ Check that your insurance policies are up-to-date and provide good coverage.



Source: U.S. Fire Administration, Center for Disease Control and Prevention



Human Resources
1201 E. 8th Street
Mission, Texas 78572