fundamentals of preparedness

TRAIN TO SURVIVE

A Community Outreach Program of
Dallas County Health & Human Services and the
Medical Reserve Corps
16 Fundamental Steps to Preparedness
Decide to be prepared.
Identify real threats and hazards.

- Severe Storm
- Tornado
- Pandemic
- Hail
- Flooding
- Wildfire
Improve your “Disaster Personality”

• Attitude
• Knowledge
• Anxiety Level
• Physical Agility
• Training
Complete your Communications Plan

- Contacts
- Meeting places
- Family health
- Special needs
Survival Tip:

*Text First, Talk Second*
Complete your Emergency Contact Cards.

Emergency Contact Card

This card is for:
Person you should contact:
Phone number(s):
Out-of-town contact:
Phone number(s):
Where to meet:
Dial 911 for Emergencies!
Assign emergency responsibilities

Household Commander
(Emergency Finances)

Planning
(Scheduling)

Operations
(Meetings & Drills)

Logistics
(Storing Supplies)

Name: PAPA BEAR
Name: MAMA BEAR
Name: BABY BEAR
Name: GOLDILOCKS
Develop a house fire escape plan
Put an Emergency Kit in every vehicle
Protect valuable papers and records

A strong, fireproof safe might be a good investment.
Establish a neighborhood Support Network

- Get to know your neighbors
- Share contact information
Identify storage space for emergency supplies

- Space is there
- Be Resourceful
- Be Creative
Collect and store emergency supplies

• Minimum 3-day supply
• Foods your family will eat
• Organize for rotation
Prepare a Disaster Recovery Plan

- You may be on your own
- Separated from your family
- Living in a shelter
- Evacuated, and don’t know anyone.
Create a family identification file

- Include a 5” x 7” passport style photo
- Consider a set of fingerprint prints for each family member.
Establish an Emergency Financial Plan
Train to Survive

- Practice
- Drill
- Update
- Repeat
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Thank You!