

Emergency Preparedness Checklist

When disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

1. Prepare an emergency plan, 2. Follow reliable information, have an emergency bag ready during disaster warnings, and 3. Know about the help available.

Following checklist will help you to prepare. Discuss these ideas with your household members and plan in advance.

Plan in advance: Preparing for emergencies saves lives

- Find out which disasters could occur in your area.
- Learn how to prepare for each disaster. (For more info visit: ndma.gov.in)
- Find out how you would be warned of an emergency.
- Know evacuation routes, secure places in your neighbourhood/village.
(For more information contact Aapda Mitra in your district or request a community awareness session by State/National Disaster Response Force, email: hq.ndrf@nic.in)
- Meet with household members to prepare a household **Emergency Plan** (See table below)
- Discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.
- Show family members how to turn off the water, gas and electricity main connections.
- Keep emergency telephone numbers near telephones.
- Teach children how and when to call immediately for police (100), fire (101), ambulance (102), National Emergency number (112) and other important contact numbers
- Know authentic sources (social media/application/TV-Radio stations) of weather updates and emergency information (For more info visit: mausam.imd.gov.in, ndma.gov.in)
- Develop an emergency communication plan. Separation is a real possibility when disaster strikes, have a plan for getting back together.
- Decide one out-of-state and one local friend or relative or family members to call if separated during a disaster.
- Develop an **Escape Plan** for your household. (See table below)
- Decide two emergency meeting places
 - A place near your home in case of a fire.
 - A place outside your neighbourhood in case you cannot return home after a disaster.
- Discuss how to manage power outages, personal injuries. (For more info visit: dghs.gov.in)
- Learn basic first aid and CPR (For more info visit: ndma.gov.in)



MAKE A PLAN

Prepare Emergency Plan	Develop Escape Plan of your residence
<p>Keep following details handy for all household members</p> <ol style="list-style-type: none"> 1. Out-of-state contact 2. Local contact 3. Nearest relative 4. Emergency phone no 5. Family doctor 6. Meeting locations <ul style="list-style-type: none"> □ near house & □ in neighbourhood 	<ul style="list-style-type: none"> • Using a black/blue pen, show the location of doors, windows, steps, and large furniture. Indicate the location of emergency supplies (Emergency bag), fire extinguishers, smoke detectors, first aid kits and main utility connection. • Next, use a coloured pen to draw a broken line charting at least two escape routes from each room. • Mark a place outside home where household members should meet in case of fire. • Be sure to include important points outside such as parking lot, verandas, steps, elevators, driveways and entryways. • If your home has multiple floors, use additional paper to plan for each floor. • Practice emergency evacuation drills with all household members at least two times each year. <p style="text-align: right;"><i>For more info visit: redcross.org</i></p>

In Emergency call: Police-100, Fire-101, Ambulance-102, National Emergency-112

Emergency Preparedness Checklist

If disaster warnings are issued

- Gather emergency supplies, including your prescription medicines, non-perishable food and water
- Store at least 5 litres of water per day for each person and each pet.
- Store at least 3-day supply of water and food. Utilities and water supply might be disrupted in case of severe weather.
- Keep foods that have a long storage life and require little or no cooking, water, or refrigeration. Avoid very salty or spicy food items.
- Meet the needs of babies, other family members regarding special diets.
- Keep mobile phone charged. Use SMS for emergency communications
- Collect important documents** including Aadhar Card, Ration card and Voter ID card. Health/Vaccination records etc and store them in a waterproof bag/container
- Discuss what to do if authorities ask you to evacuate. Make arrangements for a place to stay with a friend/relative who lives out of town and/or learn about shelter locations.



BUILD A KIT

Prepare an emergency bag: Gather following items in a waterproof bag

- | | |
|---|--|
| <input type="checkbox"/> Drinking water (packed and sealed) | <input type="checkbox"/> Emergency plan, local map, contact numbers, details of family members |
| <input type="checkbox"/> Dry, non-perishable food (e.g., biscuits) | <input type="checkbox"/> Important documents, extra cash/valuables |
| <input type="checkbox"/> Battery-operated torch. Extra batteries. | <input type="checkbox"/> Extra set of vehicle keys, house keys |
| <input type="checkbox"/> Candles and matches/lighter in a waterproof container | <input type="checkbox"/> Personal aid e.g. glasses |
| <input type="checkbox"/> First aid box, essential medicines, face-mask, hand sanitizer | <input type="checkbox"/> Soaps, Sanitary pads, wipes, toilet paper, paper towels |
| <input type="checkbox"/> Prescription medicines | <input type="checkbox"/> Thick ropes and cords |
| <input type="checkbox"/> Chlorine tablets (to purify water) | <input type="checkbox"/> Weather-appropriate dry cloths including undergarments, blankets |
| <input type="checkbox"/> Knife, scissors, whistle, duct tape, Paper and pencils, Battery operated radio | <input type="checkbox"/> Safe, protective footwear |
| <input type="checkbox"/> Mobile phone, charger, power bank | |
| <input type="checkbox"/> Emergency reference materials, (e.g. first-aid book/its photocopy) | |

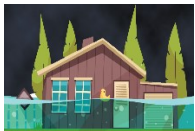


BE INFORMED

- Stay informed** through your local radio or television or authentic social media or application for weather updates and emergency information.
- Keep a family member informed if you are caught in a disaster.
- Know national and local helplines.

Continuing Climate Change will likely lead to more frequent and severe natural hazards, and concurrent (natural, man-made) disasters.

Follow authentic sources of information.



Floods



Heatwave. Drought



Thunder Storm



Cyclone



Wild Fires



Landslide



Air pollution

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