

Personal Emergency Preparedness Plan

A disaster can occur in Jackson County at any time. The ability for you to recover quickly from disaster can be enhanced by some advanced preparation and planning. This workbook is designed to assist you in planning and preparing for disaster.

Personal emergency preparedness is achieved by completing the following three steps.

Step 1. Understand Your Risk

Risk is the estimated impact that a hazard will have on you. A *Hazard* is something that has the potential to produce harm or other undesirable consequences. The following table identifies the hazards most likely to occur in Jackson County.

Hazards Most Likely to Occur in Jackson County	
1	Tornado/Severe Storm
2	Prolonged Power Outage/Other Utility
3	Flooding
4	Winter Storm/Ice Storm
5	Disease Epidemic
6	Severe Earthquake

While most Jackson County residents face the same hazards, the impact of these hazards will be different for each of us. The risks to an older adult will most likely be different than the risks to a family with small children, even though the hazard is the same.

Consider each of these hazards and how they might impact you.



This information provided as a courtesy of:

Jackson County Health Department
PO Box 307
Murphysboro, IL 62966
618/684-3143
www.jchdonline.org

Step 2. Make a Preparedness

Plan

Once you understand your risk, you should develop a preparedness plan to limit the impact of the hazard and to respond when it happens. This advanced planning will make the situation easier to cope with.

Your preparedness plan at a minimum should address the following:

- Communication Plan
- Your Personal Support Network
- Medications and Health Alert
- Evacuating or Sheltering in Place
- Caring for your pets
- Important Documentation

Use this workbook to create your personal preparedness plan.

Step 3. Get a Preparedness Kit

Your preparedness kit should have the equipment and supplies you need until access to supplies and services are restored. Generally, three days worth of food, water, and medication is considered the minimum. You should however, prepare to be self-sufficient as long as possible. A large scale earthquake will disrupt services over the entire region and may cause significant delays in the restoration of those services.

A checklist of suggested items is provided to assist you in developing your preparedness kit. Your preparedness kit should be tailored to your needs.

Additional Resources

Jackson Co. Emergency Management Agency	www.jacksoncountyema.com
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Jackson County Health Department	www.jchdonline.org
National Weather Service, Paducah Office	www.weather.gov/pah/
American Red Cross	www.redcross.org
Ready Illinois	www.illinois.gov/ready
Federal Emergency Management Agency	www.ready.gov

Communication Plan

Our Phone Number	
Our Address	

Family Contact Information

Family Member	Work/School Phone	Cell Phone

Friends/Neighbors/Relatives

Name	Home Phone	Cell Phone

Out of Area Contact

Name	Address	Phone	Email

Emergency Meeting Location

Near Home	
In Town	

Out of Town	
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Personal Support Network

Medical Providers

Contact	Name	Phone
Doctor		
Pharmacy		
Hospital		
Care Giver		
Medical Equipment		

Transportation Providers

Contact	Name	Phone
Public Transportation		
Taxi		

Pet Care

Contact	Name	Phone
Veterinarian		
Kennel		
Groomer		
Pet Sitter		

Insurance and Finance

Contact	Name	Phone
Home Insurance		
Auto Insurance		
Health Insurance		
Life Insurance		
Bank		
Financial Advisor		

**Health Information
For**

Name: _____

General Information

Date of Birth	
Blood Type	

Dietary Restrictions

Allergies

Medical Conditions

Condition	Limitations

Medication List

Medication	Dose	Directions	Notes

Medical Equipment

Type	Serial Number	Supplier

**Health Information
For**

Name: _____

General Information

Date of Birth	
Blood Type	

Dietary Restrictions

Allergies

Medical Conditions

Condition	Limitations

Medication List

Medication	Dose	Directions	Notes

Medical Equipment

Type	Serial Number	Supplier

Evacuation Plan

Local Evacuation Destination 1

Destination	
Mode of Transportation	
Primary Route	
Secondary Route	
Point of Contact	

Local Evacuation Destination 2

Destination	
Mode of Transportation	
Primary Route	
Secondary Route	
Point of Contact	

Out of Area Destination

Destination	
Mode of Transportation	
Primary Route	

Secondary Route	
Point of Contact	

Pet Information

General Information

Pet's Name	
Species	
Breed	
Color	
Hair Type	
Distinguishing Marks	
Rabies Vaccination	
Microchip ID #	

Dietary Restrictions

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Medical Conditions

Medication List

Medication	Dose	Directions

Evacuation Plan

	Location	Point of Contact	Notes
Local Primary			

Local Alternate			
Out of Area Primary			

Important Documentation

Document	Original Location	Copy Location
Birth Certificates		
Marriage License		
Divorce Papers		
Social Security Cards		
Passport		
Will		
Power of Attorney		
Mortgage or Deed		
Vehicle Titles		
Federal Tax Returns		
State Tax Returns		

72 Hour Emergency Supply List

Item	Have	Item	Have
Water (3gallons per person)		Spare Eyeglasses	
Food		Contact Lens Solution	
Hard candy		Wash Cloth and Towels	
Unscented Chlorine bleach		Hearing Aids and Batteries	
Manual Can Opener		Complete Change of Clothes	
All Purpose Knife		Shoes or Boots	
Paper Plates/Utensils/Cups		Rain Gear	
Re-sealable Plastic Bags		Jacket	
Aluminum Foil		Hat, Scarf, Gloves	
Paper Towels		Sleeping Bag and Pillows	
Small Cooking Stove with fuel		Cards and Games	
Pots and Pans		Pet Food	
Trash Bags		Leash	
Hand Sanitizer		Pet Carrier	
Toothbrush and Toothpaste		Kitty Litter	
Soap and Shampoo		First Aid Kit	
Sunscreen and Lip Balm		Portable Radio with batteries	
Insect Repellant		NOAA weather radio	
Lotion		Flashlight	
Deodorant		Waterproof Matches	
Shaving Supplies		Battery powered lantern	
Feminine Supplies		Small toolkit	
Toilet Paper		Duct Tape	
Bucket with lid		Whistle	
Tissues		Notebook and Pencils	
N95 Face Mask		Copy of Preparedness Plan	

Vehicle Emergency Supply List

Item	Have	Item	Have
Water		N95 Facemasks	
Protein Bars		Toolkit	
Blanket		Small Gas Can (empty)	
Small Tarp		Spare Vehicle Fuses	
Flashlight		Jumper Cables	
LED Lantern		Kitty Litter (in winter)	
Glow Sticks		Toilet Paper	
Waterproof Matches		Sanitary Wipes	
Candles		Hand Sanitizer	
Whistle		First Aid Kit	
Large Trash Bags		Plastic Tote or Backpack	
Copy of Preparedness Plan			

Go Bag Supply List

Item	Have	Item	Have
Flashlight		Toothbrush and Toothpaste	
Small Radio		Hand Sanitizer	
Batteries		Toilet Paper	
Whistle		Small First Aid Kit	
N95 Mask		Medication (3 days)	
Pocket Knife		Spare Eyeglasses	
Emergency Cash (small bills)		Copy of Preparedness Plan	
Change of Clothes		Spare Keys	
Shoes			
Bottled Water			
Protein Bar			
Duct Tape			
Permanent Marker			

Digital Disaster Preparedness: Are You Ready?

Below is a list of smartphone applications that may help you be better prepared in an emergency.

This list is not comprehensive and is not an endorsement of any particular product. Some apps may have a fee to download.

(means also available in Spanish)*

Red Cross mobile apps – for iPhone & Android

<http://www.redcross.org/prepare/mobile-apps>

First Aid*

Flood*

Tornado*

Earthquake*

Wildfire*

Hurricane*

Shelter

Pet First Aid

FEMA mobile app* - for iPhone & Android

<https://www.fema.gov/mobile-app>

AccuWeather mobile app – for iPhone, Android, Windows

<http://www.accuweather.com/en/downloads>

The Weather Channel mobile app – for iPhone, Android, Windows

<http://www.weather.com/services/mobilesplash.html>

WeatherBug mobile app – iPhone

<http://weather.weatherbug.com/mobile/weatherbug-for-ios.html>

WeatherBug mobile app – for Android

<http://weather.weatherbug.com/mobile/android.html>

weatherUSA mobile app – for Android

<http://www.weatherusa.net/services/mobile/>

Also, at these websites you can sign up for free weather alerts by text / email

<https://mystateusa.com/alertSignup.aspx>

<https://profile.weather.com/#/registration/home-location>

<http://www.weatherusa.net/alerts/>

<http://www.nixle.com/>