

# 4 Easy Steps to Get Your FAMILY ready

- 1 **Stay Informed** - Sign up for Alert!Montgomery to receive emergency notices and instructions
- 2 **Make a Plan**      3 **Make a Kit**
- 4 **Get Involved** - Help your neighbors and friends

## Preparedness is a Family Activity!

Practice preparedness at home. Include everyone in making your family disaster plan:

- Discuss what to do if a disaster happens to your home and neighborhood
- Practice evacuating the house and using emergency contacts regularly
- Have everyone make a personal emergency supply kit to survive 72 hours on their own. See Step 3 in this brochure to learn what should go in your kit.

## Important Links

Check out the links below for more information on emergency preparedness!

<b>MONTGOMERY COUNTY</b>	
<b>Montgomery County, MD</b> <a href="http://www.montgomerycountymd.gov/OEMHS">www.montgomerycountymd.gov/OEMHS</a>	
<b>Police Department</b> <a href="http://www.mymcpnews.com">www.mymcpnews.com</a>	
<b>Fire Department</b> <a href="http://www.montgomerycountymd.gov/FireRescue">www.montgomerycountymd.gov/FireRescue</a>	
<b>ADDITIONAL RESOURCES</b>	
<b>American Red Cross</b> <a href="http://www.redcross.org">www.redcross.org</a>	
<b>Centers for Disease Control and Prevention</b> <a href="http://www.cdc.gov">www.cdc.gov</a>	
<b>Disaster Help</b> <a href="http://www.disasterhelp.gov">www.disasterhelp.gov</a>	
<b>Federal Emergency Management Agency</b> <a href="http://www.fema.gov">www.fema.gov</a>	
<b>U.S. Department of Homeland Security</b> <a href="http://www.ready.gov">www.ready.gov</a>	
<b>Humane Society of the United States</b> (for pet preparedness) <a href="http://www.hsus.org/disaster">www.hsus.org/disaster</a>	

## Important County Phone Numbers

<i>EMERGENCY</i>	
Police	911
Fire	911
Ambulance	911
<i>NON-EMERGENCY</i>	
Police	301.279.8000
Report Crime Tips	800.492.TIPS (8477)
Mont. County Government	311
Poison Control	800.222.1222
<i>UTILITIES</i>	
PEPCO	877.737.2662
BG&E	877.778.2222
First Energy	800.255.3443
WSSC	301.206.9772
Washington Gas	703.750.1000

## Montgomery County OnDemand

	Subscribe to receive Montgomery County Public Information Office reports	<a href="http://www.twitter.com/MontgomeryCoMD">www.twitter.com/MontgomeryCoMD</a>
	Keywords: Montgomery County Government	<a href="http://www.facebook.com/pages/Montgomery-County-MD-Office-of-Emergency-Management-Homeland-Security">www.facebook.com/pages/Montgomery-County-MD-Office-of-Emergency-Management-Homeland-Security</a>
	Video by Montgomery County Government	<a href="http://www.youtube.com/user/montgomerycountymd">www.youtube.com/user/montgomerycountymd</a>
	Alert!Montgomery - Register to receive emergency alerts	<a href="https://alert.montgomerycountymd.gov">https://alert.montgomerycountymd.gov</a>

For more information on Emergency Preparedness if you do not have access to a computer, contact 311 or 240-777-0311 (TTY 240-777-3556).

During emergencies, listen to your radio for Emergency Broadcast System information on WTOP (FM-103.5) and WMAL (AM-630).



ARE YOU READY?

[www.MontgomeryCountyMD.gov/OEMHS](http://www.MontgomeryCountyMD.gov/OEMHS)



# Family Preparedness

Get Ready in 4 Easy Steps!



Prepared by the  
**Montgomery County Office of  
Emergency Management and Homeland Security**  
[www.MontgomeryCountyMD.gov/OEMHS](http://www.MontgomeryCountyMD.gov/OEMHS)



# 1 Stay Informed - Sign up for Alerts

Sign up for **Alert! Montgomery** to receive alerts. Go to: [Alert.MontgomeryCountyMd.gov](http://Alert.MontgomeryCountyMd.gov)

Be informed about severe weather, major traffic disruptions, significant power outages, and flooded areas. This is a free service, but check with your wireless plan to determine if text charges apply.

Follow us on Twitter! Subscribe to @MontgomeryCoMD to receive county information during emergencies.



# 2 Make a Plan

Discuss with your family:

**What to prepare for**—Discuss the hazardous events most likely to happen in your area. Talk about how to respond and cope with different types of natural disasters, prolonged loss of utilities or water, a terrorist event, or a major public health emergency.

**Whom to contact**—Stay in touch by having an in-town and out-of-town family contact. If separated, notify the family contact – tell them how you are, and arrange to reunite with other family members.

**Where to meet**—Pick two places:

1. Outside your house in a safe location in case of a fire or other emergency
2. Outside your neighborhood in case you cannot return home.

**Whether to go or stay**—Discuss the nature of hazardous events that would require staying put or evacuating your home, business, or school.

Also consider:

- A plan for children in childcare or school, older adults, and other family members who need special assistance
- A plan for the care of your pets (see Montgomery County's Pet Preparedness guide). Montgomery County may provide pet shelters during an emergency; for more information call 311.

**What to do**—Have each family member put together an emergency supply kit and keep them in a safe place in your home, office, or school. Be prepared to take them with you if evacuation is required.

## Emergency Contacts

Everyone in the family should know your in-town and out-of-town contacts.

<i>In-Town Contact (Primary)</i>	<i>In-Town Contact (Secondary)</i>
Name:	Name:
Phone:	Phone:
Address:	Address:
Alternate Phone:	Alternate Phone:
Email:	Email:
<i>Out-of-Town Contact (Primary)</i>	<i>Out-of-Town Contact (Secondary)</i>
Name:	Name:
Phone:	Phone:
Address:	Address:
Alternate Phone:	Alternate Phone:
Email:	Email:

## Family Meeting Location

Identify where your family will meet either outside of your home or outside of your neighborhood.

<i>Meeting Location Outside the House</i>	
<i>Meeting Location Outside the Neighborhood (Primary)</i>	
Name:	Phone:
Address:	
<i>Secondary Location Outside the Neighborhood (in case primary is damaged or not available)</i>	
Name:	Phone:
Address:	

# 3 Make a Kit

Think about what you need for basic survival. Make an emergency supply kit and keep it readily available to make it easier on you and your family to shelter in place or evacuate. For each person in your family, gather essential items needed to survive for 72 hours (3 days) or more.



Water



Food



Clothes and Shoes



Can Opener



Radio and Batteries



Flashlight and Batteries



First Aid Kit



Medications



Hygiene Items



Important Documents

For more information on what to include in your kit, visit [www.montgomerycountymd.gov/MakeAKit](http://www.montgomerycountymd.gov/MakeAKit).

# 4 Get Involved - Help Others

Once your family is prepared, help others:

1. Contact older relatives, neighbors, and friends, and assist in emergencies
2. Support neighborhood, church or civic groups actively involved in emergency response
3. Join emergency volunteer organizations—some offer regular training in response, CPR, first aid, and more.

This document was prepared under a grant from FEMA's Grants Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grants Programs Directorate or the U.S. Department of Homeland Security.