

Family Preparedness & Data Sheet

This form is intended for use by a family. It coordinates family members by informing them of their responsibilities during an emergency and pre-arranged meet-up locations and contacts. Without a plan in advance, family members can easily become separated during an emergency. Plan to first meet your family at home. If your home is not safe (or abandoned), move to your 'local' meet-up location. If the 'local' location is not safe, then go to the 'regional' location and then to the 'national' meet-up location. Contact your family 'meet-up coordinator' to help direct you and your family.

Household INFO

Family Name:	Head of household:
Address:	Lat. & Log (Geo):
Phone 1:	Phone 2:

Household Members

Name	Gender	Birth Date	Name	Gender	Birth Date

Household Pets

Name	Species	Birth Date	Name	Species	Birth Date

Non-Home Emergency Meet-up Locations

Non-Home Meet-up Coordinator:	Phone:	
<i>Pick someone that is reliable and likely to be easy to contact. Also, consider someone who will not be affected by a regional emergency.</i>		
Local	Regional	National
Location:	Location:	Location:
Contact:	Contact:	Contact:
Address:	Address:	Address:
City:	City:	City:
Geo:	Geo:	Geo:
Phone:	Phone:	Phone:

Emergency Phone Numbers

For Most Emergencies: 911	Hood River Fire Dept: 541-386-3939
Sheriff Dispatch: 541-386-2711	Pacific Power: 877-508-5088
North West Natural Gas: 800-882-3377	Hood River City Police: 541-386-2121
Poison Control: 800-452-7165	City of Hood River Water System: 541-387-5205

Family Medication Needs

Name	Medication	Dosage	Frequency

*During large-scale emergencies, be prepared to shelter for at least two weeks without assistance or rescue. In order to survive during an emergency, it is important to remember that you must find **shelter**, then **water**, then **food**. Without adequate clothing and shelter, humans die from exposure easily. Humans will quickly die at temperatures below 50°F (10°C) or above 120°F (48°C) and damp weather increases the risks of exposure. Also, exposure to the sun will quickly lead to sunburns resulting in illness, infections and potentially death. Know the symptoms of hypo- and hyper-thermia. Take first-aid and potentially learn to save your family and neighbors.*

*Finding clean and safe water to drink may be a challenge during an emergency. An adult needs at least 1 gallon per day. People are always cautioned **not** to drink un-treated surface water. Human diseases (pathogens) easily find their way into rivers and lakes from a variety of sources (failing septic systems, wild animals & people defecating near/in the water, etc.). Household water filters are not necessarily adequate to remove biological contaminants. Serious illness and even death can easily occur. Children, immune-compromised and elderly people are particularly vulnerable to contaminated water. If you develop diarrhea, quickly seek medical attention and find a safer water source. Boiling water for ten minutes or adding small amounts of chlorine (bleach) usually makes water reasonably safe. However use caution; for example: boiling can increase the dangers of Nitrates and Arsenic, chlorine does not eliminate toxins polluting the water. Constructing a slow sand filter is a good long-term survival tool, but requires special equipment resources and time.*

It's best to eat foods that need to be cooked before eating them. Do not save cooked food for later; dangerous bacteria will grow on and in it. During an emergency, the safest place to store food and water is in your stomach. Contact us if you have any questions (541-387-1115).