

**IMPORTANT KEEP (2) COPIES OF THIS FAMILY LIFE SUPPORT PLAN WITHIN A PLASTIC
INSERT BOTH FOR YOUR HOME & VEHICLE**



Family Life Support Emergency Evacuation Plan

**Page 1: Introduction and
Preparedness Items**

Introduction

In the event of a catastrophic event, it is crucial for families to have a well-prepared and thoroughly communicated evacuation plan. The **Family Life Support** initiative by United Strength aims to provide a comprehensive guide to ensure the safety and well-being of families during emergencies. This plan includes an extensive list of preparedness items, a step-by-step guide for evacuation, contact information, and valuable medical needs information.

Preparedness Items

Basic Supplies:

- Water (one gallon per person per day for at least three days)
- Non-perishable food (at least a three-day supply)
- Battery-powered or hand-crank radio and NOAA Weather Radio with tone alert
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air
- Plastic sheeting and duct tape (for sheltering in place)
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps

Personal Items:

- Medications (prescription and non-prescription)
- Eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Pet food and extra water for your pet

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- Cash, traveler's checks, coins, goldbacks or crypto hard wallet

- Important family documents (copies of insurance policies, identification, and bank account records)
- Sleeping bags or warm blankets for each person
- Complete change of clothing, including a long-sleeved shirt, long pants, and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Books, games, puzzles, or other activities for children

Page 2: Step-by-Step Guide When Traveling

Step 1: Pre-Evacuation Preparation

- Monitor local news and weather reports for updates.
- Charge cell phones and portable chargers.
- Ensure your vehicle is in good working condition and has a full tank of gas.
- Pack a travel kit with essential items (see Preparedness Items list).
- Identify and map out multiple evacuation routes.

Step 2: Communication Plan

- Establish a family meeting point if separated.
- Assign an out-of-town contact person for family members to check in with.
- Share your evacuation plan with neighbors or friends.

Step 3: Evacuation Execution

- Follow instructions from local authorities and leave immediately if ordered to evacuate.
- Take your emergency kit and important documents.
- Secure your home by locking doors and windows, and unplugging electrical devices.
- Use the planned evacuation routes and avoid shortcuts that may be blocked.
- Keep your phone charged and listen to updates via battery-powered radio or mobile apps.

Step 4: En Route Protocol

- Drive carefully and follow traffic signs and directions from emergency personnel.

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- Stay together with your family and do not leave your vehicle unless necessary.
- Avoid any uncontrolled hostile behavior, remain calm and adhere to the plan.

- Keep in contact with your designated out-of-town contact person to update them on your status or post to a private facebook group.

Step 5: Arrival at Safe Location

- Check in with local authorities or emergency shelters.
- Update your designated contact person and any other relevant parties.
- Follow instructions from shelter personnel regarding registration and resources.

Page 3: Contacts and Communication

Who to Contact and Why

Emergency Services:

- 911:** For immediate assistance with life-threatening situations.
- Local Police and Fire Departments:** For non-life-threatening emergencies and assistance.

Trusted Neighbors:

- Neighbor #1** _____ **Phone** _____
- Neighbor #2** _____ **Phone** _____
- Neighbor #3** _____ **Phone** _____
- Neighbor #4** _____ **Phone** _____
- Neighbor #5** _____ **Phone** _____

Designated Family Point of Contacts: Name one family point person who will be responsible for providing updates and status to the family.

- 1st Family POC** _____ **Phone** _____
- 2nd Family POC** _____ **Phone** _____
- 3rd Family POC** _____ **Phone** _____
- PRIVATE Family Facebook Group** _____

Medical Contacts:

- Primary Care Physician:** For guidance on managing existing health conditions.
- Pharmacy:** To ensure you have necessary medications and refills.

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- Local Hospitals and Urgent Care Centers:** For emergency medical assistance.

Local Authorities and Organizations:

- Red Cross:** For shelters and evacuation updates
- The Salvation Army:** For shelters and evacuation updates
- FEMA:** For federal assistance and disaster relief information.
- Local Emergency Management Office:** For updates on evacuation routes and shelter availability.

Page 4: Medical Needs and Additional Information

Medical Needs

General Guidelines:

- Keep a list of all family members' medical conditions, allergies, and medications.
- Store a 7-day supply of prescription medications in your emergency kit.
- Include copies of prescriptions and dosage information.

Special Considerations:

- Infants and Children:** Pack additional formula, diapers, and age-appropriate medication.
- Elderly Family Members:** Ensure you have extra medical supplies such as hearing aid batteries, glasses, and mobility aids.
- Individuals with Disabilities:** Include specialized equipment and ensure accessible evacuation routes.

Valuable Information

Insurance and Financial Preparedness:

- Review and update your insurance policies to ensure adequate coverage.
- Keep copies of important financial documents and contact information for financial institutions.

Pet Preparedness:

- Ensure pets have identification tags and microchips.
- Pack pet-specific supplies, including food, water, medications, and a carrier.

Mental Health Support:

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- Recognize the emotional impact of emergencies and seek support from mental health professionals if needed.
- Engage in stress-relief activities and maintain open communication with family members.

List each member living in the home as of date: _____ (Place a * if medicine is needed)

1) Member _____ Age _____ Relationship _____

2) Member _____ Age _____ Relationship _____

3) Member _____ Age _____ Relationship _____

4) Member _____ Age _____ Relationship _____

5) Member _____ Age _____ Relationship _____

6) Member _____ Age _____ Relationship _____

List Pets as of: _____

Type _____ Name _____

Type _____ Name _____

Type _____ Name _____

By following this **Family Life Support** emergency evacuation plan, families can enhance their preparedness and ensure a coordinated response in the event of a catastrophic event. Prioritizing safety, communication, and medical needs will help mitigate the impact of emergencies and promote resilience. Each member of the household should have a small bag or tote the size of a carry-on item with emergency clothes and tennis shoes that should be kept by their bedside incase of an emergency.

The Bible contains scriptures that affirm the promise that those who call upon the name of the Lord shall be saved. May divine protection and guidance be with you as you all upon God in your time of need.

Joel 2:32 (ESV)

"And it shall come to pass that everyone who calls on the name of the Lord shall be saved. For in Mount Zion and in Jerusalem there shall be those who escape, as the Lord has said, and among the survivors shall be those whom the Lord calls."

Matthew 28:20 (KJV):

"Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen."

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