

Action Plan – Family Emergency Plan

This worksheet is designed to be a companion to Chapter 4 (Family Emergency Plan) in *The Practical Prepper: A Common Sense Guide to Preparing for Emergencies* and help readers develop a well-prepared action plan for their family or those closest to them.

A family plan is critical to surviving any disaster. It provides an opportunity to think ahead, plan for possible hazards, and educate the entire family on agreed upon procedures. Disasters can be challenging enough, without the pain and fear associated with having a missing loved one. This plan is the foundation for your preparedness efforts. Most people spend half of their time away from their homes. Where might you be when disaster strikes? How would you get back together if you are separated?

Armed with the information from the chapter, let us create a written plan. Start by documenting exactly where you are going to meet in an emergency. You may choose to change the names of the meeting places to titles which have more meaning to your family, i.e. house fire meeting place, tsunami meeting place, etc. Complete the following worksheet.

Meeting Places			
Name of Place	Home	Cell	Alternate
Example: Out-of-Area: Aunt Em's Home	(xxx) xxx-xxxx	(xxx) xxx-xxxx	(xxx) xxx-xxxx
22 W. Munchkin Drive, Emerald City, Kansas			
Primary Meeting Place:			
Secondary Meeting Place:			
Out-of-Area Meeting Place:			
Higher Ground Meeting Place:			







Now let's create your family communication plan. Complete the worksheet below:

Communication Plan	
Method	Details
Notes —destination, contact information, date and time	Where to leave notes:
Text – group text in the event one phone is lost	
E-mail – email whenever you have the opportunity	
FRS/GMRS Radios	Channel: _____ Privacy Code: _____
Local Emergency Radio Stations	Station: _____ Station: _____
Amateur Radio	Frequency: _____
NOAA Alert Radio	

The final part of this assignment specifically identifies each family member. Our family plan has contact numbers, meeting places, and communication information on the front of our written family plan and family information and photos on the back. Photos might be used for identification purposes so make sure the faces are clearly visible. Protect your identity from thieves by never putting your social security number and date of birth on the same document.

Allergies (NKDA = no known drug allergies), current medications, dates of birth (DOB), along with any information which may be important for medical personnel to know, should be included on this sheet. Our family plan has changed significantly over the years. It is important to update it annually, which can be simple if you create it in electronic format. Just edit, reprint, and laminate.

Sample Family Identification

Papa Jones DOB NKDA	Mama Jones DOB NKDA	Child #1 DOB NKDA Hx: Asthma Albuterol PRN	Child #2 DOB Allergic: PCN	Child #3 DOB NKDA Allergic: Bees EPI Pen	Child #4 DOB NKDA Food Allergy: Peanuts
					

Congratulations!

You have just completed one of the most challenging parts of emergency preparedness. A thoughtfully prepared and practiced family plan is a huge success. You are well on your way to being prepared for the possible events in your future. Remember to make copies of your family plan. We prefer to laminate them. Put one in each survival bag, post one, keep one at work, and in each vehicle along with your marked evacuation maps. Good job!