



Virginia Department of  
Emergency Management

# Emergency Preparedness Handbook

2016



# GET A KIT

MAKE A PLAN  STAY INFORMED

Collect these essential supplies to last at least 3 days for each family member.



**3 days of water and food that won't spoil and doesn't need electricity to prepare**



1 gallon of water per person per day for drinking and hygiene

A battery-powered and/or hand-crank radio. Extra batteries.



A written family emergency plan

## Additional items



Flashlights



First-aid kit, including a list of allergies, and extra contact lenses or glasses



A written list of prescriptions, the prescribing doctors and at least a week's supply of medications



Toilet paper, soap, plastic garbage bags and personal hygiene items



Special items for elderly or disabled family members



Pet information and supplies

**If you have to evacuate your home, take your emergency supply kit. Try to stay with family or friends, in a hotel or motel, or public shelter. For more information, visit [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov).**

Download the Ready Virginia app



**Ready**  
  
**virginia**  
[www.ReadyVirginia.gov](http://www.ReadyVirginia.gov)

Download the free Ready Virginia app for alerts and more information.

GET A KIT



**MAKE A PLAN**

STAY INFORMED

Keep written contact information with you at all times. Use this form to write down your family's emergency plan. Post a copy where family members can see it, and put a copy in your emergency kit.

During an emergency, it's often easier to reach family or friends who live out of town.



Out-of-town contact:

.....  
.....  
.....

Call or text #:

1

2

Email:

.....  
.....

Where can you reach your family during an emergency?



Workplace and phone:

.....  
.....  
.....



School and phone:

.....  
.....  
.....



Workplace and phone:

.....  
.....  
.....



School and phone:

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.....  
.....

Decide on a meeting place if you cannot return to your home.



Neighborhood meeting place and phone:

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.....  
.....



Out-of-town meeting place and phone:

.....  
.....  
.....



Doctor:

Phone:

.....



Veterinarian:

Phone:

.....



Insurance:

Phone:

.....



Medication:

Dosage:

.....

Prescribing doctor:

.....



Medication:

Dosage:

.....

Prescribing doctor:

.....



Medication:

Dosage:

.....

Prescribing doctor:

.....

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GET A KIT  MAKE A PLAN

**STAY INFORMED**



Floods



Tropical Storms & Hurricanes



Severe Winter Storms



Tornados



Terrorist Activity



Chemical Spills

Most communities in Virginia have been affected by some or all of these disasters, and other types, too.

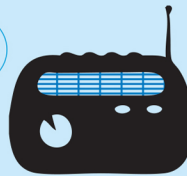
**Learn about the types of disasters, both natural and accidental, that are most likely to happen where you live, work and go to school.**



**Ask your community officials and schools about their emergency plans. What is their plan for evacuating or sheltering?**

Stay tuned to what's going on around you. Be aware when there are weather-related or other types of threats.

A NOAA Weather Radio is the best way to get weather warnings for your area. They carry weather information from local National Weather Service offices 24/7. <http://www.nws.noaa.gov/nwr>



Listen to local TV and radios for information from emergency officials. Have a battery-powered and/or hand-crank radio to get information when the power is out.

Sign up for emergency alert notifications through your local government.



Get the Ready Virginia app for your mobile device, available on the iTunes App Store and on Google play.

Ready Virginia is an educational campaign that promotes emergency preparedness through three basic steps: get a kit, make a plan, stay informed. This document was prepared under a grant from FEMA's Grant Programs Directorate and the Department of Homeland Security.

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