

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



Home *FIRST* Plan A United Strength Initiative

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

READINESS & PREPARATION

The **Home First Plan** outlines the importance of getting back to and remaining in your home with support from neighbors and surrounding community services. This is your greatest leverage in crisis situations. Many people underestimate the importance of working together in community, not realizing that most if not all resources can be found in your own home or neighborhood. The first step in an emergency is 1) receive medical attention (if needed) and 2) get home safety. Reach out to your neighbors to unite and discuss your plan in an emergency situation. Our greatest resource in preparing a plan is our united strength, to model how to remain calm, maintain peace and serve with compassion during stressful situations.

Here are 10 discussion points for neighbors and community leaders to review in preparation for a crisis:

1. Emergency Communication Plan

- Establish clear communication channels for emergency alerts, updates, and coordination within the community.

2. Resource Inventory and Sharing

- Identify and catalog available resources such as food, water, medical supplies, and tools that can be shared among neighbors during a crisis.

3. Safety and Evacuation Routes

- Review and map out safe evacuation routes and meeting points for residents in case of an emergency.

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4. Roles and Responsibilities

- Assign specific roles to community members (e.g., medical responders, communication liaisons, and safety coordinators) based on their skills and resources.

5. Vulnerable Populations

- Identify and plan support for vulnerable community members, including the elderly, disabled, and those with medical needs.

6. First Aid and Medical Support

- Discuss the availability of first aid supplies and training, and create a plan for medical support in the event of injuries or illness.

7. Crisis Scenarios and Response Plans

- Review potential crisis scenarios (natural disasters, power outages, civil unrest) and develop tailored response plans for each situation.

8. Neighborhood Watch and Security

- Implement or strengthen neighborhood watch programs to maintain security and provide mutual protection during a crisis.

9. Mental Health and Emotional Support

- Discuss strategies for providing emotional and psychological support to community members during and after a crisis.

10. Post-Crisis Recovery and Rebuilding

- Plan for the recovery phase, including the rebuilding of community infrastructure, restoring resources, and supporting affected families.

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Designated Family Point of Contacts

Name one family point person who will be responsible for providing updates and status to the rest of the family. If they are unreachable, select #2 and so forth.

- Family POC #1 _____ Phone _____ Relation _____
- Family POC #2 _____ Phone _____ Relation _____
- Family POC #3 _____ Phone _____ Relation _____

Private Facebook Group

A private Facebook group can be a tremendous communication asset to a family in crisis by providing a secure and centralized platform for sharing critical information, coordinating support, and maintaining connection during difficult times. Here's how it can be beneficial:

1. Centralized Communication Hub

- A private Facebook group serves as a single, accessible place where family members can post updates, share news, and communicate with each other. This ensures that everyone is on the same page, reducing confusion and misinformation.

2. Real-Time Updates

- Family members can post real-time updates about the crisis, allowing everyone to stay informed about the latest developments. This is particularly useful for coordinating responses, such as who needs help and where resources should be allocated.

3. Coordinating Support and Resources

- The group can be used to organize and delegate tasks, such as coordinating meal deliveries, arranging transportation, or setting up care schedules for those affected by the crisis. It can also be a platform to share resources like emergency contacts, medical information, and financial support.

4. Emotional Support and Connection

- In times of crisis, emotional support is crucial. A private Facebook group allows family members to offer encouragement, share positive messages, and provide a sense of community and solidarity, even if they are physically separated.

5. Privacy and Security

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- The private nature of the group ensures that sensitive information is only accessible to trusted family members and close friends. This allows for open and honest communication without the concern of unwanted external attention.

6. Ease of Access and Use

- Facebook is widely used and accessible, making it easy for family members of all ages to join and participate in the group. The platform's notifications and mobile accessibility ensure that important messages are seen promptly.

7. Document and Photo Sharing

- The group allows for the easy sharing of important documents, photos, and videos, which can be crucial for keeping everyone informed and involved. For example, medical reports, insurance details, or emergency plans can be shared securely.

8. Event Planning and Reminders

- Facebook groups have built-in tools for creating events and sending reminders, which can be used to schedule family meetings, coordinate care efforts, or organize support activities.

9. Long-Term Record Keeping

- The group acts as a record of the crisis and the family's response, preserving valuable information and memories that can be referenced later for reflection, learning, or future preparedness.

10. Integration with Other Tools

- Facebook groups can integrate with other online tools and resources, such as linking to GoFundMe campaigns, meal train schedules, or emergency preparedness resources, further enhancing the group's utility in managing the crisis.

- PRIVATE Family Facebook Group** _____
- Other Private Social Platform** _____

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Basic Emergency 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
- 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.

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- 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.
- 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.

Contacts and Communication

Emergency Services:

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

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Medical Contacts:

- Primary Care Physician:** For guidance on managing existing health conditions.

Phone: _____

- Pharmacy:** To ensure you have necessary medications and refills.

Phone: _____

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

Phone: _____

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.

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.

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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:

- 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 * for medication 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 : _____(Date)

Type _____ Name _____ Type _____ Name _____

Type _____ Name _____ Type _____ Name _____

Type _____ Name _____ Type _____ Name _____

- 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.

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By following this **Home First** emergency 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.

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 alway, even unto the end of the world. Amen."

In Strength,

Members of UNITED STRENGTH