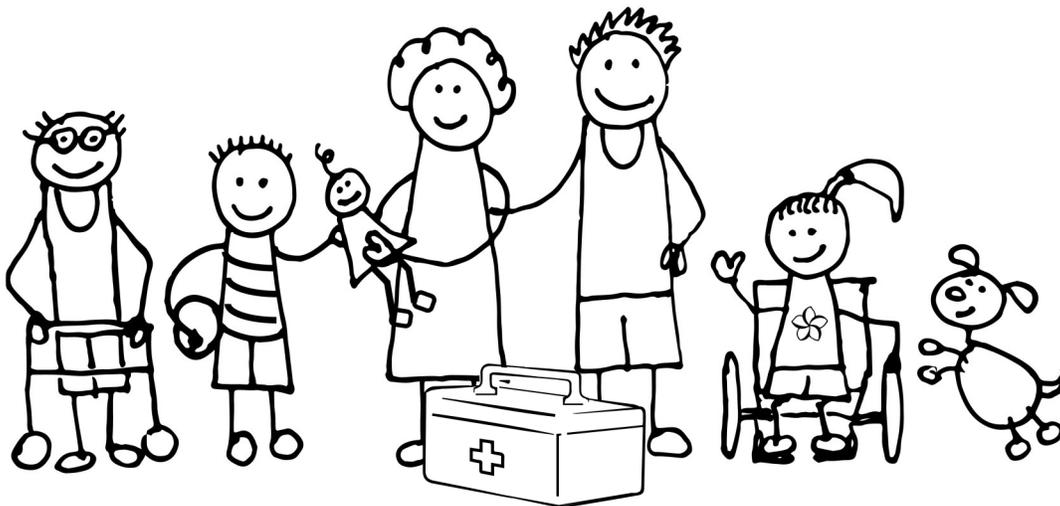


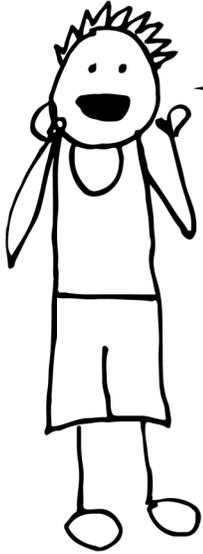
MauiReady.org

AN EMERGENCY PREPAREDNESS WORKBOOK FOR MAUI COUNTY RESIDENTS



THIS WORKBOOK HAS 6 SECTIONS:

- 1. OUR OHANA**
- 2. PLANNING FOR AN EMERGENCY**
- 3. EMERGENCY KITS**
- 4. HEALTH AND MEDICAL INFORMATION**
- 5. PEOPLE WITH SPECIAL HEALTH NEEDS OR
ACTIVITY LIMITATION**
- 6. PET EMERGENCY PLAN**



Keep Calm and Be Prepared

Your family may not be together when disaster hits.

- How will you find each other to make sure everyone is safe?
- Is it safe to stay home or should you go to an emergency shelter?

**Use this workbook to plan ahead for emergencies
and protect your ohana.**

The last page of this workbook is a set of wallet cards you can fill out with important information. Each family member should keep one in their wallet, purse, or backpack.

Note: Place this document and other important information in a waterproof bag and keep it in a secure place. Do not give Social Security numbers, dates of birth, etc. to anyone except trusted individuals.

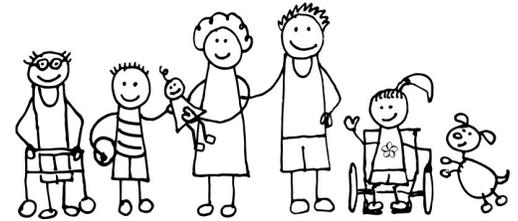
This booklet can be printed from www.MauiReady.org

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and**

Hawaii State Department of Health

**For more information, please call
Emergency Preparedness Branch (Maui)
Hawaii State Department of Health
808-243-8660**

1: OUR OHANA



Use this sheet to write information about your household (ohana) in one place. Be sure to write down phone numbers that are stored in your cell phone, in case you lose it or your battery runs out of power.

Update this booklet when information changes, especially phone numbers. Consider keeping printed photos of all household members together with this workbook.

Date reviewed: _____ (update this booklet at least once a year)

Family (Last) Name(s):			Home Phone #		
Street Address:		Apt. #:	Town:		
Emergency Contact Names and #s:			Car License Plate #(s):		
Neighbor Phone #:			E-mail Addresses:		
Last Name	First Name	Age	Sex (M / F)	Personal Cell Phone #	Other info:



2: PLANNING FOR AN EMERGENCY

Make sure all members of your ohana know:

- **When You Hear A Warning Siren**—turn on a radio to listen for warnings.
- **If You Feel A Strong Earthquake**—get away from beaches or low-lying areas immediately, don't wait for a warning siren (an earthquake can cause tsunamis)
- **“Shelter In Place”** (in some emergencies you will be told this)—Stay indoors where you are until authorities tell you it is safe or until you are told to evacuate.
- **If Your House Is Not Hurricane Safe** and you know someone whose house is safer, ask them to take you in for the storm. Otherwise, listen to local radio stations to find out which shelters are going to be open and which accept pets.
- Listen to **local** radio stations or check official announcements on social media. Conditions and announcements are different for each island and it is essential to tune in to updates **in your specific area**.

Use this information to fill out the wallet cards in the back of this workbook.

<p>Meeting place outside your home (if you need to leave your house):</p>	<p>If there is a phone number at the meeting place, write it here:</p>
<p>Alternate meeting place (in case neighborhood is inaccessible):</p>	<p>If there is a phone number at the meeting place, write it here:</p>
<p>Choose a few contact people to check in with. Let them know your location and if you are ok. Use text messaging instead of calling to keep lines open for emergencies.</p>	<p>At least one of these numbers should be off island or out of state. Contact #1: Contact #2: Contact #3:</p>
<p>Emergency shelter location(s):</p>	<p>Shelters that take pets:</p>

Safety Tip: Keep a map handy and circle emergency shelters closest to you!



EMERGENCY NUMBERS

Write down important phone numbers. You will be glad to have them handy if your cell phone is lost, broken, or out of battery!

Name ▼	Phone # ▼	Comment ▼
School:		
School:		
Work:		
Work:		
Babysitter:		
Babysitter:		
After School Program:		
Day Care:		
Church/Temple/ Synagogue:		
Pastor/Priest/ Rabbi:		
Relative/ Friend 1:		
Relative/ Friend 2:		
Relative/ Friend 3:		

Insurance/Legal

Company / Name ▼	Phone # ▼	Policy # ▼
Homeowners/ Rental Insurance:		
Car Insurance:		
Life Insurance:		
Disability Insurance:		
Lawyer:		
Other:		

3: EMERGENCY KITS



HOME SURVIVAL KIT

In case you will be staying at home during or after a major disaster or long-term power outage, make sure you have enough supplies in your pantry for at least one week:



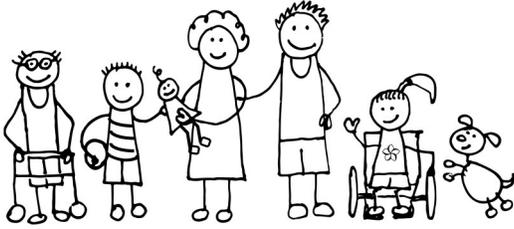
- Food** that does not require refrigeration or cooking
- Water** in plastic containers, 2 to 4 quarts per person per day—the more the better; enough for 1-2 weeks.
- Radio & Flashlights**, plus recharging capability
- Plastic sheeting and duct tape** to protect windows from breaking or to cover up broken windows.

GO-KIT

If you leave your house (or go to an emergency shelter), you will need to bring emergency supplies with you. Make sure all family members know where the kit is kept. Use a waterproof bag, bin or backpack, or an old suitcase with wheels:

- | | | |
|---|--|---|
| <input type="checkbox"/> Food | <input type="checkbox"/> Dry clothes | <input type="checkbox"/> Rescue whistle |
| <input type="checkbox"/> Water | <input type="checkbox"/> Shoes | <input type="checkbox"/> Blanket + Towels |
| <input type="checkbox"/> Cash | <input type="checkbox"/> Duct tape | <input type="checkbox"/> Spare eyeglasses |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Safety pins | <input type="checkbox"/> Mosquito repellent |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Thermometer | <input type="checkbox"/> Hats and sunscreen |
| <input type="checkbox"/> Soap or sanitizer | <input type="checkbox"/> Flashlight, radio and batteries | <input type="checkbox"/> Scissors, Tools |
| <input type="checkbox"/> Medications | | <input type="checkbox"/> Tarp + Rope |
| <input type="checkbox"/> Pen and Paper | | <input type="checkbox"/> Extra car keys |
| <input type="checkbox"/> First Aid kit and tweezers | | <input type="checkbox"/> Sewing kit |
| | | <input type="checkbox"/> Extra house keys |





SUGGESTED FOOD ITEMS AND SUPPLIES FOR EMERGENCY KITS:

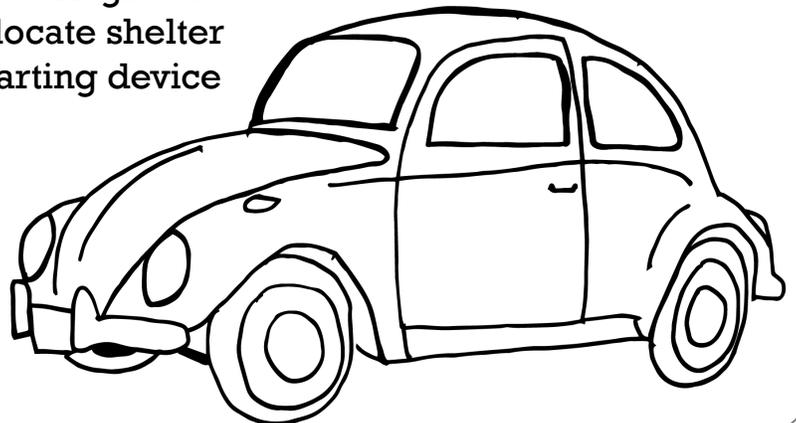
Note: Drinking water in your kit should be replaced every 3 to 6 months. Food items should be replaced too—depending on the type of food.

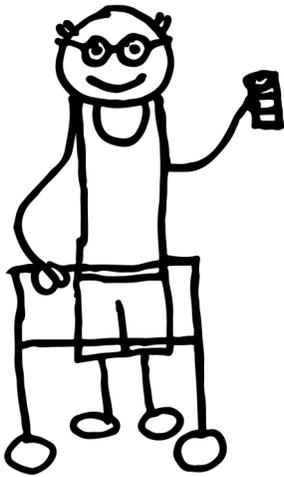
- Bottled drinking water
- Canned tuna, beans, meat, fruit, etc. with flip-top lids (that do not require a can opener)
- Cereal; Nuts; Dried fruit
- Graham crackers
- Protein bars or snacks
- Beef jerky or similar protein item
- Tea or instant coffee; sugar and powdered creamer; powdered juice or lemonade
- Comfort foods such as cookies, hard candy
- Peanut butter
- Plastic containers with lids
- Garbage bags
- Liquid dish soap
- Foil or plastic wrap
- Cloth or paper towels and baby wipes
- Utensils for cooking and eating
- Latex or non-latex gloves
- Plastic food bags
- Manual can and bottle opener
- Hibachi and fuel



KEEP AN EMERGENCY KIT IN YOUR CAR.

- Rope
- Flares
- Water
- Shovel
- Blanket/towel
- Safety goggles
- Jumper cables
- Fix-a-flat (4 cans)
- Tools
- Cash
- Cell phone charger that plugs into car lighter
- Extra keys to house
- Leather work gloves
- Map to locate shelter
- Jump-starting device





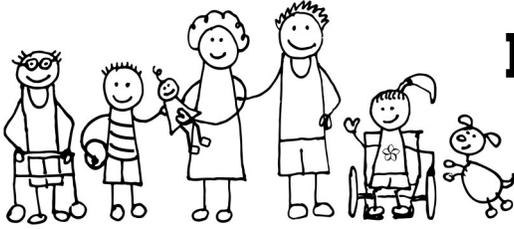
4: HEALTH INFORMATION— MEDICATIONS, TREATMENTS, AND MEDICAL CONDITIONS

Write ALL medications for 1 person on this sheet.
If more than one family member takes medications,
copy this page and make a separate list for each person.
 If dose or medication changes, cross out the entire row
 and write new information on a new line.

Patient Name ►			
Medication Name ▼	Dose & Frequency	Pharmacy & Doctor Name	Note/ Comment

	Eyeglass Prescription
 Right Eye:	
 Left Eye:	

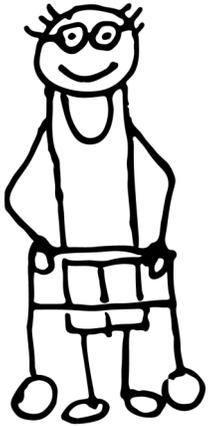
Hearing Aid Info	
Battery Type:	



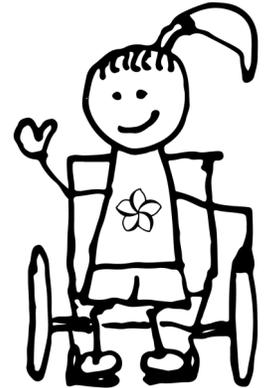
HEALTH INFORMATION— PHONE & POLICY NUMBERS

Name or Company	Phone #	Policy Number or Note
Doctor:		
Doctor:		
Clinic:		
Clinic:		
Caregiver:		
Hospital:		
Dentist:		
Eye Doctor or Optician:		
Pharmacy:		
Pharmacy:		
Medical Insurance:		
Medicaid or Medicare:		
Prescription Drug Coverage:		
Dental Insurance:		
Vision Insurance:		

Is everyone in your household up-to-date on vaccinations?
It's always a good idea to keep vaccination records in one place.
You may want to include a copy here.



5: PEOPLE WITH SPECIAL HEALTH NEEDS OR ACTIVITY LIMITATION



Anyone who is disabled, ill, or just not as strong as they used to be may require more careful planning and more time for evacuating their home. This includes people who have difficulty walking, seeing, breathing, understanding,

learning, or responding quickly—**You, your family, and your caregivers are in the best position to plan for your safety during and after an emergency or disaster situation. The time to start planning is now.**

PLANNING TAKES TIME. Many organizations have information to help you with all the parts of emergency preparedness. Most of them urge you to follow a plan of “getting ready,” including:

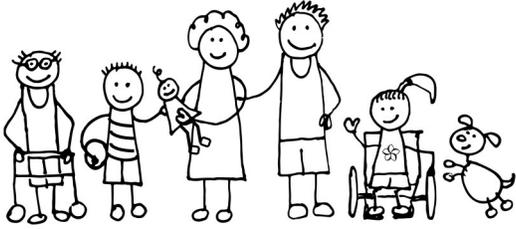
1. Getting informed
2. Making a plan
3. Assembling a kit
4. Maintaining your plan and kit

TAKE THE FIRST STEP TODAY.

Arrange a meeting with your family and caregivers to talk about this important topic.

WRITE THIS INFORMATION DOWN

Keep it in a waterproof place. Think of anything else you might want to include, like financial information.

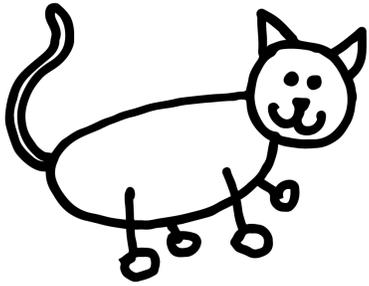


PEOPLE WITH SPECIAL NEEDS OR ACTIVITY LIMITATION

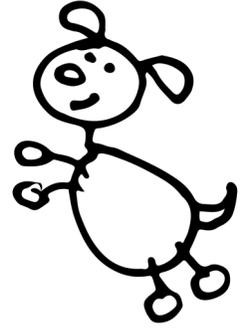
If you have special needs, discuss them with your family and caregivers, write additional details here. Attach extra pages if necessary.

CAREGIVERS & AGENCIES

Name or Company	Phone #	Service Provided/ Schedule



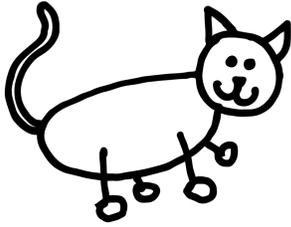
6: PET EMERGENCY PLAN



Every pet owner should make emergency plans for their pet and review those plans at least once a year.

Date last reviewed: _____

Family (Pet Owner's) Name:					
Street Address:	Apt. #:	Town:	Home Phone: Cell Phone:	Neighbor Phone #:	
Veterinarian & Kennel Contact Information:					
	Pet Name, Type of Pet, and Age of Pet	Description, ID #, Microchip #, and Tattoo Info (cats & dogs should have collar and tag)		Special Needs/Diet Info/ Vaccination History/Medical Issues	
1					
2					
3					
4					
5					



Pet Preparedness

Recommendations from Maui Humane Society

Be Prepared:

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet parent, that plan includes your pets.

- Determine the safest place in your home, away from windows and breakables.
- Make prior arrangements with someone who may live in a safer area.
- Make sure you have a pet carrier for each pet. The carrier should be large enough for your pet to stand up and turn around. Your pet should be familiar with the carrier ahead of time.
- Take current photos of your pet to have as identification, should you and your pet become separated.
- Keep your pet's vaccinations up to date and keep the records handy.

Emergency Supplies for Your Pets

Make a clearly labeled, waterproof, and easy to carry “**Go-Kit**” for your pet. Make sure that everyone in the family knows where it is, and be sure to bring it if you evacuate with your pet.

**Make sure
your pet has
an ID tag!**



- | | |
|---|---|
| <input type="checkbox"/> Water, Pet Food, and Bowls | <input type="checkbox"/> Flashlight & batteries |
| <input type="checkbox"/> Harness and Leash (Note: harnesses are recommended for safety and security) | <input type="checkbox"/> Liquid soap and disinfectant |
| <input type="checkbox"/> Two-week supply of any medicine your pet requires (medications need to be rotated regularly) | <input type="checkbox"/> Disposable garbage bags |
| <input type="checkbox"/> Copy of pet's medical records | <input type="checkbox"/> Latex or non-latex gloves |
| <input type="checkbox"/> Crate or Carrier (one for each pet) plus paper liner | <input type="checkbox"/> Pet first-aid kit and book |
| <input type="checkbox"/> For dogs: Long leash and yard stake | <input type="checkbox"/> Recent photos of your pets or proof of ownership |
| <input type="checkbox"/> For cats: Disposable litter trays (e.g. aluminum roasting pans) plus cat litter | <input type="checkbox"/> Manual can opener |
| | <input type="checkbox"/> Blanket (for scooping up a fearful pet) |
| | <input type="checkbox"/> Familiar toys, blankets, treats |

Emergency Contact Wallet Cards

Fill out cards based on section 2. Cut them out and give one to each family member to keep in their wallet, purse, or car.



Family Emergency Card

In a disaster or emergency, use these phone numbers below to check in with your family.

Name _____ Local Contact #1 _____ Phone # _____

Name _____ Local Contact #2 _____ Phone # _____

Name _____ Off-Island Contact _____ Phone # _____

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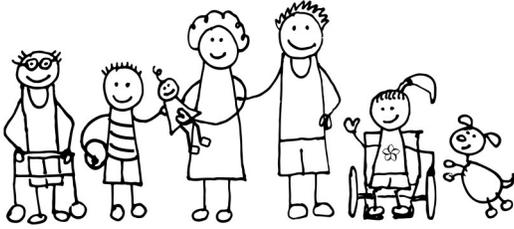
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Name _____ Local Contact #2 _____ Phone # _____

Name _____ Off-Island Contact _____ Phone # _____



Emergency Contact Wallet Cards

Fill out cards based on section 2. Cut them out and give one to each family member to keep in their wallet, purse, or car.

Emergency Meeting Places

Know where to go in case you need to leave your home or can't go home because of a disaster.

Pick 2 places to meet:

Outside your Home

Outside your Neighborhood

Emergency Meeting Places

Know where to go in case you need to leave your home or can't go home because of a disaster.

Pick 2 places to meet:

Outside your Home

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