



Days 1-7: Be Prepared

Know what you'll do and what you'll need.

"You've got to be very careful if you don't know where you are going, because you might not get there."

Yogi Berra, Professional Baseball Player and Manager



You have probably heard before, one of the first steps to being prepared is to have a plan. Preparedness plan, disaster plan, ready plan - whatever you call it - the purpose of a plan is to know what you will do, where you will go, and what you will need for a disaster *before* it ever happens. The following tips are easy ways to get started, with a task to do one day at a time. Do one, do some, or do them all, but don't hesitate and get started today! Helpful tips and tools on the [ReadyPA](http://www.ReadyPA.gov) website.

DAY 1: FIGURE OUT TWO WAYS OUT

Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly. What are the best escape routes from your home? Find at least two ways out of each room. Now, write it down —you've just started your plan.

DAY 2: MAKE SURE EVERYONE ELSE KNOWS TWO WAYS OUT TOO

Share the escape route you wrote down with those in your home. Then practice it. Practicing creates a muscle memory. That way, if a fire does occur, you and those in your home know what to do and where to go.

DAY 3: WATCH THESE VIDEOS

Check out these preparedness videos. It will give you a great context for why planning makes sense. We rarely do our best at something the first time, and you don't want the first time to be when disaster strikes.

- [Preparing Makes Sense](#)
 - [Preparing Makes Sense for People with Disabilities and Other Access and Functional Needs](#)
 - [Preparing Makes Sense for Military Families](#)
 - [Preparing Makes Sense for Older Americans](#)
 - [Preparing Makes Sense for Pet Owners](#)
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DAY 4: PICK A PLACE TO MEET

Pick a place now to meet after a storm or event occurs. You won't always be home when disaster strikes. Choose one right outside your home, in case of a sudden household emergency, such as a fire. Then find a second place, outside your neighborhood if it is not safe to stay near or return to your home. You may not be able to reach loved ones by phone or email; so it's important to designate a place to meet before something happens.

DAY 5: TAKE THE "PHONE A FRIEND" OPTION

In order for family members or loved ones to know you're OK, choose an emergency contact person outside your area because it may be easier to call long distance than locally after a disaster. Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency. Be sure to share the contact's phone number with everyone in the family. During an emergency, you can call your contact who can share with other family members where you are, how you are doing, and how to get in contact with you.

DAY 6: WRITE IT DOWN

Complete an emergency contact card and make copies for each member of your family to carry with them. Be sure to include an out-of-town contact on your contact card. It may be easier to reach someone out of town if local phone lines are out of service or overloaded. You can download a handy card from the [ReadyPA](#) website.

DAY 7: FIX IT BUT DON'T FORGET IT

Go through your calendar now and put a reminder on it — every six months — to review your plan and update numbers. Decide where you will keep your family emergency plan information. Common places to keep your plan information are: on your refrigerator, in a fireproof or water-resistant box with other vital records, or anywhere it won't get lost and can be easily grabbed when you need it.

If you have questions, you can always contact us. You can also contact your county emergency management agency. Don't know how? Find out [here](#).



*The **Pennsylvania Emergency Management Agency** helps communities and citizens mitigate against, prepare for, respond to, and recover from emergencies including natural disasters, acts of terrorism, or other human-made disasters. PEMA supports county emergency management agencies by coordinating and engaging the whole community including federal and state partners, volunteer organizations involved in disasters, private sector business community and citizens.*

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