



# VIP SOLUTIONS

## PREPARED FOR ANYTHING CHECKLIST



### Local Emergency Contact

9-1-1 for any true emergency!  
City Police/Sheriff \_\_\_\_\_  
Fire Department \_\_\_\_\_  
Poison Control \_\_\_\_\_  
Animal Control \_\_\_\_\_  
Gas & Electric Emergency \_\_\_\_\_  
Nearby Emergency Departments \_\_\_\_\_  
Other Important #'s \_\_\_\_\_

### Other important Contacts

Your Primary Doctor(s) \_\_\_\_\_  
Specialty Doctor(s) \_\_\_\_\_  
Neighborhood Friend(s) \_\_\_\_\_  
Insurance Company \_\_\_\_\_  
Crime Stoppers \_\_\_\_\_  
Family Emergency Contact (local) \_\_\_\_\_  
Family Contact (out-of-area) \_\_\_\_\_  
Other Important #'s \_\_\_\_\_

Call 911 only in case of a life threatening emergency or fire. Do NOT call 911 for information.

**Personal Emergency Contact:** Notify your contact person, so they will be expecting your call if ever needed.

Out of area Contact : \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Meeting Place (in the event of major societal emergency): \_\_\_\_\_

Emergency meeting place in event of property evacuation: \_\_\_\_\_

ALL family members know this information AND all children memorize parents cell phone numbers.

### Fire Preparation & Prevention

- Place appropriate fire extinguisher on every level of your home and know how to use it (i.e. oil and fire type for kitchen, electrical type for basement, etc).
- Corridors, garages, and closets kept free of obstruction or flammable material.
- Change batteries in smoke detectors when adjusting clocks once yearly.
- Familiarize family (especially children) with evacuation routes out of home, to predetermined meeting point, or out of the neighborhood (by foot, car, or bicycle)
- Do not overload electrical outlets or daisy chain power strips.
- Store any flammable liquids in air-tight containers away from ignition sources such as pilot lights.
- Landscape with fire prevention in mind (i.e. clear dead vegetation, etc).
- Trim any low and overhanging tree branches or tree branches touching the home.
- Keep grass cut at least 100 feet from the home (or otherwise as required by law.)
- Avoid highly flammable plants near the house. (Examples: ornamental juniper, cypress, rosemary, arborvitae, eucalyptus)
- Have functional garden hoses connected to all outside faucets (especially during the sunny months).
- Store fire wood away from the house or other flammable structures
- Make sure house numbers are large, lighted and easily read from the street.
- Install spark arresters on fireplace chimneys.
- Install fire-retardant roofing materials.
- Clear leaves & debris out of rain gutters or install gutter screens.
- Incorporate fire-resistant building materials where possible or appropriate.

## Community/ Emergency Response Team (CERT) Training

A CERT program is usually completed in 2-1/2 hour classes, one evening a week, for 7 weeks. The program educates people about disaster preparedness and teaches basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT members are called to utilize their acquired skill to assist and lead in the event of a community emergency.

**Family/Personal Emergency Preparedness:** Strategies in place to provide 5 essential needs under any situation (i.e. at home or on-the-go) food/water, hygiene, warmth, medical needs and security.

- Store at least 30 days supply of appropriately packaged and rotated (if needed) emergency food, water and other emergency supplies in a safe and easy to access location.
- Emergency "Go" Kits (AKA Bug-out Bags) appropriate for your size family.
- Mini-emergency kits located in all cars and workplace locations.
- A minimum of 5 gallons of water per person (1 gallon per person per day for 5-7 days). the more water you can store, the better.
- Water disinfectants and filtering equipment for drinking water on the go.
- Cash on hand (it is recommended to have enough money to pay all bills for 30 days)
- Coins, bartering good (gold, silver, etc.)
- Comprehensive first aid kit and supplies (i.e. colloidal silver, topical antibiotics, tourniquets, thermal-foil blankets, bandages of all types)
- Additional over the counter and prescription medications (30-day supply recommended)
- Flashlight, radio (a combo hand crank/solar hand radio and flashlight is the best option. Otherwise, store lots of batteries and make sure they are fresh and in good condition.
- Essential hand tools and other off-grid supplies such as saw, gas chain saw, axe, etc.
- Other items: Duct tape, Heavy work gloves, Sturdy shoes/boots, Dust masks, Goggles, Scissors.
- Personal hygiene items for members of the family like, sanitary items, toilet paper, toothbrush/paste, etc.
- Emergency shelter area or safe locations otherwise
- Camping gear; Tent, lanterns, sleeping bags, cold weather gear
- Water-proof fire-starting materials
- Security items, personal defense, pepper spray, handgun, etc.
- Cooking equipment, eating utensils

### Additional Notes

#1. Consider rotating fuel storage: Store in steel not plastic gas cans. Be sure to use fuel stabilizer and rotate, use, and renew to makes sure fuel remains fresh.

#2. Staying warm in cold-weather climates is a life-saving priority! A fail-proof warm space in the home along with an off-grid fuel source AND cold weather garments are considered priority items.

#3. Check out our web site at [www.mivipsolutions](http://www.mivipsolutions) for the best solutions, products and services for all your emergency preparedness needs. We have done the research so you don't have to.

## Emergency Family Teamwork

- Planned and practiced family fire, emergency, and severe weather drills.
- Planned at least two ways to evacuate the neighborhood by vehicle and on foot.
- All family members (including children) know where to meet for reuniting after a disaster.
- Designate an out-of-area relative or friend as an emergency contact and instructed every family member to contact that person in event of local crisis to inquire about missing family members safety.
- Emergency contact phone number placed in wallets, cell phones, AND memorized for children.
- Protect the family's vital documents such as birth certificates and passports (kept in mobile fireproof box).
- All family members trained on utility valves and how to shut off. (Attached needed tools to shut-off valves)
- Periodically undergo home hazard survey and correct any hazards noted. Train children to find hazards.

## Evacuation Priority List

Have noted and listed below the most important items to be collected in the event of sudden evacuation (examples: Family heirlooms, important documents and computer files, clothing, disaster supply kit, etc.)

_____	_____
_____	_____
_____	_____

**Children Pickup Authorization:** Understand school emergency plan and hold/release policies for children.

I have authorized these people to pick up my child from school or a special event:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ Password: \_\_\_\_\_

The above people, as well as my spouse and children know the family's password. All children have been instructed not to go anywhere with any person who does not properly present this password.

## Severe weather OR other natural disaster guide

- Stay calm - keep family together.
- Keep flashlight and portable radio with you at all times.
- Dress appropriate to the circumstance and climate (dress in layers).
- Secure and contain pets.
- Close windows, blinds, secure doors, and use additional security strategies in place if required.
- Be ready to leave area by car or on foot if required.
- Check for injuries to family members
- Check for damaged gas, electric and water lines.
- Shut off utilities if damage is suspected and contact utilities.
- Check for any unstable structural damage and take necessary precautions .
- Display neighborhood signal flags if appropriate: red for "Help" or white for "Okay".
- Check with neighborhood coordinator (if one is appointed) and know ahead of time how to tune into your local emergency broadcast radio station.
- Help your potentially under-prepared neighbors.
- Assist with clearing streets for emergency vehicles if needed.
- Listen to radio and stay off the phone if possible.
- Retrieve your emergency supplies, evacuation items and Emergency plans and leave the area if necessary.
- Avoid crowded emergency shelters if possible and safe to do so.

## Crime Prevention Tips: Always trust your instincts!

- Report anything suspicious DAY OR NIGHT to the local police department.
- Keep all doors and windows locked and secured. Activate your car and home alarms regularly.
- Do not show the contents of your garage or home to onlookers driving or walking by.
- Close your garage before you turn off and exit your vehicle
- Make sure every member of the family has committed the distress code to memory and is reminded at least quarterly of how to use it with the alarm keypad.
- Shred all personal information and important documents prior to placing in the garbage.
- Check your credit reports annually from ALL three credit bureaus.
- Make a copy of documents in your wallet, including credit cards in case your wallet is stolen or misplaced.
- Keep itemized lists of personal property with serial numbers in case of loss. Have a photograph catalog of all rooms of your home for insurance claims purposes. No receipt, no pictures ,no proof of theft...
- Undergo background checks on employees at your home & business.
- When out of town, notify your local police department; they will issue extra patrol if requested.
- Stop mail/deliveries (so it doesn't pile up), have a secure mailbox for mail when you are out of town.
- Place timer on your lights or consider hiring a house sitter while away.

Preparedness Maintenance Schedule/Reminders:

Yearly:

- \_\_\_\_ \_\_\_\_ \_\_\_\_ Check and replace as needed: batteries for flashlights, smoke detectors. Radios.
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Review family drills, evacuation plan, including having children memorize important contact numbers.
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Rotate water supply if needed
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Check expiration of emergency food if needed (note [mivipsolutions.com](http://mivipsolutions.com) sells a variety of premium 25-year shelf-life, vacuum/Mylar packed food bucket packages at the best price guaranteed!
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Update parental release forms and family password
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Meet with neighborhood disaster organization (if one exists). Consider leading one if your neighbors are interested.
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Replace emergency medications in emergency "Go" kits
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Replace water purification tablets
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Update personal property inventory
- \_\_\_\_ \_\_\_\_ \_\_\_\_ Update insurance policies and take new pictures of all rooms in the home.