

# Self-Evaluation of Personal Preparedness

Read the statements below as if you were making the statement about your family. At the far right, mark the column which best represents your family's corresponding readiness. Remember, this is a self-evaluation. No one else sees it but your family. It will also become your road map toward more effective readiness for your family.

STATEMENT	No	Partly	Yes
<b>FAMILY PLANNING &amp; TRAINING</b>			
We understand that we will be responsible for taking care of ourselves and others after a disaster for 1-2 weeks or longer while government resources attend to hospitals, airports, roads, schools, seniors homes, restoring communication, securing buildings and hazards and other priority community infra-structure concerns.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have a personal disaster plan and have practiced it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A family member has completed formal CPR and/or first aid training in the past 3 years.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We know the location of fire alarms and extinguishers in our house. They are up to date & we know how to use them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All responsible family members know when and how to turn gas, water, electricity in the event of an emergency ... and where each is located.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our family has studied the checklist on what to do during and after an earthquake.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>FOOD, WATER &amp; SUPPLIES</b>			
Our household has a preparedness kit (72-Hour Kit) that includes enough food and water for my family for a minimum of 3 days - including family pets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our 72-hour kits have recently been update and refresed and are located where they can be quickly accessed in case of short term notice to evacuate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have Midterm (3 Days to 2 Weeks) Food, Water and Cooking supplies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have Long-term (from 2 weeks to 2+ months) Food, Water and Cooking supplies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have both the equipment and supplies to filter and purify water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have a complete basic first aid kit at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have an emergency supplies kit (Car Survival Kit) for each family vehicle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>HOUSE PREP &amp; MAINTAIN</b>			
I have thoroughly checked the shelves, cabinets, water heaters, and furniture in my home to see if these or other objects can move, during an earthquake, and cause injury.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DOCUMENTS AND INSURANCE</b>			
We have a safe and secure (possibly fireproof/waterproof) location for storing & accessing important family documents, emergency funds, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have adequate home insurance coverage (fire, earthquake)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STATEMENT	No	Partly	Yes
<b>EMERGENCY COMMUNICATIONS &amp; NEWS</b>			
We have alternate communication systems or equipment and know how to use it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have establish ways to communicate with each other about our safety in case we are separated during a disaster, including designating an out-of-area relative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>EVACUATE AND GATHER</b>			
We have a home emergency evacuation plan including knowing escape routes from every floor ... and have practiced it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have set up a safe family gathering place that coincides with the ward and stake or community reunification plans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We regularly have full tanks of fuel in our vehicles and at least one backup filled fuel container.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# FAMILY PLANNING & TRAINING

We know that preparing for a disaster is one of the most important things we can do for the comfort and safety of our family and friends - including pets and livestock.

We understand that we will be responsible for taking care of ourselves and others after a disaster for 1-2 weeks or longer while government resources attend to hospitals, airports, roads, schools, seniors homes, restoring communication, securing buildings and hazards and other priority community infra-structure concerns.

We believe that we are aware of all potential disasters that could occur in our community.

We have discussed disaster preparedness in our family and we think we are well prepared.

Our family has created a disaster preparedness plan so that everyone in the family will know what to do in the event of an emergency.

Have you anticipated the types of reactions you may have in an emergency situation and planned for coping with them? (i.e. stress, confusion, fear)

We have a personal disaster plan and have practiced it.

We are aware of the local emergency resources in our community.

A family member has completed formal CPR and/or first aid training in the past 3 years.

We know how to make water safe to consume and have the necessary resources.

All family members, who are old enough, know how to properly use a fire extinguisher.

We know the location of fire alarms and extinguishers in our house?

Everyone knows where emergency kits are stored

We have been trained on how to use the All-Hazards Alert radio including where to get alerts and updates on the emergency situation.

We know how to use our alternate communication devices including the correct channels/frequencies corresponding to our local neighborhood/community groups.

All responsible family members know when and how to turn gas, water, electricity in the event of an emergency.

We understand and have been trained in the operation and maintenance of our alternate human waste equipment and systems.

We know what the disaster plan is for our children's school and/or daycare centre.

If you are hard of hearing, will you be able to hear over the sound of very loud emergency alarms?

Our family has talked about damage an earthquake can cause to our immediate surroundings.

Everyone in our family knows exactly what to do and how to be safe during an earthquake.

Our family knows the safe spots in every room - under sturdy tables, desks or against inside walls, and know the danger spots - windows, mirrors, hanging objects, fireplaces, tall furniture.

We are aware that 70% of all injuries that occur in earthquakes are caused by people being hit by or stumbling over fallen objects such as furniture, glassware, appliances and pictures from the walls.

We know the the highest secondary risk following an earthquake is fire which can be caused by broken gas pipes, electrical appliances being turned back on abruptly and using candles or matches near undetectable leaks.

## **FOOD, WATER & SUPPLIES**

Our household has a preparedness kit (72-Hour Kit) that includes enough food and water for my family for a minimum of 3 days - including family pets.

Our 72-hour kit and other short term survival emergency supplies in a location where they can be quickly accessed in case of short term notice to evacuate?

My preparedness kit will allow my hands to be free during an escape from disasters - not carrying survival kits, lights, purses, etc.

Our household would be able to eat for 1 week nourishing foods that don't require cooking.

We have Midterm (3 Days to 2 Weeks) Food, Water and Cooking supplies

We have Long-term (from 2 weeks to 2+ months) Food, Water and Cooking supplies

We have both the equipment and supplies to filter and purify water.

We have a complete basic first aid kit at home.

For family members who have a dependance on medication, we have a reserve of that medication and replace it regularly.

My home also has blankets, alternate light sources, batteries, tools, etc.

We have an emergency supplies kit (Car Survival Kit) for each family vehicle.

We own an all-hazards alert radio which does not need batteries or electricity.

## **HOUSE PREP & MAINTAIN**

We have operational smoke detectors on every level of our home and outside bedrooms. We check them regularly.

We have at least one charged ABC fire extinguisher in a visible, accessible location. We check it regularly to insure readiness to be used.

In my home, I know where to access emergency tools, gas shut-off wrench, safety lighting.

I know the the highest secondary risk following an earthquake is fire which can be caused by broken gas pipes, electrical appliances being turned back on abruptly and using candles or matches near undetectable leaks.

I have an alternative source of heat in my home.

I have thoroughly checked the shelves, cabinets and furniture in my home to see if these or other objects can move, during an earthquake, and cause injury.

I have secured any objects in the rooms where my family members sleep, that could topple over or take flight during an earthquake and may cause injury.

If I had to quickly escape my home in the dark, I could safely move from one room to another without being obstructed by objects in traffic areas that might have fallen.

Our home hot-water tank is secured to the wall with straps.

Our house has alternate power sources.

We have both the equipment and supplies for handling human waste in the event standard sewage options are not functional.

## **DOCUMENTS AND INSURANCE**

We have a safe and secure (possibly fireproof/waterproof) location for storing & accessing important family documents, emergency funds, etc.

We have adequate home insurance coverage (fire, earthquake)

WE have completed all estate planning for each provider in the family so that loved ones will not be left in a state of unpreparedness in the event of a death or incapacitation.

Each Family Member has a ***contact and personal info card*** which documents contact information for family members, communication info, health & medical info and other important phone numbers & info, so we will not have to rely on memory in stressful moments.

Each family member with a smart phone also has all this ***contact and personal info*** on his/her phone.

We have copied and safeguarded our most important family records.

All our important documents are backed-up at any other location?

## EMERGENCY COMMUNICATIONS & NEWS

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## EVACUATE AND GATHER

We have a home emergency evacuation plan including knowing escape routes from every floor.

We have determined the best escape routes (doors, windows) from our home and have conducted earthquake & fire and evacuation drills (drop, cover, hold)

We believe we would know what to do if we were forced to evacuate our home with short notice.

We have set up a safe family gathering place that coincides with the ward and stake or community reunification plans.

My family knows where we will reunite locally if we are separated and not able to get home.

Because disasters can strike during school or work hours, we know their emergency response plans and how to stay informed.

We regularly have full tanks of fuel in our vehicles and at least one backup filled fuel container.

## COMMUNITY PREPAREDNESS

I think my neighbours are adequately prepared for an emergency and will be self-reliant.			
I believe that community preparedness makes a difference for emergency responders after a disaster.			
I believe my community is adequately prepared for a major disaster.			

## PREPAREDNESS AT WORK OR SCHOOL

I know what the disaster plan is for my workplace.			
At work, my co-workers have discussed what damage might occur to our immediate location.			
My work environment is stocked with food, water, blankets, light sources - enough for 3 days.			
If you have children, do you know your kids school emergency plans?			
Do you know how to reach emergency personnel and facility response staff in case of an emergency after normal business hours?			
Do you know where the facility's designated meeting place is located for the buildings you spend the most time?			
Do you know how you would be signaled/told to evacuate buildings on campus?			
Do you have a personal support network? (Those that will help you if you are sick or unable to respond in an emergency.)			
Have you labeled essential equipment or documents that you may need and keep them in a place where they can be removed from the facility during an evacuation?			
Do you have emergency basic supplies with you on campus in case you have to 'shelter in place'? (food, water, clothes, etc)			
Do you have an up-to-date contact list, including office, home phone numbers, email addresses for employees?			
Do employees have secure remote access to applications/files they need to access on a day-to-day basis?			
Do you have important information accessible via hardcopy?			
Do you have the ability to work remotely? (e.g. laptop, printer, etc.)			
Do employees understand their work designation during adverse weather and/or emergencies?			
Do employees know whom to contact if they have questions or need information?			
I know what to do if there is an active shooter/hostile threat.			
I am signed up to receive Wolf alerts.			
I have downloaded the NC State On Campus app.			

