

*Living on WELL Street* Blog: **“Develop a Family Emergency Plan”**

By Michael White, Worksite Wellness Technical Assistant, *We Choose Health*

**“Remember; when disaster strikes, the time to prepare has passed.”** – Steven Cyros, disaster preparedness expert

There is no shortage of news stories about unexpected tragedies befalling people. Weather events, house fires, as well as school, work and neighborhood situations are extreme examples, but when they occur they pose a serious threat to our health and well-being. Developing a family emergency plan helps people to cope with a potential disaster situation by planning in advance. The key elements of an emergency plan are:

1. Knowing what could happen
2. Developing a plan for it
3. Making preparations
4. Practicing

Developing a Family Emergency Plan should be a group effort. It invites household members to share responsibilities and work together to ensure that everyone knows the following critical information:

- How to contact one another
- How to get back together
- Where to meet in different situations
- Awareness of disaster plan procedures at various workplaces, schools, and/or child care centers

Every household should have an easy-to-carry emergency preparedness kit of supplies to be used at home, or ready to be taken in an evacuation. The emergency plan should also consider people’s special needs and how to care for pets. The [American Red Cross](#) offers tools and instructions for preparing the home and the workplace for an emergency. And, the Federal Emergency Management Agency’s (FEMA) [Family Emergency Plan](#) form provides vital information that should be shared with all household members.

**Develop a Family Emergency Plan** is available as a worksite health promotion activity that provides people with the knowledge of what to do in an emergency and prepares them to act on it. A complete description can be found on the We Choose Health 365 website at:

<http://wechoosehealth365.com/asp/public/Page.aspx?pid=15548>.

Prepare WELL!

Michael

*Michael White is a “culture of health curator”, and someone who seeks to live as happy and healthy as possible - for as long as possible! He loves to talk and write about these topics, and is happy to assist people and organizations in making it happen. Please contact him at: [michaelwhite@wellstreetpartners.com](mailto:michaelwhite@wellstreetpartners.com).*