

be safe & ready!



step 1:

punch out these cards...

for kids:



kidcard
call 911 if you need help!

important info for kids to have with them

my name _____

my parent(s) or caregiver(s) phone number(s):

home _____

work _____

cell _____

FOLD HERE

Dr. _____ ph. # _____

neighbor _____ ph. # _____

in-town relative or friend _____

phone number _____

out-of-town relative _____

phone number _____

meeting place _____ number _____

New Mexico Department of Health • Office of Health Emergency Management

for adults:



carecard

my kid(s) school phone number(s):

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

FOLD HERE

Dr. _____ ph. # _____

neighbor _____ ph. # _____

in-town relative or friend _____

phone number _____

out-of-town relative _____

phone number _____

meeting place _____ number _____

New Mexico Department of Health • Office of Health Emergency Management

Make copies for all the members of your family!



home readiness kit
Prepare to be safe and ready in an emergency!

A Home Readiness Kit is a vital precaution for every family in case of an emergency. Assemble the following items to last three days for each member of your family and store them in a portable bin for use at home or to take with you.

Keep this list on your refrigerator and assemble the basics to be safe and ready!

- Water.** One gallon per person per day. Store water in sealed, unbreakable containers. Identify the storage date and replace every six months. Have purifying agents available.
- Food.** Non-perishable packaged or canned food and a non-electric can opener. Powdered or canned milk. Hard candy, sugar, salt and pepper. Canned heat (Sterno). Don't forget pet food if you have pets!
- Clothing.** A change of clothing, rain gear, sturdy shoes, hats, gloves, sunglasses, rubber boots.
- Supplies.** A battery-powered radio, matches and lighter, flashlight and plenty of extra batteries. Plates and plastic utensils, plastic storage containers, paper and pencils, duct tape.
- Blankets or Sleeping Bags.** For every member of the family.
- Medical.** A first aid kit and prescription medications, aspirin or non-aspirin pain relief, antacid, laxative, rubbing alcohol, anti-diarrhea medication, antiseptic, eye wash.
- Money.** Credit cards and cash.
- Back-ups.** An extra pair of glasses, spare contact lenses and supplies for them. An extra set of car keys.
- Special Needs.** Baby items, formula and medications. Toys and books for toddlers. Items for elderly family members and for those with special needs.
- Information.** A list of family physicians and contact numbers, important family information, insurance information and the style and serial number of medical devices such as pacemakers.

NEW MEXICO
DEPARTMENT OF
HEALTH



OFFICE OF
**HEALTH
EMERGENCY
MANAGEMENT**

www.health.state.nm.us/ohem

step 2:

fill them out & use them!

Preparing for a Public Health Emergency – It's Everyone's Job!

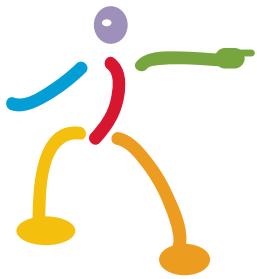
Create a Family Emergency Plan for Your Household

You can take simple steps to protect yourself, your home and your children. If you discuss emergencies ahead of time it will reduce fear and anxiety. Let everyone know how to respond if there is a fire, a storm or a public health emergency. Be prepared to

answer children's questions about scary things that they have heard or seen on television, such as natural disasters and terrorist attacks. Give them simple information about how they can be prepared to protect themselves, with your help and guidance.

Things to Discuss:

- **Types of emergencies**
- **Where to meet** in an emergency: Select a family meeting place and make sure everyone knows how to get there
- **Important phone numbers** to know and carry
- **Emergency contacts** to call, such as relatives in another state, to report where you are
- **Where to find** the family home readiness kit
- **How to turn off water, gas and electricity** at the main valve or source
- **Safe spots in your home** for extreme weather conditions, such as high winds
- **Escape routes** from your home in a fire
- **Tuning in to emergency radio broadcasts** on a battery-operated radio



Things to Do:

- **Home Hazard Hunt:** Repair defective wiring, secure shelves, store weedkillers, medications and pesticides away from children, clean and repair chimneys and flue pipes
- **Prevent Senior Injuries:** Keep a flashlight handy, place non-skid treads or double-sided tape under area rugs, keep floors free of clutter, use night lights, be sure seniors have emergency numbers, place phones where they can be easily reached
- **Prepare an Emergency Car Kit:** Include a battery-powered radio, blanket, booster cables, first aid kit, bottled water, snacks and a fire extinguisher
- **Learn about Emergency Plans** at your workplace and at your children's schools or day care centers



ICE – In Case of Emergency!

In Case of Emergency is a campaign recently adopted by the Albuquerque Police Department and other community organizations across the country. The campaign encourages people to enter an emergency contact number in their mobile phone under the heading ICE. In an emergency, first responders can easily call that person to get vital information.

Why not put ICE in your phone now? It only takes a few seconds and it could help save your life. Simply select "new contact" in your phone book and enter ICE and the number of the contact person.