



UNIVERSITY HOSPITAL

Newark, New Jersey

National Preparedness Month

Week One

September 2 - 8, 2019

Make a Plan for Yourself, Family and Friends

What If?

Creating your Family Emergency Communication Plan starts with one simple question – What If?

“What if something happens and I’m not with my family? Will I be able to reach them? How will I know they are safe? How can I let them know I’m Okay?” During a disaster, you will need to stay in two-way contact with your family.

Communication networks, such as mobile phones and computers, can be unreliable during disasters, and electricity could be disrupted.

Planning in advance will help ensure that all the members of your household—including children and people with disabilities, others with access and functional needs, and outside caregivers—know how to reach each other and where to meet up in an emergency.

Planning Starts with Three Easy Steps

- 1. COLLECT:** Create a paper copy of the contact information for your family and important people/offices, such as medical facilities, doctors, schools, or service providers.
- 2. SHARE:** Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your Family Emergency Communication Plan online at [ready.gov/make-a-plan](https://www.ready.gov/make-a-plan), you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
- 3. PRACTICE:** Have regular household meetings to review and practice your plan.

<https://www.ready.gov/make-a-plan>



For more information on disaster preparedness, contact Michael Feravolo, Emergency Management Coordinator
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Disasters Happen. PREPARE NOW. LEARN HOW.