

Individual Emergency Plan Template

Personal Information

Name: _____

DOB: _____

Home Address: _____

Work Address: _____

Phone Number: _____

Important Information necessary to know:

Emergency Contacts

Name: _____

Phone Number: _____

Relationship to you: _____

Did they receive a copy of this plan? YES or NO

Name: _____

Phone Number: _____

Relationship to you: _____

Did they receive a copy of this plan? YES or NO

Medical Conditions List

Condition	Healthcare Provider for Condition	Medication Specifically for Condition	Things that Help with Condition

Make a Plan. Be Prepared. Stay Informed.

TOGETHER WE CAN *build a better future!*

Medication List

User's Name	Medication Name	Dosage/Frequency	Reason for Taking

Allergy List

Name	Special Instructions

Doctors/Pharmacy/Specialists

Family Doctor	Pharmacy	Specialist
Name:	Name:	Name:
Phone:	Phone:	Phone:
Address:	Address:	Address:

Insurance Information

Name	Policy Number	Phone

For Individuals with Limitations

Name	Health/Disability	Special Instructions

Caregiver(s) Information

Name of Company	Phone	Service Provided

Pet Information

Pet owner's name: _____
Address: _____
Phone: _____
Vet name and number:

Kennel name and number:

Name of pet: _____
Description/ID number: _____
Date of last rabies vaccination: _____
Special needs/comments:

Pet owner's name: _____
Address: _____
Phone: _____
Vet name and number:

Kennel name and number:

Name of pet: _____
Description/ID number: _____
Date of last rabies vaccination: _____
Special needs/comments:



Planning for a Disaster



Before a disaster

- EDUCATION AND AWARENESS – be aware of disaster types that could occur in your area and their specific risks.
- EMERGENCY PLAN
 - COMMUNICATION – create a communication plan for how you will let others know where you are or how you will contact family or friends.
 - EVACUATION ROUTES – plan for multiple routes in case of potential roadblocks while evacuating.
- EMERGENCY KIT – assemble supply kit and have it easily accessible.

During a disaster

- STAY INFORMED – use text message, email, or social media for non-emergency communication to avoid network congestion.
- FOLLOW THE PLAN
- SAFETY FIRST – call 911 in a life-threatening emergency.

After a disaster

- CHECK-IN – let your family and friends know you are safe.
- REVIEW AND IMPROVE – update any plan or contact information as needed.

Emergency Alert Notification

SIGN UP

Stay informed about local emergencies and hazards by signing up to receive Emergency Notifications.



**Polk
County**



**Norman
County**



**Mahanomen
County**

Supply Kit

Keep supply kits in your home, work, and car to be fully prepared at any time for an emergency.

- FOOD – perishable foods that does not require cooking or refrigeration.
- WATER – 1 gallon of water per person per day.
- ELECTRONICS – nonelectronic powered flashlights, battery powered radio, spare batteries, cell phone with charges, backup cell phone battery.
- FIRST AID KIT – bandages, scissors, latex gloves, towelettes, thermometer, CPR barrier, instruction booklet, sanitizer packs.
- WHISTLE
- DUST MASK
- SANITATION
- MANUAL CAN OPENER
- MAPS – local and state maps.
- HYGIENCE SUPPLIES – feminine products, soap, toothbrush.

Important documents to be able to quickly grab:

- IDENTIFICATION CARD OTHER PHOTO ID BIRTH CERTIFICATE MARRIAGE LICENSE
- DIVORCE DECREE SOCIAL SECURITY CARD PASSPORT – includes green card and naturalization documents. MILITARY IDENTIFICATION – includes discharge record.
- PET IDENTIFICATION TAGS – includes proof of ownership and any certifications for service animals.
- MEDICAL ALERT DOCUMENTS, TAGS, OR BRACELETS



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