



# United We Prepare



UNITED WAY  
Southern Nevada

| verizon

## Our Household Disaster Preparedness Plan

### Household Information

Head(s) of Household Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

### Family Meeting Spot

If we get separated, we will meet at:

Nearby Location: \_\_\_\_\_

Example: At the stop sign in grandma's yard

Out-of-Area Location: \_\_\_\_\_

Example: At Uncle John's house

**TIP:** Check Nevada traffic jams and flooded roads in real time online at [www.nvroads.com](http://www.nvroads.com)

### Our Maintenance Plan

Last time we checked our Go Bag: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

We will check/refresh on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**TIP:** Add a reminder to your calendar!



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For help locating assistance before, during, or  
after a disaster, call 211. Open 24/7/365.

# Preparing Before the Disaster

## Emergency Contacts + Important Phone Numbers

**ALTERNATIVE:** Scan the QR code to fill out a similar contact list online, then download and print.



Emergency Contact (outside of the city):

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Local Emergency Contact (neighbor/friend):

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Primary Doctor/Clinic: \_\_\_\_\_

Phone: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

Bank: \_\_\_\_\_

Closest branch address: \_\_\_\_\_

Phone: \_\_\_\_\_

Medical Insurance Provider:

Policy number: \_\_\_\_\_

Phone: \_\_\_\_\_

Home/Renters Insurance Provider:

Policy number: \_\_\_\_\_

Phone: \_\_\_\_\_

Car Insurance: \_\_\_\_\_

Phone: \_\_\_\_\_

School/childcare: \_\_\_\_\_

Phone: \_\_\_\_\_

Elder care facility: \_\_\_\_\_

Phone: \_\_\_\_\_

Veterinarian: \_\_\_\_\_

Phone: \_\_\_\_\_

**TIP:** Give others a copy of this phone list too!

**TIP:** Emergencies can be particularly challenging for older adults and individuals with disabilities. Having a personal emergency plan is the best way to ensure your safety and address your specific needs. To create a plan that works for you and your family, get all the information you need by visiting [bereadynv.org](https://bereadynv.org)

## Who Lives in My Home?

This section is recommended for all, especially non-English speakers or others who may have trouble communicating with emergency officials. As of \_\_\_\_ / \_\_\_\_ / \_\_\_\_

NAME	AGE	FOOD & DRUG ALLERGIES	SPECIAL ASSISTANCE NEEDS, MEDICATION DOSES

PET NAME	SPECIES	SPECIAL NEEDS AND NOTES

# Preparing Before the Disaster

## Pack Your Emergency Go Bags!

### Essential “Must Have” Items

- ☐ Current photos of everyone and of your home, inside and out (or save them on your smartphone)
- ☐ Name tag for each household member's Go Bag
- ☐ Food that will not spoil and requires no refrigeration, spices, and utensils (3-day supply/person)
- ☐ Waterproof bag/container for important documents
- ☐ Rain ponchos
- ☐ Spoons, reusable
- ☐ Manual can opener
- ☐ 5 - 7 day supply of water (1 gallon/person/day)
- ☐ Change of clothing/person (at least socks & underwear!)
- ☐ Prescription medications (7-14 day supply/person)
- ☐ Instant cold packs for meds that need to stay refrigerated
- ☐ Spare eyeglasses, contacts
- ☐ First aid kit with over-the-counter medicines
- ☐ Folding, hand-held fans
- ☐ Travel size hygiene items (soap, toothbrush, etc.)
- ☐ Roll of paper towels
- ☐ Plastic, heavy duty garbage bags
- ☐ Solar or battery-powered radio/flashlight
- ☐ Extra batteries, power banks & charging cords
- ☐ Permanent marker, paper and pencil
- ☐ Emergency whistle
- ☐ Wrench or multitool to turn off utilities
- ☐ Disinfectant wipes
- ☐ Toilet paper
- ☐ Duct tape

### Other Items

- ☐ Cold weather gear: mylar blankets & hand-warmers
- ☐ Hot weather gear: sunscreen & umbrellas for shade
- ☐ Waterproof matches, lighters
- ☐ Insect repellent
- ☐ Cash
- ☐ Work gloves
- ☐ Deck of cards, children's toys
- ☐ Reflective straps/clothing
- ☐ Adult absorbent briefs
- ☐ Baby food & supplies (if needed)
- ☐ Pet food & meds, spare collar(s), and crate

## Copy or Replace Important Documents

Our waterproof bag with all important documents is located:

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Example: In our Go Bag!

**TIP:** Save digital copies of all important documents on a USB drive and store it in your Go Bag, or save them in cloud storage so they are accessible from anywhere with a wifi connection.

### Other Documents

- Individual photos (headshots) of every household member
- Home inventory (list all the valuables including furniture, electronics, vehicles, etc)
- Lease/rental agreement
- Insurance policies (home, renter, vehicle, pet)
- Take photos of this completed disaster plan

### Federal Documents

#### Social Security cards

- SSA.gov or 800-772-1213 (TTY 800-325-0778)

#### Medicare cards

- Medicare.gov or 800-633-4227 (TTY 877-486-2048)

#### Passports

- Pptform.state.gov or 877-487-2778 (TTY 888-874-7793)

#### Permanent Resident Card (Green Cards)

- myaccount.uscis.gov or 888-897-7781 (TTY 877-875-6028)

#### Military records

- archives.gov/veterans

### State & County Documents

#### Birth & death certificates, marriage & divorce copies (certified and non-certified)

- dhhs.nv.gov
- Or contact the county office in which they were filed

#### Nevada driver's licenses and photo identification cards

- dmvr.nv.gov

### Residency & Property Records

#### Proof of address/residency:

Contact your utility company to obtain a recent bill

- NV Energy: 702-402-5555
- Southwest Gas: 877-860-6020
- Las Vegas Valley Water District: 800-252-2011

#### Real estate and property records:

Contact your mortgage company or your county assessor's office

### Financial Wellness Tips:

- Switch to direct deposit to avoid pay delays
- Print or download statements of any bills that you pay automatically (rent, utilities, loans, subscriptions)
- Download any banking or bill pay mobile apps on your smartphone

# First Steps After a Disaster



## For Your...

### Your Family

- List available financial resources as well as other sources of assistance
- Make a list of things you will need to replace
- Take photos of damage that has occurred
- Stay in touch with family and friends
- Consider joining a support group
- Resume normal routines quickly
- Encourage everyone to talk about their feelings, be honest about your own

### Yourself

- Eat properly and drink plenty of water
- Exercise to reduce stress – take a brisk walk
- Don't take on too much and get plenty of rest – nap if you can't sleep
- Talk about your fears and concerns, consider talking with a counselor who can help you manage your stress, and don't hesitate to ask for help when you need it

### Your Children

- Give lots of reassuring hugs
- Provide factual disaster information
- Spend extra time with them at bedtime
- Involve your children in the recovery with specific chores
- Praise responsible behavior

### Your Home/Apartment

- Check that your home is safe before returning
- Contact your insurance agent – don't guess at your coverage
- Get more than one repair estimate
- Keep receipts in a safe place
- Determine what you can do by yourself or with help from others
- Determine what requires an expert (electrical, plumbing)
- Verify contractors through references

## Find a Cooling Station

- [allin.clarkcountynv.gov/Initiative/StayCool](http://allin.clarkcountynv.gov/Initiative/StayCool)

## First Phone Calls

- School/childcare centers to check on student check out procedures
- Call assisted living/nursing homes to check on elder family members
- Walk to your neighbors' homes to check on them and offer help if you're able

## Legal Services

Know your renter's rights, [www.lacsn.org](http://www.lacsn.org)

Legal Aid Center of Southern Nevada can help with landlords, lost legal papers and proof of home ownership. Call 702-386-1070

## If You Have Property Damage...

1. Take **photos** of your home, inside and outside
2. Call your insurance company to verify coverage
3. How to **Muck & Gut** your home - watch this 3-minute video
  - Get started before mold begins to form
  - Shut off utilities
  - Clean out your belongings
  - Remove water damaged trim around doorways, windows, and baseboards
  - Remove dry wall up to 4 feet (even if the water line does not reach the 4-foot mark)
  - Remove insulation
  - Clean and dry your home
4. Separate **debris** into separate piles of construction materials and natural/green waste and place next to (not in) the street



## Find a Food Bank

- [nevada211.org](http://nevada211.org)

## Know the Difference

- **911** - for lifesaving emergencies
- **211** - to get connected with social services and other resources (24/7)
- **311** - Disturbance Call, Suspicious Activity, Past Crimes, Traffic Concerns and Other Concerns
- **988** - Suicide/Crisis Lifeline (call or text)

## FEMA & SBA

If a disaster is federally declared by the President of the United States, FEMA and SBA resources may become available to survivors.

### FEMA

- To increase your chances of being awarded funds, visit a FEMA Disaster Resource Center (DRC) **in person** to complete your FEMA application
- **Should you be denied after initial application, always appeal the denial letter**
- Start here: [disasterassistance.gov](http://disasterassistance.gov)

### SBA

The SBA (Small Business Administration) can provide assistance to individuals including homeowners and renters (not just small businesses) in the form of low-interest loans which can be used for:

- Repairs and replacement of physical assets damaged in a declared disaster not covered by insurance or FEMA
- Mitigation assistance to reduce/eliminate future damage (EXAMPLE: Installing a French drain or weatherizing your home)
- Start here: [sba.gov/disaster](http://sba.gov/disaster)