

# Natural Disaster Safety & Preparation Checklist

In preparation for a natural disaster or emergency, the most important step is to act—whether all at once or gradually over time.



## Step 1: Prepare Yourself

Imagine how hard it would be after a disaster if you couldn't prove your identity or access your bank account. Avoid difficult situations by making copies of important documents and keeping them in a waterproof bag or safe. Additionally, digitizing your documents is highly recommended to ensure you have copies, no matter what happens.

Current photo IDs, driver licenses, birth records

Social Security cards, passports (always keep your Social Security number separate from other documents to decrease risk of identity theft)

Current photos of family members in case you get separated

Health insurance and prescription cards

Medical records, medications and dosages

Phone numbers (family, friends, doctors)

Bank account information

Wills

Insurance documents (homeowner, renter, flood, life)

Property deeds, leases, mortgages

Utility bills (to prove where you live)

Vehicle titles, insurance, leases, loan documents

Inventory of household possessions and their value (take photos of every room, every drawer, every closet)

Backup computer files (on a USB drive)

Copies of important keys

Copies of prescriptions and medical alert tags

Documentation for service animals

## Step 2: Pack your belongings

Begin by gathering items you already have at home, then purchase additional supplies as needed. Pack essential supplies for each person or pet in a portable, durable container or backpack. These items will be critical whether you need to shelter in place or evacuate to a safer location.

### Basic Home & Office Supplies

Cellphone or PDA, containing key emergency contacts, passwords, etc., and charger

Wallet (with ID/cash/credit cards)

Car/house keys and office keys/passes

Laptop and charger

Calendar and/or day planner

Password book/document

Basic office supplies (pen and paper)

Network cables (ethernet)

### Food & Water

3-day supply of non-perishable food, such as canned or pouched food

1 gallon of water per day for each person and pet

Manual can opener

Plastic plates, cups, and utensils

Baby items (baby food, formula, bottles, diapers)

Pet supplies (listed on page 4)



## **First-Aid, Medication, & Hygiene Supplies**

First-aid kit (listed on next page)

Medications

Cooler with cold packs for medications

Hand sanitizer, wipes

Bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes)

Toilet paper, paper towels, garbage bags

Dental care products (toothpaste, toothbrushes)

Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses)

Soap, shampoo, personal hygiene supplies

Sunscreen, insect repellent

Face masks

Wheelchairs, walkers, and canes

Hearing aids with extra batteries

## **Travel & Safety Items**

Tent, blanket, pillows

Clothes and sturdy shoes

Rain gear

Towels

Books, games, toys

Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)

Extra cell phone battery packs

Flashlights and extra batteries

Matches and lighter (keep in waterproof container or sealable plastic bag)

Fire extinguisher

Whistle

Car repair items (tools, spare tire, tire patch kit, oil)

Road maps

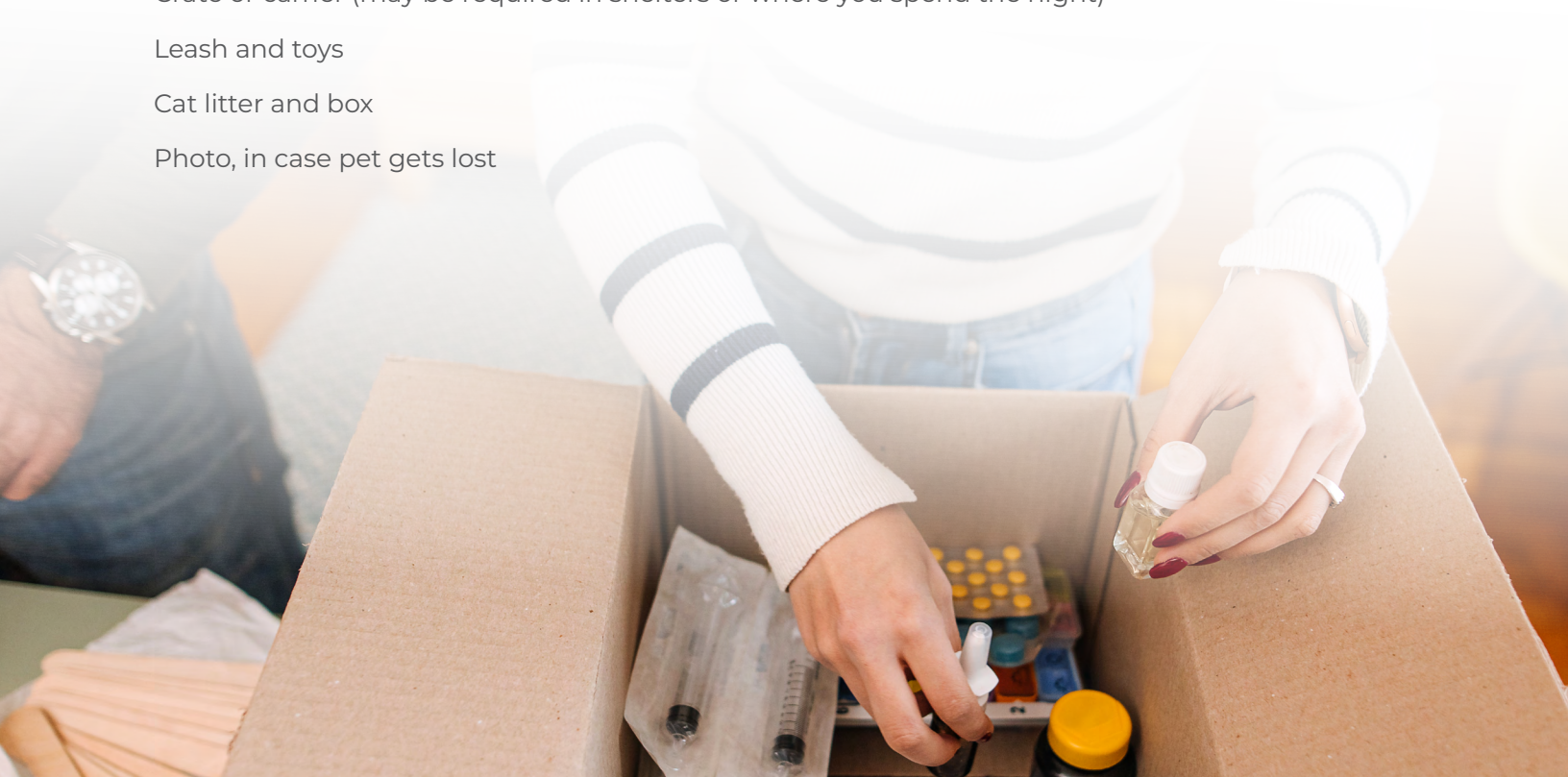
Document bag (listed on first page)

## First-Aid Kit Contents

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Pain reliever, such as aspirin, ibuprofen, or acetaminophen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First-aid instruction booklet

## Pet Supplies

- 3-day supply of food, water, and bowls
- Pet medications and first-aid kit
- Vaccination and veterinary records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Cat litter and box
- Photo, in case pet gets lost



### Step 3: Prepare Your Home

Whether you plan to evacuate or shelter in place, you can take proactive steps to protect your home against natural disasters by doing the following:

- Reinforce doors and windows with plywood
- Turn off water, gas, and electrical lines
- Place sandbags in flood-prone areas
- Secure outdoor furniture
- Prune large trees
- Secure heavy furniture to the walls
- Insulate pipes with foam tubing or heat tape
- Establish an evacuation path
- Install a backup mobile battery

### Step 4: Reach Out for Help

No matter where a disaster may be located, there are federal programs in place that you may contact in times of emergency. Keep these numbers in your records:

FEMA Helpline: 1-800-621-3362

Emergency Services: 911

Disaster Distress Helpline: 1-800-985-5990

Important reminders for local assistance:

Local emergency management: always check with your local emergency management agency for specific instructions and contact numbers relevant to your area

Online access: You can also access disaster assistance information through the FEMA website “[DisasterAssistance.gov](https://www.disasterassistance.gov)”

Language support: FEMA provides support for multiple languages, including Spanish

## Step 5: Remain Alert & Stay Safe

After the disaster has passed, there are other important steps to consider taking to remain as safe as possible. Consider these items after a disaster strikes:

- Continue listening to local radio/TV stations for latest updates
- Return home only when local officials tell you it's safe
- Stay alert for extended weather patterns
- Drive only if absolutely necessary
- Use your phone sparingly to save battery power
- Stay on firm ground
- Stay away from standing water
- Avoid loose or dangling power lines
- Follow detour signs and turn around, when instructed
- Look for electrical damage, and ensure electronics are dry before plugging in
- Use battery-powered equipment, when possible
- Check for gas leaks
- Check for sewage or water line damage
- Watch out for misplaced animals
- Watch for loose plaster, drywall, and ceilings
- Take pictures of damage, for insurance claims
- Open windows and doors to ventilate your home
- Check refrigerated food for spoilage
- Avoid drinking from the tap until you are certain it is safe

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