For a family to truly be prepared for emergencies, basic preparedness recommendations must be adapted to fit the needs of the people and animals in the home. Households with children, senior or disabled persons, pets and/or service animals should personalize their plans and supplies to suit their specific needs.

**Step 4: PERSONALIZED PLANS**

**Children**
- Disasters can be very traumatic to children. Learn how to best teach your kids about emergencies in advance and help them cope during and after one strikes. The American Red Cross offers important steps parents can take to prepare their kids, and a FREE **Monster Guard** app as a fun way for kids aged 7–11 to get involved in preparedness. [www.redcross.org/get-help/how-to-prepare-for-emergencies.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies.html)
- If you have a child with special health care needs, make a personalized go bag for him or her. It can be a bag your child takes to school every day or it can be kept with the family’s emergency kit.

**Seniors and People with Disabilities**
- Create a support network of people who can assist you during an emergency. Share your disaster plans with them. Make sure they have a key to your home, know where you keep emergency supplies and how to use lifesaving equipment or administer medicine.
- Look for hazards that could block or hinder your movement away from a dangerous area. If you have heavy furniture pieces that could fall over in an earthquake, have them secured to a wall.

**Pets and Service Animals**
- Include your pets and/or service animals in your emergency plans. Make sure you have your animal’s licensing information, veterinary records, and service animal documentation.
- Make an emergency kit for your pet. The kit should also contain pet food, bottled water, medications, food dishes, cat pan/litter, first aid kit, spare collar/tags, and manual can opener.
- Include a secure pet carrier, leash or harness so that if he panics, he can’t escape.

**Farm Animals**
- Make a disaster kit and keep it in a central location. Check the kit’s contents regularly.
- Keep a list of your animals and supplies for temporary identification.
- Include a basic first aid kit, handling equipment (halters, cages and appropriate tools), water, feed and buckets.

**Supplies**
- **Water:** Continue to build your water supply.
- **Food:** Continue to add to your supply of non-perishable food.
- **Cash:** Add cash to your kit. Keep cash in small bills.
- Extra blankets
- Warm clothing

**One Step Ahead**
- Label medical equipment with your name and contact information. Do this for items such as canes, walkers, oxygen tanks and wheelchairs.
- Keep hearing aids, eye glasses, and other assistive devices near the bedside while sleeping.

RESOURCES:
- Oregon.gov – [www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx](http://www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx)
Share Your Progress and ENTER TO WIN!

Making progress with your preparedness efforts? Share your photos for a chance to win great emergency preparedness prizes!

- Simply take a photo of your progress
  
  *This can be a photo of your supplies, a designated storage area, you or a family member shopping or packing an emergency kit, etc.*

- Send your photo to us by February 17, 2020, to be entered in the next prize drawing.
  - Photos can be sent to TeamEmerald@epud.org,
  - Posted to our Facebook page (www.facebook.com/EmeraldPUD),
  - or mailed/delivered to the EPUD office at:

  **EPUD 1 Step Forward, 33733 Seavey Loop Road, Eugene, OR 97405**

*Eligibility: Must be an EPUD customer to participate in prize drawings. Limit one entry per household per month. By submitting your photo, you consent to EPUD using your photo and first name on our social media channels, email communications, and printed publications.*

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Congratulations, ALAN W!

Alan W. is the winner of December’s prize drawing! His photo shows customized go bags made for each of his family’s vehicles.

Alan’s family works and lives on opposite sides of the river. They’ve prepared their vehicles for emergencies that could cause them to be separated and stranded without warning.

“We purchased one urban go bag and improved it to provide all essentials for 72 hours living in the car,” Alan wrote.

“Then we repurposed items from around the house and bought what else we needed to make a bag for each vehicle.”

**Great job, Alan!**

Alan won a WeatherX® Weatherband/AM/FM Radio and a loaded Mayday® Survival Kit. The kit includes food, water, flashlight, radio, tent, utility knife, first aid materials, and much more.

*Thank you for participating in EPUD’s 1 Step Forward program!*