Family Emergency Readiness Checklist

For peace of mind, use this checklist to help prepare you and your family for a pandemic, disaster or other emergency:

- Sign up for real-time mass notifications (ReadyPhiladelphia, AlertPA, ReadyNJ, etc.)
- Know your work and your children’s school attendance policies.
- Check Department of State and CDC advisories ahead of and during any personal travel.
- Develop a list of emergency contacts.
- Plan for child care, care for other family members, and/or pet care in advance.
- Consider alternative ways of getting to work in case transportation is disrupted.
- Stock up on water, food, toiletries, medications, personal items and other essentials.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies, etc.
- Identify a “sick room” in your home to separate sick family members from healthy ones.
- Join neighborhood online communities to stay connected and to help identify resources for assistance.
- Stop the spread of viruses by practicing and teaching preventive care:
  - Get your annual flu vaccination and stay up-to-date on other booster shots.
  - Stay home if you’re sick and use JeffConnect if you need to see a doctor.
  - Wash hands with soap and water for at least 20 seconds.
  - Use a tissue to cover your mouth when you sneeze or cough.
  - Avoid touching your mouth, nose and eyes with unwashed hands.
  - Check the CDC and WHO websites and your email regularly for guidelines and recommendations.

Sources: Ready.gov, CDC, WHO