

Family Emergency Readiness Checklist

REV. 03/09/2020

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.