

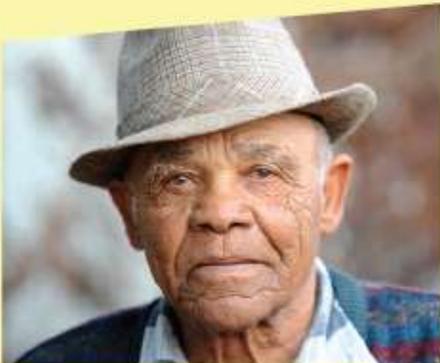


Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU™



Everybody Ready 3.0

Health and Emergency Planning Handbook for Individuals, Families, and Caregivers



Who Should Use This Handbook

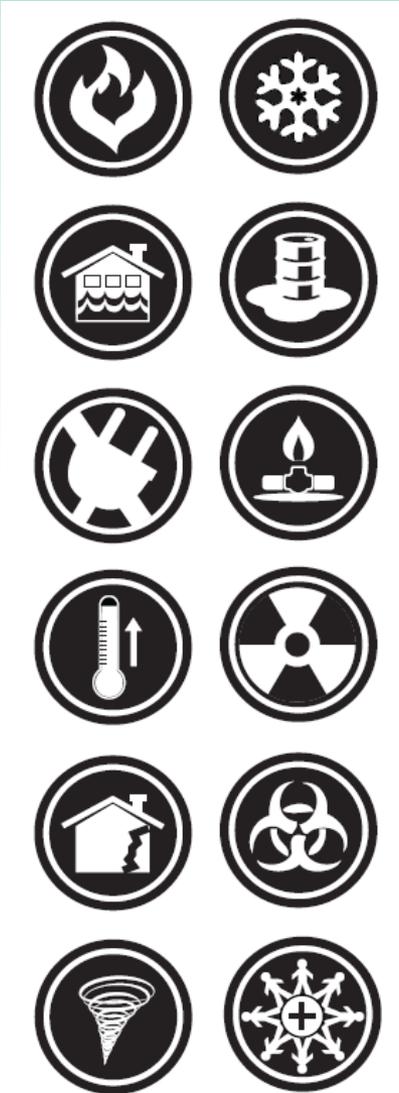


Key points:

- Vulnerable populations
- Functional needs
- Support network



Plan for Emergencies



Key points:

- Evacuate
- Shelter in place
- Go to a POD
- Find out more information
- Red Cross / OEM websites

Plan to Evacuate



Key points:

- Use the checklist
- Make 3 evacuation kits
- Pack things to help you **communicate**, stay **healthy**, and stay **comfortable**
- PRACTICE your plans

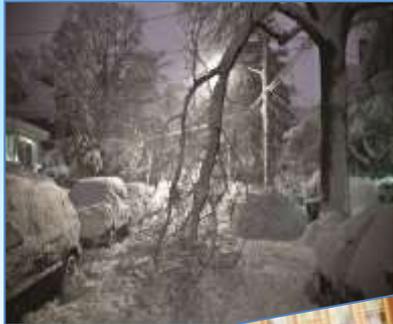


Plan to Shelter in Place



Key points:

- Pick a room (1st floor, least number of windows and doors)
- Use the checklist (3-day supply)
- Make one kit for home
- **PRACTICE** your plans



Plan for Public Health Emergencies



Key points:

- Plan to shelter in place, practice social distancing, or go to a POD
- Plan to stand in line
- Use the checklist



Plan for Your Pets / Service Animals



Key points:

- Include pet supplies, shots records, and vet info in your kits
- Use the checklist
- Visit animal websites for ideas



Plan for Your Agency



Key points:

- Talk with your supervisors
- Develop and PRACTICE a workplace plan
- Use the checklist



Help with Response



Key points:

- Be a trained volunteer!
- Visit the training websites.



After an Emergency



Key points:

- Call your support network (local and out-of-state).
- Use 9-1-1 only for life-or-death emergencies.
- Take pictures.
- Call your insurance, utilities, and municipality.



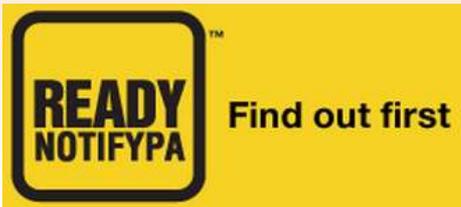


Public Alert Systems & Information



Key points:

- Visit these websites for more ways to help you prepare.



Know Your Local Preparedness Resources



Key points:

- Contact your county EMA to help you prepare for emergencies.
- Contact your county health department for ways to help you stay healthy.



Health Information Card



Key points:

- The Health Information Card is for first responders to find and read if you are unconscious or can't speak.
- Fill out two: keep one and give one to someone in your support network.



All About Me (back cover)



Key point:

- Fill out and hang on your fridge for first responders.

