

Caregiver Emergency Planning Checklist



Please review this checklist with all family caregivers.

- My cell phone is registered with www.AlertMarin.org (both my home and work address) so I can receive notifications and instructions during an emergency
- I know what to do during an earthquake (drop, cover, hold on)
- If the electricity turns off, I know where to find a working flashlight and first aid kit in the house
- I know where a fire extinguisher is and how to use it
- I know where the Poison Control phone number (1-800-222-1222) is posted and/or it is programmed in my cell phone
- I know how to evacuate the house with the people I care for, and pets, and have practiced with them
- I know where to bring the people I care for once we have evacuated
- I know where our pre-packed Go Bag is and to take it with us if we evacuate
- I have a **Last Minute List** of items to add to the **Go Bag** if time allows, and I know where to find them
- I know where to find and open our **Stay Box** if we are told to stay in the house
- I know to call or text my employer to let them know where we are during an emergency
- If I cannot reach my employer, I know the phone number of the family emergency contact and will call or text them
- I know how and when to turn off the house utilities if needed (gas, electricity and water)