

OUR HOUSEHOLD DISASTER PREPAREDNESS PLAN



UNITED WAY
Greater Houston

verizon

Fort Bend Recovers

**HTown Long-Term
Recovery Committee**

**MCCARES -
Montgomery
County Community
Assistance
Recovery Efforts
& Services**

**Waller County
Long-Term
Recovery
Committee**

Household Information

Head(s) of Household Name(s): _____

Address: _____

Phone Number(s): _____

Email: _____

Our Maintenance Plan

Last time we checked our Go Bag: _____

We will check/refresh on: _____

TIP: Add a reminder to your calendar!

Family Meeting Spot

If we get separated, we will meet at:

Nearby Location: _____

Example: At the stop sign in grandma's yard

Out-of-Area Location: _____

Example: At Uncle John's house

TIP: Check Houston traffic jams and flooded roads in real time online at traffic.houstontranstar.org/layers



PREPARING BEFORE THE DISASTER

Emergency Contacts + Important Phone Numbers

ALTERNATIVE: Scan the QR code to fill out a similar contact list online, then download and print.



Emergency Contact (outside of the city):

Name: _____

Phone: _____

Local Emergency Contact (neighbor/friend):

Name: _____

Phone: _____

Primary Doctor/Clinic: _____

Phone: _____

Pediatrician: _____

Phone: _____

Pharmacy: _____

Phone: _____

Bank: _____

Closest branch address: _____

Phone: _____

Medical Insurance Provider: _____

Policy number: _____

Phone: _____

Home/Renters Insurance Provider: _____

Policy number: _____

Phone: _____

Car insurance: _____

Phone: _____

School/childcare: _____

Phone: _____

Elder care facility: _____

Phone: _____

Veterinarian: _____

Phone: _____

TIP: Give others a copy of this phone list too!

TIP: Anyone who will need evacuation assistance during/ after a disaster should register with STEAR (State of Texas Emergency Assistance Registry) each year. Those who are medically fragile, have limited mobility, require personal care assistance, etc. can register:

Online at stear.texas.gov, By calling 211

Who Lives in My Home?

This section is recommended for all, especially non-English speakers or others who may have trouble communicating with emergency officials. As of _____

NAME	AGE	FOOD & DRUG ALLERGIES	SPECIAL ASSISTANCE NEEDS, MEDICATION DOSES

PET NAME	SPECIES	SPECIAL NEEDS AND NOTES

PREPARING BEFORE THE DISASTER

Pack Your Emergency Go Bags!

Essential “Must Have” Items

- ☐ Current photos of everyone and of your home, inside and out (Or save them on your smartphone)
- ☐ Name tag for each household member’s Go Bag
- ☐ Food that will not spoil and requires no refrigeration, spices, and utensils (3-day supply/person)
- ☐ Waterproof bag/container for important documents
- ☐ Rain ponchos
- ☐ Spoons, reusable
- ☐ Manual can opener
- ☐ 5 - 7 day supply of water (1 gallon/person/day)
- ☐ Change of clothing/person (at least socks & underwear!)
- ☐ Prescription medications (7-14 day supply/person)
- ☐ Instant cold packs for meds that need to stay refrigerated
- ☐ Spare eyeglasses, contacts
- ☐ First aid kit with over-the-counter medicines
- ☐ Folding, hand-held fans
- ☐ Travel size hygiene items (soap, toothbrush, etc.)
- ☐ Roll of paper towels
- ☐ Plastic, heavy duty garbage bags
- ☐ Solar or battery-powered radio/flashlight
- ☐ Extra batteries, power banks & charging cords
- ☐ Permanent marker, paper and pencil
- ☐ Emergency whistle
- ☐ Wrench or multitool to turn off utilities
- ☐ Disinfectant wipes
- ☐ Toilet paper
- ☐ Duct tape

Other Items

- ☐ Cold weather gear: mylar blankets & hand-warmers
- ☐ Hot weather gear: sunscreen & umbrellas for shade
- ☐ Waterproof matches, lighters
- ☐ Insect repellent
- ☐ Cash
- ☐ Work gloves
- ☐ Deck of cards, children’s toys
- ☐ Reflective straps/clothing
- ☐ Adult absorbent briefs
- ☐ Baby food & supplies (if needed)
- ☐ Pet food & meds, spare collar(s), and crate

Copy or Replace Important Documents

Our waterproof bag with all important documents is located

Example: In our Go Bag!

TIP: Save digital copies of all important documents on a USB drive and store it in your Go Bag, or save them in cloud storage so they are accessible from anywhere with a wifi connection.

Other Documents

- Individual photos (headshots) of every household member
- Home inventory (list all the valuables including furniture, electronics, vehicles, etc)
- Lease/rental agreement
- Insurance policies (home, renter, vehicle, pet)
- Take photos of this completed disaster plan

Federal Documents

Social Security cards

- SSA.gov or 800-772-1213 (TTY 800-325-0778)

Medicare cards

- Medicare.gov or 800-633-4227 (TTY 877-486-2048)

Passports

- Pptform.state.gov or 877-487-2778 (TTY 888-874-7793)

Permanent Resident Card (Green Cards)

- myaccount.uscis.gov or 888-897-7781 (TTY 877-875-6028)

Military records, archives.gov/veterans

State & County Documents

- Birth & death certificates, marriage & divorce copies (certified and non-certified)
 - Texas.gov or 888-963-7111
 - Or contact the county office in which they were filed

Texas driver’s licenses and photo identification cards

- www.dps.texas.gov/section/driver-license
- Search for the nearest office’s phone number at www.dps.texas.gov/apps/Rolodex/search.asp

Residency & Property Records

Proof of address/residency: Contact your utility company to obtain a recent bill

- Natural Gas/CenterPoint: Call 800-752-8036
- Water: Contact your city’s offices

Real estate and property records: Contact your mortgage company or your county assessor’s office

Financial Wellness Tips:

- Switch to direct deposit to avoid pay delays
- Print or download statements of any bills that you pay automatically (rent, utilities, loans, subscriptions)
- Download any banking or bill pay mobile apps on your smartphone

FIRST STEPS AFTER A DISASTER

For Your...

Your Family

- List available financial resources as well as other sources of assistance
- Make a list of things you will need to replace
- Take photos of damage that has occurred
- Stay in touch with family and friends
- Consider joining a support group
- Resume normal routines quickly
- Encourage everyone to talk about their feelings, be honest about your own

Your Children

- Give lots of reassuring hugs
- Provide factual disaster information
- Spend extra time with them at bedtime
- Involve your children in the recovery with specific chores
- Praise responsible behavior

Yourself

- Eat properly and drink plenty of water
- Exercise to reduce stress – take a brisk walk
- Don't take on too much and get plenty of rest – nap if you can't sleep
- Talk about your fears and concerns, consider talking with a counselor who can help you manage your stress, and don't hesitate to ask for help when you need it

Your Home/Apartment

- Check that your home is safe before returning
- Contact your insurance agent – don't guess at your coverage
- Get more than one repair estimate
- Keep receipts in a safe place
- Determine what you can do by yourself or with help from others
- Determine what requires an expert (electrical, plumbing)
- Verify contractors through references and the Better Business Bureau

Find a Shelter

For a real-time map of open shelters go to redcross.org/shelter or call 713-526-8300.

Find a Food Bank

Find the nearest food bank at houstonfoodbank.org/find-food


Know The Difference

- 911 – for lifesaving emergencies
- 211 – to get connected with social services and other resources (24/7)
- 311 – If your city has 311, call for debris pickup, transportation, infrastructure, etc.
- 988 - Suicide/Crisis Lifeline (call or text)

First Phone Calls

- School/childcare centers to check on student check out procedures
- Call assisted living/nursing homes to check on elder family members
- Walk to your neighbors' homes to check on them and offer help if you're able

If You Have Property Damage...

1. Take **photos** of your home, inside and outside
2. Call your insurance company to verify coverage
3. Complete these 2 surveys – they each serve a different purpose:
 - **iSTAT Damage Survey** (damage.tdem.texas.gov) The more iSTAT surveys completed by survivors, the more likely our region will qualify for a federal declaration, which brings additional recovery resources to our community
 - **The Connective Survey** (connectivesurvey.org) This 2-step survey helps assess the level of impact after a disaster and shares your needs with local nonprofits and governments active in disasters.
4. How to **Muck & Gut** your home – watch this 3-minute video
 - Get started before mold begins to form
 - Shut off utilities
 - Clean out your belongings
 - Remove water damaged trim around doorways, windows, and baseboards
 - Remove dry wall up to 4 feet (even if the water line does not reach the 4-foot mark)
 - Remove insulation
 - Clean and dry your home
5. Separate **debris** into separate piles of construction materials and natural/green waste and place next to (not in) the street

Legal Services

Know your renter's rights, texaslawhelp.org.

Lone Star Legal Aid can help with landlords, FEMA appeals, lost legal papers, and proof of home ownership. Call the disaster hotline 866-659-0666.

FEMA & SBA

If a disaster is federally declared by the President of the United States, FEMA and SBA resources may become available to survivors.

FEMA

- To increase your chances of being awarded funds, visit a FEMA Disaster Resource Center (DRC) **in person** to complete your FEMA application
- **Should you be denied after initial application, always appeal the denial letter.**
- Start here: disasterassistance.gov

SBA

The SBA (Small Business Administration) can provide assistance to individuals including **homeowners and renters** (not just small businesses) in the form of low-interest loans which can be used for:

- Repairs and replacement of physical assets damaged in a declared disaster not covered by insurance or FEMA
- Mitigation assistance to reduce/eliminate future damage (EXAMPLE: Installing a French drain or weatherizing your home)
- **Start here:** sba.gov/disaster



UNITED WAY
Greater Houston

For help locating assistance before, during, or after a disaster, call 211. Open 24/7/365.