



Be Ready: Emergency Tips for Moms & Caregivers

Moms handle emergencies every day—and when a big emergency happens, you're often the one your family turns to. Being prepared helps keep you and your children safe. This guide breaks down the most important steps.

Make a family plan

KNOW THE RISKS

- ☐ Identify the most likely emergencies in your area.
- ☐ Check your local or state emergency management site to learn how alerts are delivered (texts, sirens, radio, etc.).

PLAN WHERE TO GO

- ☐ Identify safe places you can go (family, friends, and out of designated emergency zones).
- ☐ Map backup routes in case roads are blocked.

PLAN WHERE TO STAY

- ☐ Search for open shelters by texting SHELTER and your ZIP CODE to 43362.
- ☐ Choose a safe meeting place if family members get separated.



Make a communications plan

- ☐ Know your child's school or daycare emergency procedures and how they will contact you.
- ☐ Create emergency contact cards with important phone numbers in case cell service doesn't work and ensure each child keeps one in their backpack and go-bag.
- ☐ Power outages can impact local communication during emergencies. Choose one "out-of-town" contact who can help relay information and would not be impacted if local lines are down.



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Gather emergency supplies: Make a go-bag

ESSENTIALS

- ☐ Water, non-perishable food
- ☐ Flashlights, radio
- ☐ Chargers and batteries
- ☐ First aid kit
- ☐ Extra clothes
- ☐ Cash
- ☐ Copies of important documents (insurance, birth certificates)



BABY SUPPLIES (IF APPLICABLE)

- ☐ Diapers, wipes
- ☐ Extra clothes, socks, blankets
- ☐ Nursing supplies
- ☐ Breast pump (manual or electric)
- ☐ Small cups for feeding if needed
- ☐ Ready to use formula



MEDICATIONS

- ☐ Keep at least 7–10 days' worth of prescription medicines on hand.

PERSONAL NEEDS

- ☐ Journal, blanket, book, games, or music
- ☐ Feminine hygiene products
- ☐ Contacts/glasses

KIDS' GO-BAGS

- ☐ Comfort items
- ☐ Notebook + pen
- ☐ Activities or games
- ☐ Snacks
- ☐ Hygiene items
- ☐ Blanket or jacket