

# Emergency Preparedness Services Newsletter

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[www.fresno.gov/prepare](http://www.fresno.gov/prepare)

## Family Communication Plan: Be Prepared When an Emergency Strikes!

What would you do if a natural disaster happened in your town, and you need to reach your family? What if your mother, living in another state, has an emergency and needs your help? If your college student, reaches out for guidance after a fire or accident? Are you ready? Do you have everyone's contact information? Have you discussed a plan of action if someone in the family needs immediate help? Do you have a plan for letting everyone know that you're OK?

There are many questions to discuss in preparing for these situations. Here are a few tips and resources on how you can be informed, resilient and get all family members involved in your Family Emergency Communications Plan.

### The 3 Steps:

**Collect, Share and Practice!** [Create Your Family Emergency Communication Plan](#)

From FEMA: "Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency." Holiday gatherings are a perfect time to also gather the information you need to build an Emergency Family Communications Plan.

Need a template? Here's a comprehensive FEMA form and instructions to guide you: [Family Emergency Plan \(PDF\) - Ready.gov](#)

This informational newsletter is provided by the City of Fresno for the purpose of assisting in emergency preparedness within the community.

To make suggestions or inquiries contact:

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For more Emergency Preparedness tools, go to: [www.fresno.gov/prepare](http://www.fresno.gov/prepare)



### Planning to give gifts to your friends and loved ones during the Winter Holiday Season?

*Here are some great gifts of Safety/Emergency Preparedness they will love and appreciate!*

**First Aid Kit**-essential for the car and household, available inexpensively and in deluxe versions.

**LED Flashlight**-bright, long lasting and safe because they are flameless.

**Solar Electronics Charger**-in a wide range of prices and sizes, great for an emergency phone charge, solar powered.

**A year's subscription to a Roadside Service Plan**-such a thoughtful gift, literally saving someone who may be stranded.

**Smoke and Carbon Monoxide Detectors**-Nearly 400k home fires happen each year in the US. Give life saving safety with this item. And remember to Get Out, Stay Out and Call for help.

**Emergency Food and Water Kit**-good for any event where stores are closed or inaccessible.

**For Kit lists and more go to** [www.fresno.gov/prepare](http://www.fresno.gov/prepare)

### Butter your biscuits, not your burns!

This month, many families will be baking and cooking special foods to celebrate. Sometimes that can mean accidents where burns are the result, especially to hands and arms.

Remember your basic first aid: Run cool water over the burn for about 15 minutes and cover with a bandage to keep debris and germs out. If blisters or charring occur, seek medical attention.

Never put butter, mayo or mustard on the wound, this may introduce germs and infection to the area- so, no condiments on burns!

