

# MAKING A FAMILY EMERGENCY PLAN



## Build Your Home Kit

Each home should have an emergency kit to last up to four days in the event of a disaster/emergency. We understand building a kit can be overwhelming to a budget and the link below will provide you with a calendar of how to complete your kit in an affordable way.

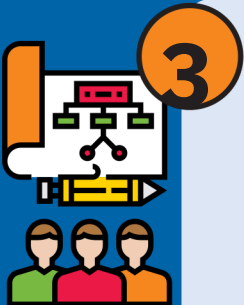
### Items for Your Kit

Baby items • Batteries • Blankets • Bottled water for four days per person • First aid kit • Flashlight • Medications for at least four days • Paper towels • Personal hygiene items • Pet items • Protein bars • Shoes • Weather radio • Whistle **Scan the QR code for an affordable way to build your kit, for the Lake Cumberland District Health Department's 20 Weeks to Preparedness Plan.**



## Talk About Preparedness with Your Family

Emergencies can be scary, but not knowing what to do is even scarier. Talk with your whole family and involve the kids. Encourage them to make their own kit of items they would like to have in the aftermath of a disaster.



## Make a Plan as a Family

Make an emergency plan: who to call with phone numbers, where to meet, safe places to be in and out of the house and more.

### Answer the Following Questions as a Family

- Where is the safe place in your house?
- Do you have relatives out of town that can be phone contacts?
- If your house is on fire, where outside will your family meet up?
- How will your family reunite if an emergency/disaster occurs during a school/work day?



**Scan the QR code for more information or to create a plan online.**



## Practice Your Plan

Practice makes perfect and makes us less afraid. After making your plan, practice with your family! Practice a few times a year—before severe weather season, and any time severe weather is expected.



## Talk with Others About Emergency Planning

Share your planning experience with friends and family! It's important that everyone be prepared for an emergency. Share the links on this page to be a Preparedness Hero in your community!



NORTON  
Children's

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# Family Emergency Kit Checklist for 2026

## Inventory for the family



First aid kit



Paper towels



Warm blankets



Toilet paper



Phone chargers



Multi-purpose tool



Flashlight



Map of the area



Weather radio



Extra set of keys



Shelf-stable food



Batteries

## Inventory for each individual



3 gallons of water



Personal hygiene items



3 days of medications



Shoes



3 days of medical supplies



Whistle



Baby care supplies



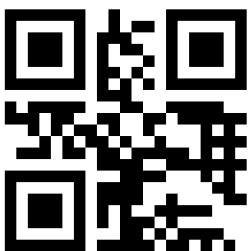
Entertainment item



Pet care supplies



Comfort item (for children)



Visit [www.ready.gov](http://www.ready.gov) to learn more about prepping your family for an unexpected emergency

Ready



# Family Emergency Kit

## Foods to include:

- *1 gallon of water per day/per person*
- Canned meat such as tuna and chicken
- Protein bars
- Jerky
- Canned soup
- Canned vegetables
- Canned fruit
- Applesauce
- Fruit pouches
- Shelf-stable milk
- Peanut butter
- Whole grain cereal
- Granola bars
- Crackers
- Dried fruit
- Instant coffee
- Infant formula
- Baby food



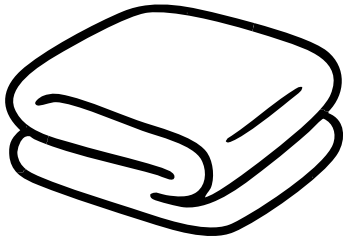
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Ready

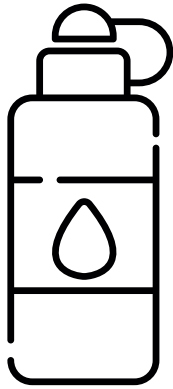


# Match while you prep: activity page

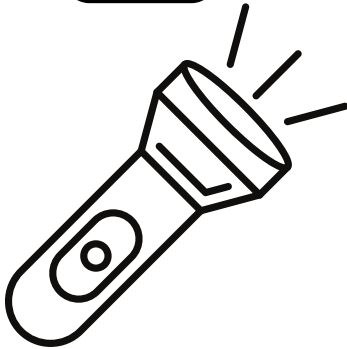
An emergency is when something unexpected happens, like losing electricity during a big storm. Color the pictures of things to have already prepped and ready if there is an emergency, and then draw a line to match each item to why it's important.



Where I will  
find band-aids



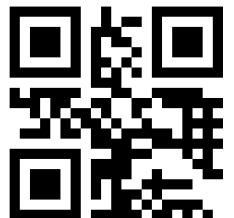
Helps me see  
in the dark



Keeps my  
body warm



I need this to  
stay healthy



# 8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



## SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: [NCPW@nortonhealthcare.org](mailto:NCPW@nortonhealthcare.org)



# CLASSES AND EVENTS

## SAFE BABY

January 8th

February 12<sup>th</sup>

## RESCUE READY

January 27<sup>th</sup>

## SAFE GRANDPARENT

February 19<sup>th</sup>

## SAFE SITTER

April 6<sup>th</sup>

May 19<sup>th</sup>



TO REGISTER FOR A CLASS SCAN THE QR CODE.  
YOU CAN ALSO REGISTER ONLINE AT:  
[WWW.NORTONCHILDRENS.COM/PREVENTION](http://WWW.NORTONCHILDRENS.COM/PREVENTION)