5 Top Emergency Preparedness Tips to Keep Your Family Safe

Categories: General, General Prepping, Urban Survival

The notion of dealing with a major emergency is not one that many wish to dwell on. While there's something to be said about positive thinking, when this form of thinking leads to a lack of action, it becomes a serious problem. Even if you believe you'll never be involved in a serious emergency situation – whether a natural disaster or something more serious – it's essential to prepare for the worst while hoping for the best.

You've likely scanned across articles on blogs, magazines or newspapers discussing the value of preparing your home and family. However, many of these tips are expensive and require a significant amount of time and dedication to accomplish. What would you say if the most effective tips are also the cheapest?

Continue reading to uncover the top 5 emergency preparedness tips designed to keep you and your family safe without having to spend an arm-and-a-leg on advanced supplies and costly
provisions.

#1 – Plan an Escape Route Out of Your Home

Imagine there was an emergency within your home, such as a fire, and you need to escape quickly and safely. What are the best ways to evacuate your home in the fastest way possible? Take a moment to delve into possible escape routes, then write it down. Make sure all inhabitants within your home fully understands where to go and how to escape the house should it be necessary.

#2 – Create a Centralized Meeting Place

So you've managed to escape your home – or some other location – during an emergency, now what? In the ideal world, you and your family are together when an emergency happens; however, this isn't always the case. Designate two different meeting areas. The first should be close to your home, such as at a neighbours house or at the neighbourhood park. The second should be a centralized place within your town or city. Write these locations down and make sure your family and friends understand where to meet should an emergency take place.

#3 – Create an Emergency Contact Card

Emergency contact cards are essential should a major disaster happen and you or your family members need to reach specific individuals or visit a specific meeting place, as described above. This card should contain the phone numbers of out-of-state relatives or emergency contacts as well as the locations of your two designated meeting areas. Copy this card and ensure each family member and friend has one for easy reference during a disaster.

#4 – Regularly Update Your Emergency Plan

One of the biggest mistakes many people make when it comes to creating an emergency plan is making it once and never returning to it. Much like life, the details in your emergency plan can, and will, need to change. Whether you move or change emergency contact information, make sure to re-visit your emergency plan every six months and make updates as necessary. What's worse than not having an emergency plan? Having an outdated emergency plan.

#5 – Practice Your Emergency Plan

There are many times when an emergency plan is thorough and effective, but during an actual emergency you or your family members become disoriented and are unsure how to follow the established plan. To prevent confusion during these stressful and overwhelming times, it's imperative to practice your emergency plan. Go through each step of your plan as if a real emergency was happening. Drive your planned evacuate route and spend time mapping out
alternative escape routes. Practice exiting your home based upon the various escape plans and make sure to keep your emergency kits well-stocked.

Be sure to check out our related post: [Preparing for a Disaster – Effective No-Nonsense Tips to Protect Your Family](http://knowledgeweighsnothing.com/)

(Image from: [U.S. Army Corps of Engineers Savannah District](http://knowledgeweighsnothing.com/))