



HOME SAFETY PLAN



Police/Fire: 911



Poison Control: 1-800-222-1222



Suicide Hotline: 988



Medical Emergency: 911

NAME: DATE OF BIRTH:



ADDRESS:

PHONE NUMBER:

MY MEDICAL PRECAUTIONS:



FIRE / EVACUATION PLAN:

MY SAFE MEETING SPOT IS:



TORNADO/ SHELTER-IN-PLACE PLAN:



POWER OUTAGE:

SERVICE #:

EMERGENCY

KIT

LOCATION: PLAN:





OTHER IMPORTANT INFO



IMPORTANT PERSONAL CONTACTS:
(include guardian if applicable)



Emergency Contact:



MEDICAL TEAM:



PHARMACY:



TRANSPORTATION:

GALAXY CONTACT(S)/THERAPIST:

**HAVE A COMPLIMENT OR COMPLAINT? CALL US, OR
SCAN THIS QR CODE TO BE DIRECTED TO A
SURVEY.**



EMERGENCY PREPAREDNESS KIT

Severe weather can strike anywhere in the U.S., and if a disaster hits you may not have access to food, water or electricity for days. Here are the recommended items to include in an emergency preparedness kit:



FOOD AND WATER

Pack a three-day supply of non-perishable foods, and one gallon of water per person per day for at least three days.



PERSONAL CARE ITEMS

Things like soap, toothbrush, toothpaste and contact lenses.

MANUAL CAN OPENER



This is to open any non-perishable foods packed in your kit.

PRESCRIPTION MEDICINES



Have at least a three-day supply on hand.



FIRST AID KIT

These are easy to find to purchase or you can make your own!



ELECTRONICS

Be sure to have a battery-powered or solar flashlight, a cell phone with a portable charger and extra batteries on hand.



IMPORTANT PAPERS

Copies of drivers' licenses, medical information, your Foremost insurance policy and claim contact information, social security cards, etc. Keep them in a waterproof, air tight bag.



CASH

With no power, stores may not be able to take credit cards and ATMs may be out of cash, so keep a reasonable amount of cash available so you have it if needed.

BASIC HAND TOOLS



A wrench or pliers to turn off utilities.

EXTRA FOOD AND WATER FOR YOUR PET



Your furry friends also need a three-day supply of food and water.

Not all products, coverages and discounts are available in all areas.

Foremost Insurance Company Grand Rapids, Michigan pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers.

The AARP Mobile Home and Motorcycle Insurance Programs are unavailable in some areas of the country, Puerto Rico and the Virgin Islands. FX Insurance Agency, LLC is a licensed insurance agency appointed by, and affiliated with, Foremost Insurance Company Grand Rapids, Michigan, Foremost Property and Casualty Insurance Company, and Foremost County Mutual Insurance Company. 5600 Beech Tree Lane, Caledonia, MI 49316. 9019356 06/20



HOME FIRE SAFETY

Test and charge detector batteries every 6 months



Install smoke and carbon monoxide detectors



Place at least 1 detector and fire extinguisher on each floor



Have an emergency fire escape plan for your family



Inspect fire extinguishers monthly for pressurization and replace if needed



Check dryer vents and clean out lint filter after each use



Double check all appliances are switched off after use



Maintain electrical cords and unplug devices when they are not in use



GALAXY CARES

Winter Storm Safety Tips Before, During, and After

Before a Winter Storm

- Keep your vehicle's gas tank full so you can leave right away in an emergency and prevent the fuel line from freezing.
- Keep handy a warm coat, gloves or mittens, hat, water-resistant boots, and extra blankets and warm clothing for each member of the household.
- Check your [emergency kit](#) and replenish any items missing or in short supply, especially medications and medical supplies. Keep it nearby.
- Prepare for possible [power outages](#).
- Be sure you have ample heating fuel. If you have alternative heating sources, such as fireplaces, wood- or coal-burning stoves, or space heaters, be sure they are clean and in working order.
- [Review generator safety](#): Never run a generator in an enclosed space.
- Make sure your carbon monoxide detector is working correctly and that the outside vent is clear of leaves and debris. During or after the storm, make sure it is cleared of snow.
- [Home fires](#) are common each winter when trying to stay warm. Review ways to keep your home and loved ones safe.

During a Winter Storm

- Stay indoors and wear warm clothes. Layers of loose-fitting, lightweight, warm clothing will keep you warmer than a bulky sweater. If you feel too warm, remove layers to avoid sweating; if you feel chilled, add layers.

- Bring your companion animals inside before the storm begins. Move other animals to sheltered areas with a supply of non-frozen water. Most animal deaths in winter storms are caused by dehydration.
 - Check on relatives, neighbors, and friends, particularly if they are elderly or if they live alone. If you must drive during winter weather conditions, make sure all fluid levels are full and
 - ensure that the lights, heater, and windshield wipers are in proper working condition. Don't leave the house without the following: A fully charged cell phone, car charger, and an
 - [emergency supplies kit](#) in your car. Ensure your kit includes additional layers of clothing and non-perishable food.
- If your car gets stuck during a storm, stay in the vehicle. If you leave your vehicle, you will
- become disoriented quickly in wind-driven snow and cold.

After a Winter Storm

- Stay informed and pay attention to the information provided by local authorities.
- Avoid driving and other travel until conditions have improved. Black ice is patchy ice on roadways that cannot easily be seen. Even if roadways have been cleared of snow following a storm, any water left on the roadways may freeze, resulting in a clear sheet of ice, also known as black ice.
- Know the signs of [frostbite and hypothermia](#).

Outage Information

Michigan emergency alert systems remind residents that they can register to receive updates about storms and outages in their area. Residents can [click here](#) to receive alerts via text, phone call, or email when their power goes out. MI residents have two power services: Consumer Energy and DTE.

<https://www.consumersenergy.com/outages/check-outage> or <https://outage.dteenergy.com/> to report outages.

RED CROSS Emergency App in the [Apple Store](#) » or [Google Play](#) »

<https://www.weather.gov/>

MICHIGAN ROAD ASSISTANCE [Michigan Police Posts](#)

GREASE FIRE

DO NOT PUT WATER ON THE FIRE



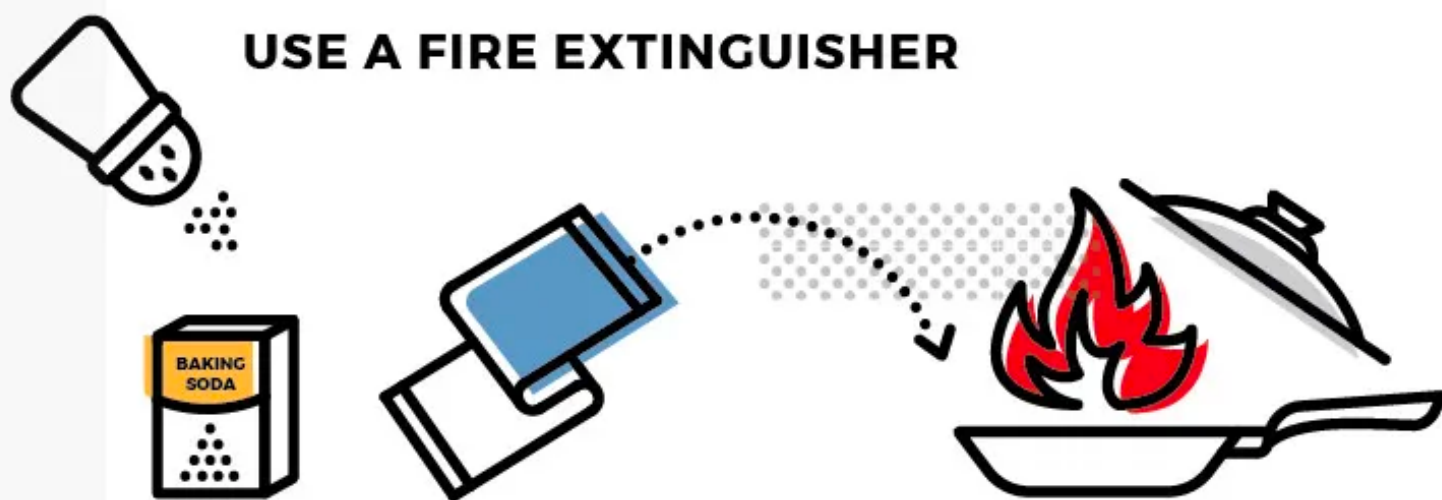
SMOTHER THE FIRE WITH A PAN LID

**SMOTHER THE FIRE WITH A WET
RAG OR TOWEL**

**TURN OFF THE BURNER AND
LET THE PAN COOL OFF NATURALLY**

**THROW PLENTY OF SALT OR
BAKING SODA ON THE FIRE**

USE A FIRE EXTINGUISHER



612-294-0886

Get more helpful tips at rapidrestorationmn.com

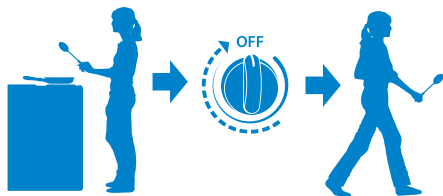
Cook Safely!

Prevent Kitchen Fires



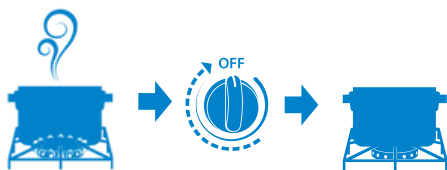
Did you know?

Cooking is the main cause of home fires and fire injuries. You can prevent cooking fires. Take these steps to keep your family safe!



- **Stand by your pan:**

If you leave the kitchen, turn the burner off.



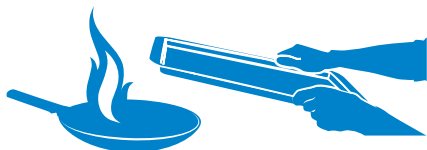
- **Watch what you are cooking:**

Fires start when the heat is too high. If you see any smoke or the grease starts to boil, turn the burner off.



- **Turn pot handles toward the back of the stove:**

Then no one can bump them or pull them over.



- **Keep a pan lid or baking sheet nearby :**

Use it to cover the pan if it catches on fire. This will put out the fire.

For more information and resources, visit
www.usfa.fema.gov

HOME FIRE SAFETY

A Guide to Household Fire Safety and Prevention

HOUSEHOLD FIRES ARE DANGEROUS, DESTRUCTIVE, AND ALL TOO COMMON.



SMOKE DETECTORS

TIPS

- Check the batteries in smoke detectors and carbon monoxide detectors twice a year.

CHIMNEYS

Approximately **75%** of chimney fires are caused by creosote buildup!

TIPS

- Keep chimneys clear and vented. A dirty chimney builds up creosote deposits that can easily catch a wayward spark and cause a dangerous, destructive fire.

DRYERS

Dryers and washing machines are involved in **1** out of every **22** US home structure fires.

TIPS

- Clean lint screens before every load. The buildup of lint is responsible for an average of **4,440** fires each year.
- Avoid overloading the dryer. Motors under strain can overheat easily and start fires.

SPACE HEATERS

Always rely on a central heating system to heat your home. Space heaters account for around **1/3** of home heating fires.

TIPS

- Keep plenty of space around any space heater—if it's flammable, make sure it's at least **3** feet away from the unit!

IN THE KITCHEN

Approximately **41%** of home fires start in the kitchen.

TIPS

- Never leave a lit stove or range unattended.
- Always keep a fire extinguisher within easy reach of the stove.
- Oil splatter and grease account for **37%** of kitchen fires, so keep those ranges clean!



In the Event of a Fire > Have a Plan

- Brainstorm at least 2 ways to escape from each room in your home, and decide on a meeting spot outside and away from the house.
- To operate a fire extinguisher, remember **P.A.S.S.**: Pull the pin, Aim the nozzle, Squeeze the handle, and Sweep from side

DANGER!

Protect Yourself & Your Family from Carbon Monoxide Poisoning

Recognize the Signs and Symptoms of Carbon Monoxide (CO) Poisoning



Headache



Shortness
of breath



Chest pain



Nausea or
vomiting



Dizziness



Collapse



Loss of consciousness

If you feel you may have any signs or symptoms **OR**
your CO alarm or CO detector sounds,

STEP 1: Get yourself and others outdoors to an area with clean air immediately.

STEP 2: CALL 911!

STEP 3: Do NOT drive a motor vehicle.

STEP 4: Stay away from the area until it is determined to be safe.

Remember...

Carbon Monoxide
(CO) Poisoning



CAN'T BE
SEEN



CAN'T BE
SMELLED



CAN'T BE
HEARD



CAN BE
STOPPED

If you live in a home with gas, oil or coal burning appliances, check your CO alarms
or CO detectors regularly to be sure they are functioning properly.

If you have questions, or need more information, contact the
Occupational and Environmental Epidemiology Branch at 919-707-5900

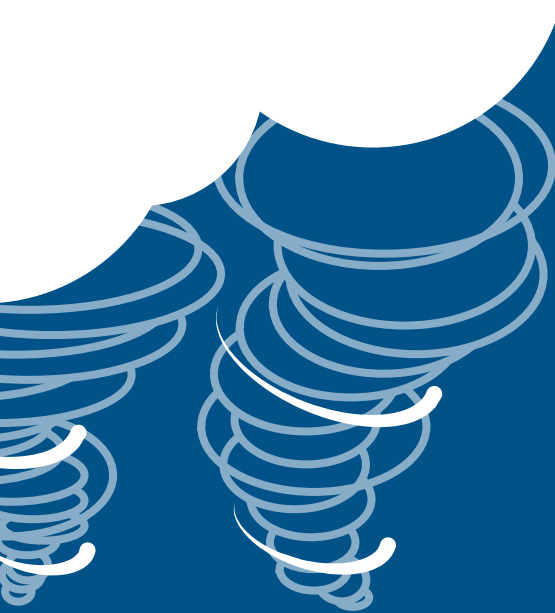


NC Department of Health and Human Services •
Division of Public Health • Occupational and Environmental
Epidemiology Branch • www.publichealth.nc.gov • NCDHHS
is an equal opportunity employer and provider. • 1/2020

Some information
provided by the
Centers for Disease
Control and
Prevention (CDC).



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



BE PREPARED FOR A TORNADO



FEMA

**Tornadoes can
destroy buildings,
flip cars, and create
deadly flying debris.**

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.



Can happen anytime



Bring intense winds



Can happen anywhere



Look like funnels

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

Go to a safe room,
basement, or storm cellar.



If you can safely get to a sturdy
building, do so immediately.

If there is no basement,
get to a small, interior room
on the lowest level.



Do not get under an overpass
or bridge. You're safer in a low,
flat location.

Stay away from windows,
doors, and outside walls.



Watch out for flying debris that
can cause injury or death.



Use your arms to protect
your head and neck.

HOW TO STAY SAFE

WHEN A TORNADO THREATENS

Prepare NOW

Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

Identify and practice going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

Consider constructing a safe room that meets FEMA or ICC 500 standards.

Survive DURING

Immediately go to a safe location that you identified.

Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not try to outrun a tornado in a vehicle.

If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

Be Safe AFTER

Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.

If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

Stay clear of fallen power lines or broken utility lines.

Do not enter damaged buildings until you are told that they are safe.

Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **tornado**. Download the **FEMA app** to get more information about preparing for a **tornado**. Find Emergency Safety Tips under Prepare.





SHELTER IN PLACE

- ☒ Close Windows
- ☒ Charge Devices
- ☒ Lock Door
- ☒ Stay Tuned



What to Do When Your Vehicle Breaks Down

Problem Prevention Checklist

Properly maintained vehicles seldom become disabled.

If something does go wrong, certain safety equipment and supplies are helpful. Here are some suggestions:

- ☐ Cell phone with charger.
- ☐ Pencil and notebook.
- ☐ Extra medication.
- ☐ Vehicle operating manual.
- ☐ Emergency service information.
- ☐ Flashlight with extra batteries.
- ☐ Drinking water and preserved food.
- ☐ Jumper cables and tire pressure gauge.
- ☐ Flares, warning triangles or reflectors.
- ☐ Signal flag, retro-reflective vest or scarf.
- ☐ Windshield-washer fluid and wiping cloth.
- ☐ Coolant and fire extinguisher.
- ☐ Ice scraper, snow brush and snow shovel, if climate demands.
- ☐ Cat litter as a substitute for sand when your vehicle is trapped in snow.
- ☐ Heavy gloves and thermal or safety blanket.
- ☐ Chemical heat source.
- ☐ Candles and waterproof matches.
- ☐ Jack with flat board for soft surfaces.
- ☐ Lug wrench for changing a flat tire.
- ☐ Toolkit including screwdriver, pliers, duct tape and adjustable wrench.
- ☐ Umbrella.
- ☐ Extra fuses and fan/alternator belt.
- ☐ First-aid kit.



The AAA Guide to Personal Safety

BE PREPARED FOR A POWER OUTAGE

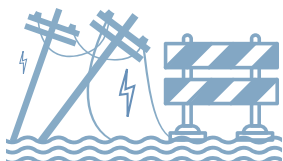
Extended power outages may impact the whole community and the economy.



FEMA

FEMA V-1008/May 2018

A power outage is when the electrical power goes out unexpectedly.



May disrupt communications, water, transportation



May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services



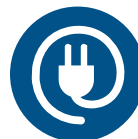
Can cause food spoilage, water contamination



Can prevent use of medical devices

PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.



Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.



Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS

Prepare NOW

Take an inventory now of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Plan for batteries and other alternatives to meet your needs when the power goes out.

Sign up for local alerts and warning systems. Monitor weather reports.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long battery backup will last.

Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.

Keep mobile phones and other electric equipment charged and gas tanks full.

Survive DURING

Keep freezers and refrigerators closed. The refrigerator will keep food cold for **about four hours**. A full freezer will keep the temperature for **about 48 hours**. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Use food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

Be Safe AFTER

When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **power outage**. Download the **FEMA app** to get more information about preparing for a **power outage**.



FEMA

FEMA V-1008
Catalog No. 17233-9

Online safety guide



Keeping your private information safe

Private information can be your phone number, number plate and more that you don't want strangers to know. If they know this information, they could scam you or say they're you online. This could get you in trouble.

So make sure you keep safe by:

- ✓ checking you can trust websites and apps that you want to use (ask for help)
- ✓ not sharing your private information online
- ✓ checking settings and controls on apps and websites

Using safety settings and controls

Settings and controls help keep you safe in different ways online. Every app or website has settings and controls.

Here are some things that settings and controls can help with:

- ✓ who can talk to you online
- ✓ keeping your password safe and private
- ✓ stopping you from seeing upsetting videos, photos and more
- ✓ keeping your private information safe

What is private information?

- phone number
 - address
- family names
- number plates
 - credit card
 - birthdate
 - passwords



Spotting fake information

Fake information can trick you. If you think it's true, you might think it's okay to share or do something when it isn't. There are ways you can check if something is real or fake:

Where is fake information shared?

- websites
- text/chat
- social media
- video games



- ✓ check if the person saying the information can be trusted
- ✓ think about why it is being shared. Sometimes people share fake information to make people angry or get money
- ✓ ask another adult or search on the internet to see if it is true

Spending money online safely

You can buy things from websites on the internet. Many people do this, but it's important that you're careful. If your private information is shared, someone could use your money without you knowing.

Here is how you can keep your money safe online:

- ✓ when you use a website, check for the lock in the top left corner. If there is no lock, that could mean your private information is not safe
- ✓ only buy from websites you know and trust
- ✓ do not give your credit card or bank information out to someone you don't know. Websites that ask you to pay them will have forms to fill out.



Get help

If you feel scared or have questions, ask for help. You can ask for help from friends and family or you can ask for help from trusted organisations online. Here are some of them:

Report Harmful Content - if you find something that's sexual or violent and shouldn't be shared, you can tell someone here.

CEOP's Child Protection Service - if you see indecent images of children online, report it here to get it taken down

Report Phishing - phishing is when someone sends you an email to steal your private information. If this happens, report it here.

Action Fraud - if you think someone has tried to scam you in another way, report it here.

How to protect a child online:



Have regular conversations: ask them what they like doing online to help them feel comfortable coming to you if they get into trouble.

Set boundaries: together, decide when devices can be used and for how long. Decide on which sites and apps are appropriate for them to use.

Set up safety settings and controls:

your broadband and mobile networks, apps and platforms have controls you can set up to help keep them safe online.

Explore together: when your child wants to use a new game or app, use it together to see if there are online safety issues that might come up. They will also enjoy sharing this time with you.

Teach them about safety features: apps and platforms have different ways to stop online hate or inappropriate content. Teach children how to report, block and use other features.



MIREADY

**For more tips on safety including
adapting plans for different needs visit:**

<https://www.michigan.gov/miready>

