



*Promoting Healthy Families,
Healthy Communities*

Central Michigan District Health Department
For more information, please call: (989) 773-5921 ext. 109
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

Family Communication Plans

All over the world emergencies happen everyday, whether they are accidents or they are purposely brought on. When these emergencies occur, people often find themselves confused or at a loss for what they should do in a serious emergency. That is why it is important to have some type of plan or action guidelines to limit the amount of danger a person could find themselves in. Two of the most important things you can do to prepare yourself for unexpected emergencies are 1) making emergency supply kits and 2) developing a family communications plan. These are great ways to be prepared for either natural or man-made emergencies. However, there are important differences among certain emergencies that will impact the decisions you make and the actions you take.

Your family might not always be with each other when a disaster happens so it is very important to plan ahead. A question that may arise when something tragic happens:

- How will you contact one another?
- How will you get back together?
- What will you do in different situations?

Identify a person you know who lives out of town that you can contact. Note his or her phone numbers (cell, work, etc.) where the numbers can be easily found. Make sure that everyone in your family knows the phone numbers and be sure to have a prepaid phone card so that each member can call the emergency contact. There is a strong possibility that you might have trouble getting through or that the line might be busy. The main thing is to be patient, you will eventually reach them.

Find out which type of disasters; whether it is natural or man made, occur most frequently in your area and how will you be notified about these disasters. One common way is through broadcast via emergency radio and TV broadcasts. Some places might have sirens that go off to warn the town that there is a severe weather condition or other hazard situations. You could get an emergency phone call out, or emergency team, going from door to door. You may also want to think about emergency plans where your family spends most of their time, such as: work, school, and day care centers. If there are no plans available, then maybe suggest making one. Get together with neighbors and discuss how you can work together in the event of an emergency.

The following websites contain a variety of resources for individuals, families, schools, churches, businesses, and other community organizations with regards to preparedness topics:



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Central Michigan District Health Department: www.cmdhd.org
Department of Health and Human Services Pandemic Flu website: www.pandemicflu.gov
State of Michigan Preparedness Website: www.michigan.gov/michiganprepares
US Department of Homeland Security: www.fema.gov and www.ready.gov

This article was provided by the staff at Central Michigan District Health Department, which serves residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties.