

Community Emergency Preparedness

LEARN: Lifelong Education and Aging Resource Network

February 12, 2026

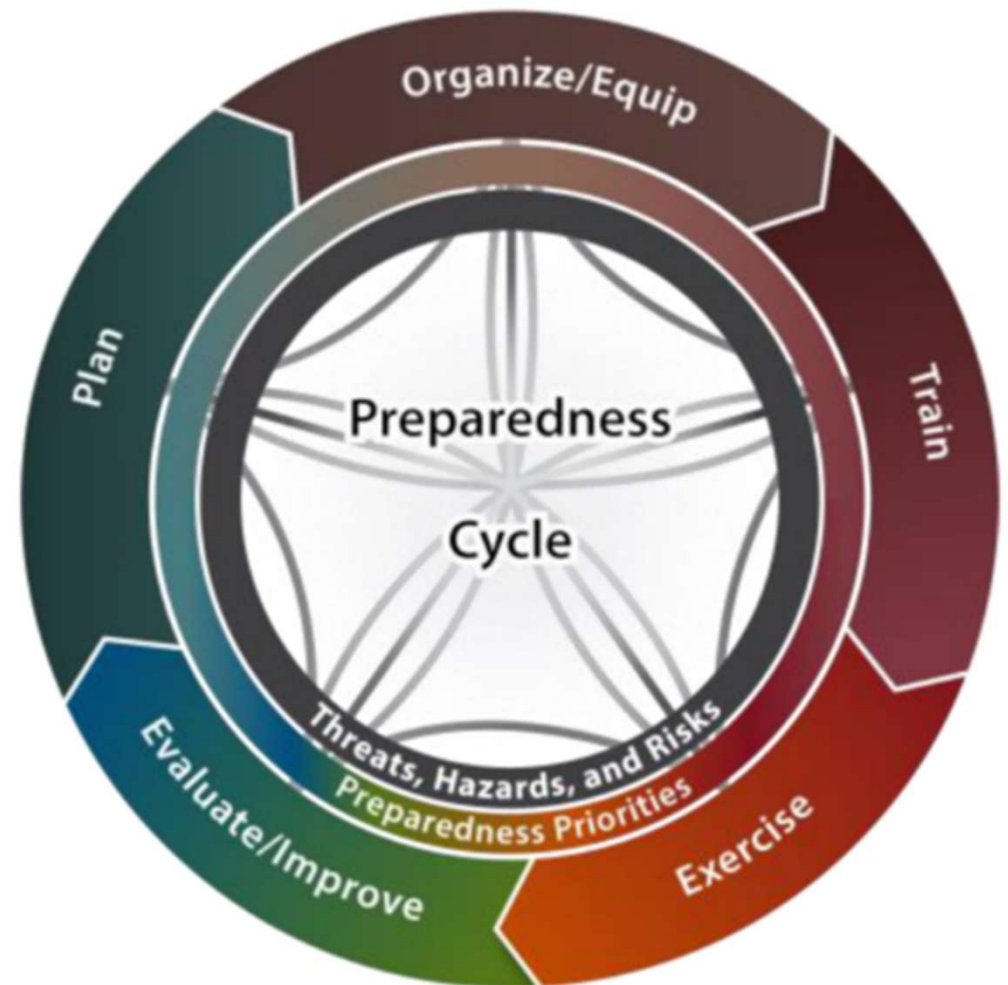


Lauren Soares

Public Health Preparedness, Planner
Central District Health

How to engage with Local Emergency Preparedness and Public Health

- Attend LEPC Meetings
 - Local Emergency Planning Committee Meeting
- Volunteer with MRC
 - Medical Reserve Corps
- Ask Public Health Preparedness to come talk to your community and groups



Preparedness Topics

- Home Plan for Family
- 72 Hour Kit
 - What, How, Why, Where
- Personal Go Bag





Home Plan for your Family

What do you need to plan for?

In Idaho, it will most likely not be a forecasted disaster or emergency

Who do you need to plan for?

Who are you responsible for?

Don't forget about pets & livestock.

EVERYONE at home needs to know the family plan

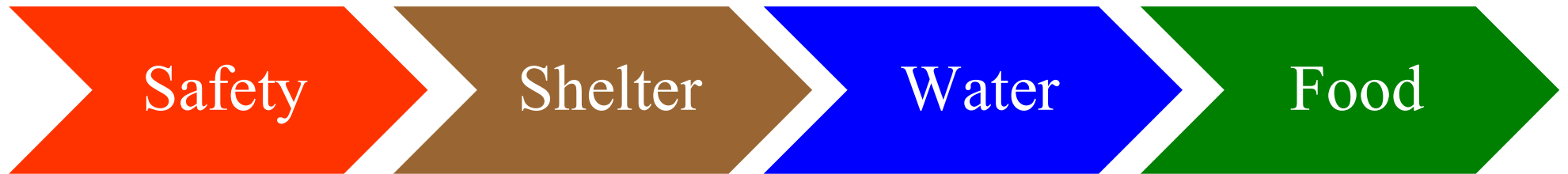
- If you are not at home who will . . .
 - Keep order and/or provide emotional support for minors
 - Ensure safety
 - Shut off utilities
- How will you communicate
 - Do you have an out of town point of contact?
 - Text messages will be the last piece of wireless communication to fail
- Where are family members instructed to go?
 - If not X, then Y location – this takes some trust and faith





During a disaster or an emergency
Needs vs. Wants will be easy to distinguish

Basic Needs Include:



A black-framed sign is mounted on a white brick wall. The sign contains the text "By failing to prepare, you are preparing to fail." in a serif font, with horizontal lines above and below the main text. At the bottom of the sign, in a smaller font, is the name "Benjamin Franklin".

By failing
to prepare,
you are
preparing
to fail.

Benjamin Franklin

72 Hour Kit

Plan enough emergency supplies to keep you and your family alive and comfortable.

It may be hours or days before responders can reach victims or stabilize infrastructure so victims can leave.

72 Hours = 3 Days

Safety

Shelter

- Home Plan for Family
 - Kids?
 - Elderly?
 - Special needs / special diet / medication?
- Know where utility shut offs are
 - Gas
 - Electric
 - Water
- 72 Hour Kit
 - Include a first aid kit
 - Crank radio / flashlight combo



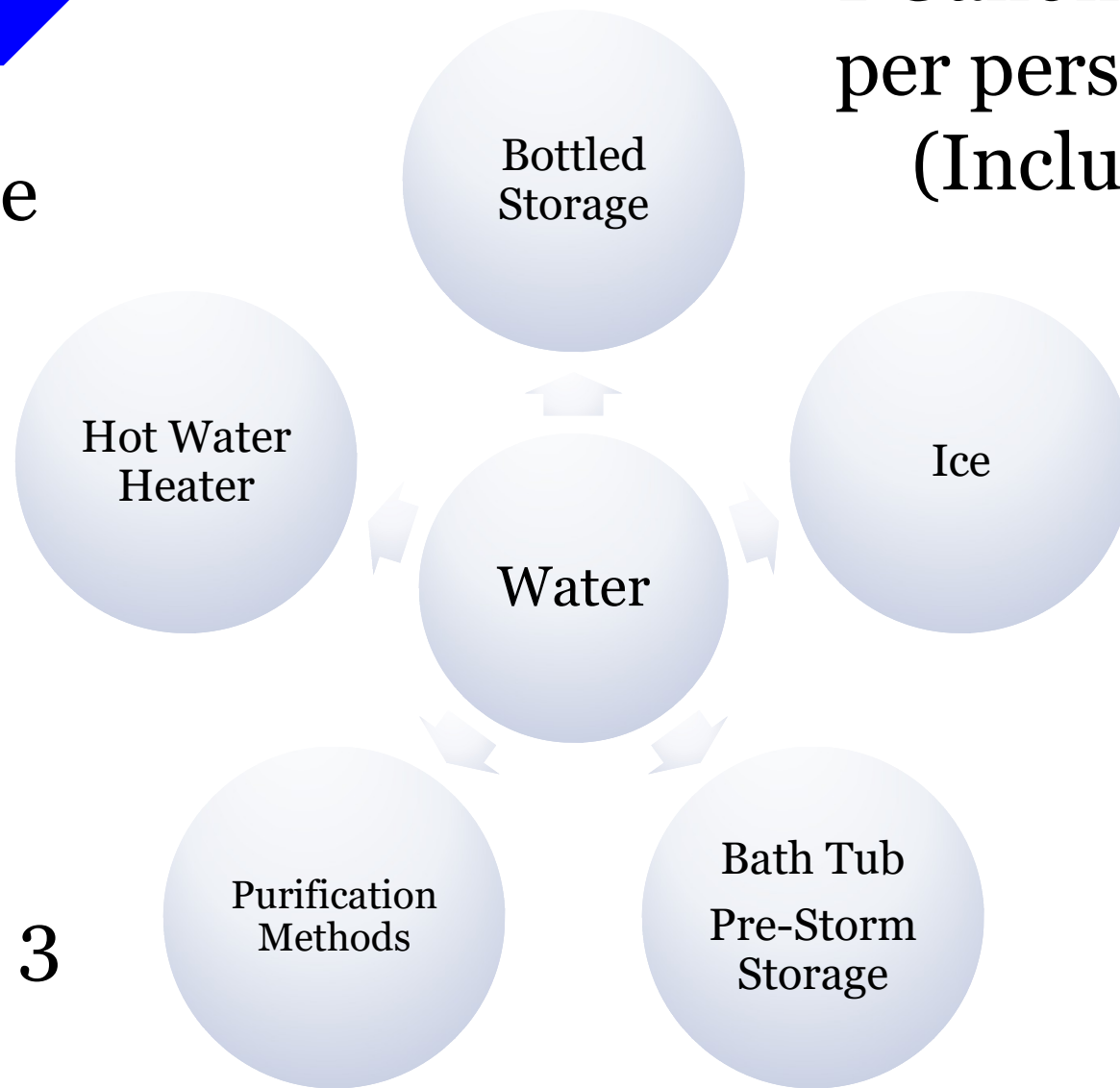
Water

1 Gallon of Water
per person per day
(Include pets)

Water Storage



Humans can
survive up to 3
days without
Water



Food

Food Storage

- Foods with long shelf life
 - Canned foods
 - Dried foods
 - Pre-packaged individual servings
- Conserve Water by using
 - Disposable plates & plastic silverware
 - Baby wipes for personal hygiene

Humans can Survive up
to 3 Weeks without Food





Go Bag(s)

A Go Bag is like a home 72-hour kit but is a portable bag for 1 person's supplies.

Plan enough emergency supplies to keep you comfortable when away from home.

It may be hours or days before you are able to return home. Each person in your house should have a Go Bag.



Go Bag Contents

Ideas for your bag:

- Clothing
 - 3 days, season appropriate
 - Socks & underwear
 - Light jacket
- Water, Food, Snacks
- Hygiene items – toothbrush, comb, deodorant
- Crank radio/flashlight/cell phone charger
- Tape, zip-ties
- Pen, sharpie marker, paper
- Photocopies of important documents or licenses
- Deck of cards, book

Exercise

- Listen, Think, Reflect
- Handouts – Preparedness Plan Handout
 - Ready.gov – Emergency Communication Plan
 - Your Disaster Checklist
 - Prepare Your Pets for Disasters
 - MRC – Everyday Hero

Homework:

- Make a Plan
- Pack a Kit for Home and Bag for GO





Thank You!

Questions ? ? ?



Lauren Soares

Planner

Central District Health

Lsoares@cdh.Idaho.gov

208-514-5569 (cell)