



**alert.fallschurchva.gov**

# Preparing is as easy as



## **Ready Falls Church**

**Emergency preparedness  
for individuals and families.**

**En Español en el reverso.**

# 1

## Start a conversation.

### WHAT TO PREPARE FOR

Discuss the different ways to respond to a natural disaster (fire, flood, hurricane, tornado), terrorist event, or major public health emergency – whether you are at home, work, or school.

### WHOM TO CONTACT

Ask an out-of-state friend or relative to be your "family contact." Family members can call this person and identify where they are – it is easier to call long distance in an emergency.

### WHERE TO MEET

1. Locate a safe room in your home for hurricane and tornado sheltering. In certain circumstances, the safest areas may not be in your home but within your community.
2. Identify a meeting place near your home in case of a sudden emergency, such as a fire.
3. Determine a meeting place outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

### WHERE TO STAY

1. Discuss the possibilities of evacuating the area or sheltering in place.
2. Develop a plan for children in childcare or school, older adults, and other family members who need special assistance.
3. Plan for the care of your pets. Shelters generally do not accept animals.

### WHAT TO DO

Create an emergency preparedness kit and keep it in a safe place in your home. Make a smaller kit to keep in your car. Take First Aid, CPR, and disaster preparedness classes.

### EVACUATE OR STAY?

If you have not been told to evacuate by local emergency officials, you should stay at home and listen for further instructions.

#### Public Shelters for City of Falls Church residents:

Falls Church Community Center  
223 Little Falls St.  
Falls Church, VA 22046  
703-248-5077 (TTY 711)

Marshall High School  
7731 Leesburg Pike  
Falls Church, VA 22043  
703-714-5400

# 2

## Make a plan.

Gather critical information into one place and share it with your family. Use the following framework as a starting point for developing your plan.

### PERSONAL INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Birth Date \_\_\_\_\_

### NEAREST RELATIVE

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

### LOCAL CONTACT

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

### PET CARE CONTACT

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

### OUT-OF-STATE CONTACT

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

### MEETING PLACES

Inside your home \_\_\_\_\_

Outside your home \_\_\_\_\_

Outside your neighborhood \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 3

## Make a kit.

Collect the emergency kit top 10! Place them in a waterproof backpack, duffle bag, or sealed plastic container for easy transport. Keep a smaller kit in your car.



**Water**



**Food & Manual  
Can Opener**



**Hygiene  
Items**



**Medications**



**Clothes &  
Blankets**



**Radio**



**Flashlight**



**First Aid &  
Whistle**



**Tool Kit**



**Clean Air  
Items**

Ask one person in your family to be responsible for replacing water every three months and food every six months. Batteries should also be replaced on a regular basis.

### TOP 10 ESSENTIALS

1. One gallon of water per person per day for three days
2. Non-perishable food (don't forget the manual can opener and plastic utensils)
3. Hygiene items like soap, toilet paper, a toothbrush, moist towelettes, hand sanitizer, plastic garbage bags
4. Week's worth of prescription medications (if needed)
5. One change of clothes and footwear per person and a blanket or sleeping bag
6. Battery-powered or hand-crank radio with extra batteries and NOAA alert radio
7. Flashlight with extra batteries
8. First aid basics like antiseptic, bandages, gloves, non-prescription medicine, and an extra pair of glasses
9. Small tool kit with a wrench and pliers to turn off utilities
10. Dust mask, plastic sheeting, and duct tape to create a barrier between yourself and any contamination in the air

### EXTRA ITEMS FOR YOUR KIT

Local Maps

Cash (Small Denominations)

Copies of Important Documents

Special Items for Pets and Infant, Elderly, or Disabled Members of Household

Landline Telephone (Not Cordless)

# You can do this.

## LOCAL EMERGENCY RESOURCES

Police/Fire/Ambulance	911
Police Emergency	703-241-5050
Police Non-Emergency	703-241-5053
Poison Control	800-222-1222
Public Health	703-246-2411
Animal Control	703-248-5172
General City Info	703-248-5440
General School Info	703-248-5600
Human Services	703-248-5005
Power Outages; Downed Lines/Trees	888-667-3000
Trees on Streets	703-248-5081
Trees on Public Property	703-248-5183
Washington Gas	703-750-1400
Metro	202-637-7000

## WHERE TO TURN FOR UPDATES

<a href="http://alert.fallschurchva.gov">alert.fallschurchva.gov</a>	Register for Emergency Alerts
1680 AM	City of Falls Church Emergency Radio
703-248-5200	Emergency Recording for Residents
703-248-5500 x3113	Emergency Recording for Schools
<a href="http://www.fallschurchva.gov">www.fallschurchva.gov</a>	Emergency Updates & Procedures
<a href="http://www.fccps.org">www.fccps.org</a>	Public School Updates
RCN 2, Cox 12, & Verizon 35	FCC-TV

# For more information.

<b>City of Falls Church</b>	<b><a href="http://www.fallschurchva.gov">www.fallschurchva.gov</a></b> <b>703-248-5003 (TTY 711)</b>
<b>Virginia Department of Emergency Management</b>	<b><a href="http://www.vaemergency.com">www.vaemergency.com</a></b>
<b>Virginia Department of Health</b>	<b><a href="http://www.vdh.state.va.us">www.vdh.state.va.us</a></b>
<b>Centers for Disease Control</b>	<b><a href="http://www.cdc.gov">www.cdc.gov</a></b>
<b>Department of Homeland Security</b>	<b><a href="http://www.ready.gov">www.ready.gov</a></b>
<b>Disaster Help</b>	<b><a href="http://www.disasterhelp.gov">www.disasterhelp.gov</a></b>
<b>Federal Emergency Management Agency</b>	<b><a href="http://www.fema.gov">www.fema.gov</a></b>
<b>Humane Society</b>	<b><a href="http://www.hsus.org/disaster">www.hsus.org/disaster</a></b>
<b>Red Cross</b>	<b><a href="http://www.redcross.org">www.redcross.org</a></b>

This document was produced by the City of Falls Church Office of Communications, with content derived from the Virginia Department of Emergency Management and the U.S. Department of Homeland Security. Its contents are solely the responsibility of the City of Falls Church and do not necessarily represent the official views of VDEM or DHS.



The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5003 (TTY 711).

Prepararse para una emergencia es tan sencillo como decir 1, 2, 3. Establezca un plan con su familia para determinar lo que harán en caso de un desastre natural (incendio, inundación, tormenta), evento terrorista, o una gran emergencia de salud pública. Elija un lugar de reunión dentro de su hogar, fuera del mismo y fuera de su vecindario. Prepare un equipo de emergencia que dure por lo menos tres días con agua, alimentos y un abrelatas manual, artículos para higiene, medicamentos, ropa y cobijas, un radio, una linterna, un botiquín de primeros auxilios y un silbato, y una caja de herramientas. Para obtener más información sobre preparación de emergencia, visite [www.listo.gov](http://www.listo.gov) o llame al 703-248-5003.