

Staying Home

First: breathe. Four counts each.

In 4 • Hold 4 • Out 4 • Hold 4. Repeat four times before you do anything else.
A racing heart makes bad decisions. One minute here buys back your judgment.

THEN WORK THIS LIST — ONE LINE AT A TIME. DO NOT SKIP AHEAD.

- 01 Everyone accounted for? Check each person by name.
- 02 Pets secure. Before you open any door.
- 03 Check the house. Gas smell, hissing, damage, fire.
- 04 Radio on. Official info only. Skip the rumors.
- 05 Text your out-of-area contact. Text, do not call.
- 06 Count your water. Gallons on hand ÷ people = days.
- 07 Check medicines. Enough for a week? Note what is short.
- 08 Photograph any damage. For the insurance claim, once safe.

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FILL THIS IN NOW — BEFORE YOU NEED IT

Out-of-area contact _____ Their phone _____

Gas shutoff is located _____ Gas utility phone _____

Water shutoff is located _____ Water utility phone _____

Only shut off gas if you smell gas, hear hissing, or see damage. Never turn it back on yourself.

Stay ready. Stay safe.

cut here

Leaving Now

First: breathe. Four counts each.

In 4 • Hold 4 • Out 4 • Hold 4. Repeat four times before you do anything else.
A racing heart makes bad decisions. One minute here buys back your judgment.

THEN WORK THIS LIST — ONE LINE AT A TIME. DO NOT SKIP AHEAD.

- 01 Grab the bags. One per person. Do not repack.
- 02 Every person. Count out loud. Say each name.
- 03 Pets and carriers. Leash, crate, records.
- 04 Medicines. Plus the written list of doses.
- 05 Documents pouch. And the USB drive.
- 06 Phone, charger, power bank. Cables too.
- 07 Grab bags, if you have time. Only if minutes allow.
- 08 Lock up. Leave a note. Where you are going, and when.
- 09 Text your out-of-area contact. Say where you are headed.

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FILL THIS IN NOW — BEFORE YOU NEED IT

Out-of-area contact _____ Their phone _____

Where we will go _____ Backup destination _____

Meeting spot away from home _____ Pet-friendly shelter / hotel _____

Print. Cut. Put this in the top pocket of your go bag.

Stay ready. Stay safe.

Your Emergency Action Cards

Print page 1. Cut along the dotted line. Fill in the blanks today, not later.

stayreadypreps.com • Stay ready. Stay safe.

Why a paper card?

Under real stress your heart rate climbs, your hearing narrows, and your memory stops being reliable. That is normal, and it happens to trained responders too. The difference is that they do not rely on remembering anything — they read from paper and work one line at a time. Your phone may be dead, or you may be too rattled to navigate it. A card in your kit always works.

How to use them

- 01** Print page 1 and cut on the dotted line.
Card stock or regular paper both work. A zip-top sandwich bag keeps it dry.
- 02** Fill in the blanks now.
The card only saves you time if the phone numbers and shutoff locations are already written on it.
- 03** Card 1 goes in your stay-home supplies.
Somewhere you will see it — taped to the water bin, or on top of the kit.
- 04** Card 2 goes in your go bag.
Top pocket, where you can reach it without unpacking anything.
- 05** Read them out loud once a year.
Familiar actions hold up under stress far better than new ones. That is what drills are for.
- 06** Make a copy for every adult.
And walk through it with older children so nobody is waiting to be told what to do.

Start with four breaths. Every time.

In for four, hold four, out for four, hold four — four rounds. It takes about a minute and it is the reason the rest of the card works. If four counts feels like too much, breathe in for four and out for six instead; a longer exhale does the same job.