

# Disaster-Specific Preparedness Checklist

Preparing for natural disasters can **reduce health and environmental risks.**



## Emergency Kit

- 72 hours
- 7 days

## Emergency Alert System

\_\_\_\_\_  
Weather Warning Radio Station

- Text alerts on

## Evacuation Shelter and Meet-Up

\_\_\_\_\_  
\_\_\_\_\_

## Emergency Contact Information

**SAMHSA's Disaster Distress Helpline**  
1-800-985-5990

**The Disaster Assistance Improvement Program (DAIP)**  
1-800-621-3362

## Evacuation Route

\_\_\_\_\_  
\_\_\_\_\_

## Out-of-State Emergency Contact Information

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone Number

**NOAA's National Weather Service**  
Radio station with forecasts and warnings in the United States.

- 162.400 MHz
- 162.425
- 162.450
- 162.475
- 162.500
- 162.525
- 162.550

## Insurance Coverage

\_\_\_\_\_