



Dane County Emergency Management's

Personal Preparedness Continuum



The goal is *behavior change* that will sustain the ability to be independent.

STUFF	<i>(Heavily Dependent on external assistance)</i>		<i>(Highly Independent of external assistance)</i>			
	Basic Level of Preparedness		Intermediate Level of Preparedness		Advanced Level of Preparedness	
Smoke Detector	Smoke detectors are mounted in residence and working.		Change batteries AND check detector twice a year with the time change.		Conduct Exit Drills In The Home (EDITH).	
Fire Extinguisher	The household has a 2 ½ pound, ABC certified fire extinguisher.		All appropriate household members are trained how to use a fire extinguisher.		The fire extinguisher is shaken to avoid sedimentation of material and checked annually for pressure loss.	
NOAA Weather Radio	The household has a NOAA Weather Radio with S.A.M.E. technology and a battery back-up.		Radio is in a location that can wake household residents when sleeping.		Change batteries AND check Wx Radio twice a year with the time change.	
An <i>Emergency KIT</i>	Maintain a basic level of supplies (appropriate to the household) that could be utilized in an emergency (i.e. canned foods, water, medications, dog food, flashlight, battery powered radio, extra batteries, etc.).	Build a basic kit / stockpile that can be easily moved in an emergency.	Check supplies and replace outdated / old supplies (INCLUDING BATTERIES!) twice a year with the time change.	Perform a SELF / HOUSEHOLD ASSESSMENT to identify specific supplies (that would not appear on a generic list) needed by the individual household in an emergency (i.e. prescription medications, medical supplies, dietary, back-up power for medical equipment, etc.)	Build an advanced supply kit (stockpile) of supplies specific to the individual household that can be easily moved in an emergency.	Check supplies and replace outdated / old supplies (INCLUDING BATTERIES!) twice a year with the time change.

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	Basic Level of Preparedness		Intermediate Level of Preparedness	
			Advanced Level of Preparedness	
KNOWLEDGE				
1 st Aid Class	Take a 1 st Aid Class.		Take a refresher 1 st Aid Class	
CPR / CCR Class	Take a CPR / CCR Class.		Take a refresher CPR / CCR Class.	
Local Emergency Response	Know how to contact your local first responder.		Be familiar with response capabilities of local first responders.	
Warning Information	Know where to get warning information (radio, television, internet)	Be familiar with different types and levels of warning issued by different agencies.	Ensure you have multiple methods to receive warning info (i.e. NOAA Wx Radio, email, phone apps, etc.)	Ensure your household has have multiple methods to receive warning info (i.e. NOAA Wx Radio, email, phone apps, etc.)
CAPABILITIES				
Communication between household members	Have all contact phone numbers for household members programmed into your cell phone.		A <i>Communication Plan</i> is written down. It contains all contact information for household members and all household members have a copy.	
Meeting locations in emergencies	All household members know where to meet if access to the household is not available.		The <i>Communications Plan</i> is reviewed and updated on a regular basis.	
			An Out-of-Town contact has a copy of the written Communications Plan.	
			All household members can get to meeting place when household is not available.	