Family contact & reunification card

Fill out one copy for each person. Practice once with your phones put away. Keep a copy in a wallet or bag. Share only with people you trust.

Try this today. Ask an out-of-area contact if they will help your household reconnect.

Our carry card

Fold or cut out and keep with you.

Household member / name

Trusted contact / phone

Out-of-area contact / phone

Nearby meeting place

Meeting place outside our neighborhood

School, work or caregiver contact / phone

Pet or accessibility arrangements

Last reviewed

When safe, send a text if calls cannot get through. Follow school and caregiver reunification procedures. Travel to a meeting place only when it is safe.

Power outage neighbor check-in

Agree on a check-in method and backup before an outage. Participation is voluntary. Respect privacy and ask before sharing anyone's information or entering a home.

Try this today. Agree on a check-in time with one neighbor.

1. Make contact. Use the agreed call, text, or safe doorstep check. Ask, "Are you okay? Is there something you need?"

2. Listen and coordinate. Ask about safe temperature, water, charging, mobility, pets and power-dependent equipment without assuming someone needs help. Agree on the next check-in.

3. Get help when needed. Call 911 for an immediate emergency. For urgent medical or equipment needs, contact the person's care provider or emergency services as appropriate. Follow local officials' instructions.

Our check-in plan

Neighbor / preferred contact method

Backup contact / method

When and how we will check in

Local utility outage number

Other agreed arrangements

Use flashlights. Run portable generators outdoors at least 20 feet from the home, with exhaust pointed away from buildings, doors, windows and vents. Use grills only outdoors. Avoid downed power lines. If your home is dangerously hot or cold, find a safe place to go.

No-cook pantry planning

Choose shelf-stable foods your household already eats and that can be eaten safely without cooking. Consider allergies, dietary needs, infants, pets, and access to drinking water.

Try this today. List the ready-to-eat food and water you already have.

- Start with ready-to-eat canned beans, vegetables, fruit or fish, nut or seed butter, crackers, and shelf-stable milk or alternatives.
- Include a manual can opener, utensils, and a way to clean hands. Check dates and rotate supplies into everyday meals.
- GEMA recommends at least three days of nonperishable food and one gallon of water per person per day for drinking and hygiene. Plan extra for individual needs and pets.
- Keep refrigerator and freezer doors closed during an outage. Follow food-safety guidance and do not taste food to check whether it is safe.

Our pantry plan

People / days to plan for

Water needed, plus extra needs

Foods and quantities

Dietary, infant or pet needs

Next date to check and rotate

GEMA · Build a Kit
American Red Cross · Food Safety During an Emergency