SGD | Family Emergency Readiness

Read first - planning tool, not a safety certification

This assessment provides general emergency-preparedness information. It cannot cover every situation, inspect your supplies or confirm that your household is safe. Follow current local warnings and instructions. In immediate danger, call 911. Never wait for this worksheet to act. No result predicts how long a home is safe without heating, cooling or medical power.

No signup or email required. Fill on paper or in a compatible PDF reader, then save a copy. This PDF does not calculate results. Keep completed copies private; no names or diagnoses are needed.

Answer all 24 core questions. Use the option number in the answer box. Select multiple numbers for Q2; None is exclusive. Leave unknown quantities blank and mark them unverified. Read the matching guidance pages when uncertain.

Safety priorities always come first

Flag Q7, Q8, Q10, Q11, Q12 and Q17 if incomplete or unknown. An unsafe combustion setup is critical. Conditional Q25 and Q26 are critical if incomplete or unknown. Other supplies cannot cancel these gaps.

Critical combustion warning

Generators must be outdoors MORE THAN 20 feet from doors, windows and vents, exhaust away. Never in a home or garage, even open. Never use grills or outdoor stoves indoors, or an oven as home heat. Use CO alarms. Do not connect a generator to a wall outlet.

Temperature and medical safety

Confirm reachable cooling and warming destinations. Fans only below 90 F indoors per CDC; above 90 F they can increase body temperature. Blankets alone may be insufficient in dangerous cold. Check how long medical backup power will last, supplies and when to leave with healthcare providers.

How to use the worksheet

There is no overall readiness score. Not sure means you still need to check. Items marked in place are based on your answers, not proof of safety. Revisit after household changes and practice the plan.

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Assessment - enter option numbers or quantities

1. How many people should your emergency supplies and plans cover?

Adults:

Children (including infants):

2. Does anyone in your household need extra supplies or help during an emergency?

1: An infant or young child needs feeding, diapering or other supplies. | 2: Someone needs help moving around, leaving home or receiving care. | 3: Someone needs essential medicines, medical equipment or special food. | 4: Someone needs other assistance, such as help understanding warnings or communicating. | 5: None of these apply. | 6: Not sure - show me what to check.

3. About how many gallons of safe emergency water do you already have stored?

Stored U.S. gallons:

Extra gallons PER DAY:

4. If stored water ran low and tap water was unavailable or unsafe, where would you get safe water?

1: We have checked another source and how we would obtain the water. | 2: We have a possible source, but have not checked whether it would be safe or available. | 3: We have not identified another source. | 4: Not sure - show me what to check.

5. How long could everyone eat using the food you have now, without shopping, refrigeration or an electric stove?

1: Less than one day. | 2: One to two days. | 3: Three to six days. | 4: Seven to thirteen days. | 5: Fourteen days or longer. | 6: Not sure - show me what to check.

6. If running water or toilets stopped working, could you manage handwashing, personal hygiene and toilet waste?

1: We have supplies and have checked how we would handle these needs. | 2: We have some supplies, but something is missing - for example, hand-cleaning supplies, diapers or a toilet-waste plan. | 3: We have not prepared for this. | 4: Not sure - show me what to check.

7. If air conditioning stopped working during dangerous heat, what would your household do?

1: We have another way to keep everyone cool and checked that it will work during an outage. | 2: We have an air-conditioned place to go and checked how everyone would get there. | 3: We have a possible solution, but have not checked something important - for example, whether the location will be open or we can reach it. | 4: We do not have a cooling plan. | 5: Not sure - show me what to check.

8. If your main heating system stopped working during dangerous cold, what would your household do?

1: We have another heating arrangement and checked that it can be used safely during an outage. | 2: We have a warm place to go and checked how everyone would get there. | 3: We have extra clothes and blankets, but no dependable heating or relocation arrangement. | 4: We have not made a plan. | 5: Not sure - show me what to check.

9. During a power outage, how would you provide essential lighting and keep phones or other necessary devices charged?

1: We have tested our lights and charging arrangements, or checked a powered location we can reach. | 2: We have some equipment or arrangements, but have not checked whether they cover our essential needs. | 3: We have no arrangements. | 4: Not sure - show me what to check.

10. Does anyone in your household need medical equipment that uses electricity or batteries?

1: No. | 2: Yes - we have checked a backup arrangement with the healthcare provider or equipment supplier. | 3: Yes - but we have not completed or checked the backup arrangement. | 4: Not sure - show me what to check.

For medicines, medical equipment and individual health needs, make your emergency arrangements with your healthcare provider, pharmacist or equipment supplier. This assessment does not replace their advice.

11. Have you checked that smoke and carbon monoxide alarms are working and installed where needed?

1: Yes - we have checked the alarms and their placement. | 2: Some are checked, but others need attention - for example, a missing alarm, old battery or overdue replacement. | 3: No - we have not checked them, or know important alarms are missing or not working. | 4: Not sure - show me what to check.

12. If you plan to use a generator, fuel-burning heater or emergency cooking equipment, have you checked how and where to use it safely?

1: Yes - we have checked the instructions and have a suitable place to use it. | 2: We plan to use this equipment, but have not checked the instructions or location. | 3: We know our planned setup does not meet safety instructions - for example, a generator in a garage or too close to a window. | 4: We do not plan to use this equipment. | 5: Not sure - show me what to check.

13. How many days would your essential medicines and medical supplies last if you could not get more?

1: No one needs essential medicines or medical supplies. | 2: Less than three days. | 3: Three to six days. | 4: Seven to thirteen days. | 5: Fourteen to twenty-nine days. | 6: Thirty days or longer. | 7: Not sure - show me what to check.

For medicines, medical equipment and individual health needs, make your emergency arrangements with your healthcare provider, pharmacist or equipment supplier. This assessment does not replace their advice.

14. Do you have first-aid supplies, and does someone know how to use them?

1: We have usable supplies, and someone has first-aid training. | 2: We have supplies, but no one has training. | 3: We have few or no usable supplies. | 4: Not sure - show me what to check.

15. If household members became separated, would everyone know whom to contact and where to meet?

1: We have written down and shared our contacts and meeting places. | 2: We have discussed this, but have not written it down or shared it with everyone who needs it. | 3: We have not made these arrangements. | 4: Not sure - show me what to check.

16. If mobile phone service and home internet stopped working, how would you get emergency information?

1: We have another way to receive information and checked it works - for example, a battery-powered radio. | 2: We have a possible backup, but have not tested it or checked its batteries or power supply. | 3: We would be relying entirely on mobile service or internet. | 4: Not sure - show me what to check.

17. If your household needed to leave home during an emergency, what arrangements do you have?

1: We have checked a destination, transportation for everyone and an alternative if the first arrangement falls through. | 2: We have some arrangements, but something is missing - for example, a ride, a destination or help for someone. | 3: We have not made arrangements. | 4: Not sure - show me what to check.

18. If told to leave, could you quickly take essential supplies, medicines and records?

1: Yes - our portable supplies are gathered and easy to take. | 2: Some are gathered, but important items still need to be added or located. | 3: No - we would need to start gathering them. | 4: Not sure - show me what to check.

19. What transportation could your household use during an evacuation?

1: We use a vehicle and checked its condition, fuel or charge, and emergency supplies. | 2: We use a vehicle, but it needs attention - for example, fuel, maintenance or supplies. | 3: We expect to use a vehicle, but it is not currently ready. | 4: We do not use a vehicle, but have checked another transportation arrangement. | 5: We do not use a vehicle and have no checked transportation arrangement. | 6: Not sure - show me what to check.

20. If you have pets, could you care for them during an emergency or take them with you if you leave?

1: We do not have pets. | 2: We have their supplies, a way to transport them and a checked destination that accepts them. | 3: We have some arrangements, but something is missing - for example, a carrier, water or a pet-friendly destination. | 4: We have not made arrangements for our pets. | 5: Not sure - show me what to check.

21. Could everyone receive urgent warnings, including while asleep?

1: We have checked more than one warning method and how everyone would be alerted. | 2: We have a warning method, but have not checked it or worked out how everyone would be alerted. | 3: We do not have a dependable warning arrangement. | 4: Not sure - show me what to check.

22. During the past year, have you reviewed or practiced your household emergency arrangements?

1: Yes. | 2: We last reviewed or practiced them more than a year ago. | 3: We have never reviewed or practiced them. | 4: Not sure - show me what to check.

23. Does everyone know both how to escape a home fire and where to go during dangerous weather?

1: We have checked both plans and shared them with everyone who needs to know. | 2: We have checked one plan, but still need to work on the other. | 3: We have not checked either plan. | 4: Not sure - show me what to check.

24. Could you quickly access identification, insurance information, essential records and some emergency cash?

1: Yes - we have organized them and can access them quickly. | 2: Some are available, but others still need to be gathered, copied or made accessible. | 3: No - we have not organized them. | 4: Not sure - show me what to check.

25. If the power goes out, have you checked how essential medical equipment will keep working?

1: Yes - we checked how long backup power will last and arranged what to do before it runs out, or confirmed another plan with the healthcare provider. | 2: We have some arrangements, but something is unchecked - for example, how long the battery lasts, where we would go or when we should leave. | 3: We do not have a backup arrangement. | 4: Not sure - show me what to check.

Answer only if Q10 is Yes or Not sure. Otherwise skip.

For medicines, medical equipment and individual health needs, make your emergency arrangements with your healthcare provider, pharmacist or equipment supplier. This assessment does not replace their advice.

26. If someone needs help leaving home, have you arranged that help?

1: Yes - we checked who will help, how everyone will travel, where we will go and a backup arrangement. | 2: We have some arrangements, but something is missing or has not been checked. | 3: We have not arranged the help needed. | 4: Not sure - show me what to check.

Answer if Q2 includes assistance needs or Not sure. Otherwise skip.

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Optional guidance - what to check

Q1 | Your household

Count everyone you are responsible for, including anyone who regularly stays with you. Include infants. No names are needed.

Q2 | Your household

Select all that apply. Include anyone who needs assistance leaving, communicating, or managing supplies.

Q3 | Essential supplies

Count safe stored water, not an empty container or an unverified filter. The baseline is 1 gallon per person daily. Add extra for heat, illness, pregnancy, feeding and pets.

Q4 | Essential supplies

Confirm access and local water advisories. Boiling or disinfecting cannot make fuel or toxic chemical contamination safe. An ordinary filter is not a universal solution.

Q5 | Essential supplies

Include dietary needs, a manual opener and foods usable without utilities. Plan a 3-day portable supply and work toward 2 weeks at home.

Q6 | Essential supplies

Gather hand hygiene, waste bags and needed infant or personal supplies. Follow local wastewater and public-health instructions.

Q7 | Temperature and electricity

Confirm an air-conditioned destination, access and transport. CDC advises fans only below 90 F indoors; above 90 F they can increase body temperature. This is not a guarantee of safety below 90 F. Check local HeatRisk and household health needs.

Q8 | Temperature and electricity

Blankets may not be enough. Confirm safe warmth or reachable shelter before conditions worsen. No universal indoor temperature or safe duration applies. Never heat a home with an oven, grill or outdoor stove.

Q9 | Temperature and electricity

Use tested lights and charging, or a reachable powered location. A generator is not required. This answer does not verify medical power.

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Optional guidance - what to check

Q10 | Temperature and electricity

Discuss equipment, actual backup how long backup power will last, charging, medication refrigeration and when to leave with the provider and equipment supplier. Utility registration does not guarantee restoration.

Q11 | Home and medical safety

Test alarms and follow manufacturer and local fire-service placement guidance. CO is odorless; an open window does not make indoor generator use safe.

Q12 | Home and medical safety

Generators: outdoors, MORE THAN 20 feet from doors, windows and vents, with exhaust away. Never indoors or in a garage, even open. Never use grills or outdoor stoves inside. Avoid balconies or locations unable to meet separation; use relocation instead. Follow manufacturer instructions and use CO alarms. Do not connect a generator to a wall outlet.

Q13 | Home and medical safety

Use the supply that would run out first. Ask your pharmacist or healthcare provider about refills, reserves and storage. Red Cross kit guidance includes seven days of medicines. Do not change doses or ration medicines based on this assessment.

Q14 | Home and medical safety

Check expiration dates and take appropriate first-aid/CPR training. Supplies do not replace emergency medical help.

Q15 | Communication

Write an out-of-area contact and meeting places on paper. Share with caregivers and school contacts.

Q16 | Communication

A battery or hand-crank radio, spare power and paper contacts provide alternatives. A second app on the same phone is not an independent backup.

Q17 | Evacuation

Confirm routes, accessible destinations and transport for everyone. Ask local emergency management about assistance before an emergency; availability is not guaranteed. Follow evacuation orders.

Q18 | Evacuation

Pack portable essentials for at least 3 days, including feeding, access and medical needs. Do not delay an ordered evacuation to finish packing.

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Optional guidance - what to check

Q19 | Evacuation

A car is not required. Confirm a ride, service, route and backup that can accommodate all household needs and disrupted conditions.

Q20 | Evacuation

Confirm pet-friendly destinations, carriers/leashes, food, water and veterinary records. Ask about service-animal access separately; do not assume all shelters accept pets.

Q21 | Warnings and practice

Enable Wireless Emergency Alerts and local alerts. Consider NOAA Weather Radio and accessible alerts. Test independent methods and waking arrangements.

Q22 | Warnings and practice

Practice contacts, escape routes, assistance and a transport fallback. Review after household changes.

Q23 | Warnings and practice

Fire: get out, stay out, call 911. Tornado: sturdy shelter, lowest-floor interior away from windows; plan ahead if in a mobile home. Flood: seek higher ground; never walk or drive through floodwater. Hurricane, wildfire, tsunami and other hazards may require early evacuation; follow local orders.

Q24 | Warnings and practice

Store secure portable copies and accessible backups. Do not enter sensitive documents into this assessment.

Q25 | Medical follow-up

Confirm how long backup power will last under the actual device load, supplies, contacts, accessible destination and when to leave. Do not wait until backup power runs out.

Q26 | Evacuation follow-up

Name a responsible person or service, verify availability, and arrange a backup. Include infants, caregiving, mobility, communication and medical needs.

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Your water calculation and action worksheet

These recommendations are based on your answers. An item marked "in place" has not been independently checked. Supplies and plans can fail or become unavailable, so keep them current and prepare alternatives.

A. Adults + children (count infants) = total people

B. Extra gallons PER DAY for heat, health, feeding and pets (verify needs)

C. Daily target = A x 1 gallon + B

D. 3-day target = C x 3; 14-day home target = C x 14

E. Shortage = target minus stored safe gallons (use 0 if negative)

If B is unknown, calculated totals are BASELINE ONLY. Extra amounts are household estimates, not prescribed medical or pet allowances. Confirm needs with clinicians or veterinarians. Do not ration drinking water. Unverified water sources do not count as safe stored water.

Write safety gaps first, then water/supply gaps and remaining plans. Assign a person and date. Review every unresolved safety item, even when the rest of the kit is complete.

Action 1 / responsible person / target date:

Action 2 / responsible person / target date:

Action 3 / responsible person / target date:

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Interpreting your answers and official references

Profile Q1-Q2: no rating. Unanswered or Not sure: Not sure yet - here is what to check. Q3: compare stored water with adjusted amounts; below 3 days is Missing, below 14 days is Some preparation. Unknown additional needs still need checking.

In place based on your answer: Q4,6,9,11,16-18,21,24-26 option 1; Q5 option 5; Q7-8 options 1-2; Q10 options 1-2 (option 2 requires Q25 confirmed); Q12 options 1 or 4; Q13 options 1 or 4-6; Q14-15 option 1; Q19 options 1 or 4; Q20 options 1-2; Q22-23 option 1. Does not apply: no dependency (Q10), no combustion (Q12), no medication (Q13), no pets (Q20).

Other known answers: Some preparation - finish the missing parts; or Missing - put this supply or arrangement in place when none exists. Food or medicines under 3 days are marked Missing. Safety flags take precedence over these labels. No car or generator is not a deficiency when functional alternatives are confirmed.

Sources reviewed November 1, 2026. Ready.gov full pages returned access restrictions; FEMA guidance was cross-checked using indexed official material and the independent CDC/Red Cross sources. This is a family pilot, not professional certification. SGD is independent and is not endorsed by FEMA, the American Red Cross, CDC or NWS. Check current local guidance.

CDC water

https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

Red Cross kit

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html

CDC heat

https://www.cdc.gov/heat-health/about/

CDC carbon monoxide

https://www.cdc.gov/carbon-monoxide/about/index.html

CDC water safety

https://www.cdc.gov/water-emergency/about/

CDC infant feeding

https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/preparedness.html

FEMA kit

https://www.ready.gov/kit

FEMA power

https://www.ready.gov/power-outages

NWS seasonal and hazard guidance

https://www.weather.gov/safety/