



PRACTICE YOUR DISASTER & EMERGENCY PLAN

PRACTICE YOUR PLAN

(Practice your plan, work together, reduce panic, and always be prepared).

You've built your emergency plan, now what?

Do you want to be good or great at surviving a disaster or emergency situation? Knowing what to do and how to do it without panic requires practice.

At MyUB, we get questions all the time about "how often should my family practice" and "what should we do". The answer is simple - do it until you are confident that you and all members of your family get it done quickly, effectively and safely.

Our Approach: (You Less Than Two)

1. Assume you have less than 2-minutes for any emergency situation. Walk through the steps you and/or your family need to consider, knowing that not all disasters are the same.
2. Establish a goal and map out it out on paper - crayons welcome! Include options for different scenarios, evacuation routes, meet up locations and Bunker Bags with essentials for surviving the situation until help arrives.
3. Once you've talked and walked it through, put it to practice. It is serious and it can be fun, regardless of family size or ages. Everyone has a role and a goal – get out safely.
4. Everyone loves a little competition. Be creative and make it fun by keeping track of your times and beat the clock.
5. Update your plan! Get everyone to talk about how you can make it faster, better or safer.



LESS THAN TWO - MINUTES

