



Your Cell Phone Could Save Your Life!

When disaster strikes, you want to be able to communicate by both receiving and distributing information to others. During disasters, communications networks could be damaged, lose power, or become congested. This fact sheet provides two important sets of tips. The first will help you prepare your mobile devices for a disaster. The second may help you communicate more effectively during and immediately after a disaster.

BEFORE A DISASTER:

1. Make sure that all of your emergency phone numbers are in your cell phone. Add as many contacts as you like. Your phone has plenty of room to add your neighbors, pharmacy, doctor, vet, etc. This should also include at least one out-of-town contact that may be better able to reach family members in an emergency.
2. Keep charged batteries and car phone chargers available for back-up power for your cell phone.
3. If you have a traditional landline (non-broadband or VOIP) phone in your home, keep at least one non-cordless phone because it will work even if you lose power.
4. Program "In Case of Emergency" (ICE) contacts into your cell phone so emergency personnel can contact those people for you if you are unable to use your phone. Let your ICE contacts know that they are programmed into your phone and inform them of any medical issues or other special needs you may have.
5. If you do not have a cell phone, keep a prepaid phone card to use if needed during or after a disaster.
6. Subscribe to text alert services-most are free & very reliable. Local news stations are a good source.
7. Learn how to text. Often during emergencies, text messages will be received when phone calls aren't. Remember, during a disaster "Text Don't Talk".

DURING AND AFTER A DISASTER: HOW TO REACH FRIENDS, LOVED ONES & EMERGENCY SERVICES

1. If you have a life-threatening emergency, call 9-1-1. Remember that you cannot currently text 9-1-1.
 2. For non-emergency communications **TEXT DON'T TALK!** Data-based services like texts and emails are less likely to experience network congestion and are more likely to go through than phone calls. You can also use social media to post your status to let family and friends know you are okay. Learn how to use text messaging today.
 3. Keep all phone calls brief. If you need to use a phone, try to convey only vital information to emergency personnel and/or family.
 4. If you are not successful in completing a call using your cell phone, wait ten seconds before redialing to help reduce network congestion. Or try changing locations: Even moving a couple of blocks may put you back in range of a working cell phone tower.
 5. Conserve your cell phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you are not using that draw power. Or turn your phone off when you're not using it.
 6. Change your voicemail greeting to let people know of your status and where you are headed. Should someone try to call you, they will know your plan – even if your phone goes dead.
 7. If you lose power, you can charge your cell phone in your car. Just be sure your car is in a well-ventilated place (remove it from the garage) and do not go to your car until any danger has passed. You can also listen to your car radio for important news alerts.
 9. Resist using your cell phone for entertainment during emergencies to help reduce network congestion.
 10. Do not text on a cell phone, talk, or "tweet" without a hands-free device while driving.
1. [Pocket First Aid & CPR from the American Heart Association](#) – If you live or work with children, there's a chance that you will one day be faced with the need to intervene due to a choking incident. With this \$1.99 American Heart Association-approved app, you can access accurate life-saving information about how to best proceed in the event of choking, drowning or a cardiac episode.
 2. [Your Plan](#) - This app will help you plan ahead to better protect yourself, your family, your home, and even your pets. Get started by using the preloaded checklists to learn about important mitigation and preparation steps, or create your own lists from scratch. You can set due dates, chart your progress, and include notes with your tasks
 3. [FEMA](#) – The official iPhone app of the Federal Emergency Management Agency, FEMA is free of charge and contains preparedness information for various potential situations, emergency kits, safety tips and an interactive checklist. After a major emergency, you can also access maps with the locations of FMA Disaster Recovery Centers around you.
 4. [iMapWeather Radio](#) (iOS) You will receive critical voice and text alerts on threatening weather events. Your iPhone will “wake up” and also “follow you” with alerts wherever you go. Listen to local weather forecasts while you are on the move.