Learn how to be ready when a disaster strikes! Follow this checklist to uncover life-saving information that will help you protect your family during an emergency and learn more about resiliency.

Challenge yourself to become a Resiliency Star by scoring three points in each area or 10 points overall as you celebrate preparedness!

**FAMILY RESILIENCY CHECKLIST**

**EMERGENCY PREPAREDNESS**

- Learn about hazards most relevant to your area

- Make a family plan for meeting and evacuation in case of emergencies

- Prepare an emergency management kit

- Stay informed through the local alert system

**Emergency Preparedness Total:** _______________________

**SUSTAINABLE LIFESTYLE**

- Save energy by conducting an energy audit, stopping air leaks and using LED lights
  - At Home: Visit [www.energy.gov](http://www.energy.gov)

- Conserve water inside and outside your home
  - At Home: Visit [www3.epa.gov/watersense](http://www3.epa.gov/watersense)

- Manage stormwater around your home

- Use native plants and reduce the use of toxic chemicals for landscaping
  - At Home: Visit [www.fws.gov/chesapeakebay/bayscapes.htm](http://www.fws.gov/chesapeakebay/bayscapes.htm)

- Make healthy food choices and reduce food waste by careful shopping and cooking

- Recycle and reuse whenever possible

- Walk, bike or use mass transit at least a third of the time

**Sustainable Lifestyle Total:** _______________________

---

---
ADAPTATION STRATEGIES

☐ Grow your own food and/or support local food producers by going to farmers’ markets
  ☐ At Home: Visit buylocalvirginia.org
  ☐ At Home: Visit www.virginia.org/farmersmarkets

☐ Consider energy saving improvements to your home and conduct an energy audit to prioritize improvements

☐ Look into clean energy options and discover Solarize initiatives in your area
  ☐ At Home: Visit www.vasun.org

☐ Purchase Energy Star and Water Sense appliances and fixtures when you need to replace furnaces, air conditioning units, kitchen appliances or toilets
  ☐ At Home: Visit www.energystar.gov
  ☐ At Home: Visit www3.epa.gov/watersense/index.html

☐ Make your home as “hazard ready” as possible
  ☐ At Home: Visit www.disastersafety.org/fortified/fortified.home

☐ Consider buying an electric vehicle when it’s time to replace your existing car
  ☐ At Home: Visit www.afdc.energy.gov/vehicles/electric.html

☐ Buy a gas-fired, propane or solar powered back-up generator
  ☐ At Home: Visit www.vaemergency.gov/ReadyVirginia/makeaplan/safety

Adaptation Strategies Total: ____________________________

Resiliency Checklist Total: