Family communication plan

Agree on these details together. Keep a copy at home and one with each person. Review when contacts or routines change.

Out-of-area relay: name, phone, alternate route

Backup contact: name, phone, alternate route

Nearby safe meeting place: address and access

Alternative meeting place: address and access

Check-in windows and time zone

For urgent danger, seek emergency help immediately. Do not wait for a check-in window. Follow official local instructions and travel only when safe.

Make the fallback workable

A charged phone is not a working network. Confirm what each backup needs at both ends.

Primary and backup routes: who can receive and reply?

If using radios: channel, tone/code, locations tested, listening times

Missed check-in action: what will we do, and when?

School, caregiver, mobility, language or accessibility arrangements

Short message format

Name / status / location / immediate need / next check-in. Fictional example: Alex safe at home. Staying here. No urgent help needed. Next check-in 6 pm local.

Practice before an outage

Try the backup with the actual people. Check batteries and paper copies. Use manufacturer demos or approved device tests, not a real SOS. A missed check-in is not proof of injury.