Family trigger planner: our lines in the sand

Rule one: official orders beat the family plan. If officials tell you to evacuate or shelter, do that, even if this sheet says otherwise.[20] In an emergency, call 911.

Stay-Go Guide · Our lines in the sand · Reviewed: _____ · Next review: _____

Hunker down

Shelter in place. Stay inside, stay put, stay tuned.

- [ ] **Tornado Warning for our area**
  Go now to our interior room on the lowest floor, away from windows.[1]
- [ ] **Officials order shelter in place**
  Get inside, stay inside, stay tuned. Close windows and vents; turn off fans and forced air.[2][3]
- [ ] **Thunder heard, or a Severe Thunderstorm Warning**
  Everyone indoors. Wait 30 minutes after the last thunder.[4]
- [ ] **Extreme Heat Warning**
  Stay in air conditioning as much as possible, including overnight. Check on family and neighbors.[5]
- [ ] **Winter Storm or Blizzard Warning**
  Delay travel. Stay home with the kit ready. If you must travel, take the winter kit.[6]
- [ ] **Air quality Unhealthy (AQI 151+) or heavy smoke, with no evacuation order**
  Stay inside with windows closed. Set up the clean room.[7][8][9]
- [ ] **Boil-water advisory**
  Use bottled or boiled water to drink, cook, and brush teeth. Not the fridge water or ice dispenser.[10]

Our own signal 1 and what we do

Our own signal 2 and what we do

Our own signal 3 and what we do

Deepen the larder

Top up water, food, medicine, and fuel toward the next target.

- [ ] **Any Watch for our area (winter storm, extreme heat, flood, fire weather)**
  Be prepared: check water, food, medicines, fuel, cash, and chargers today.[1][5]
- [ ] **Red Flag Warning or Fire Weather Watch**
  Be extremely careful with flames. Load go bags. Keep the tank at least half full.[11][8]
- [ ] **Season change: before winter, before summer heat, before fire season**
  Run the matching kit check and restock toward the next target.[12]
- [ ] **The utility or officials warn of a long outage**
  Charge power banks, fill water, check fridge thermometers, and plan for medicines that need cold.[13]
- [ ] **Drought water restrictions announced**
  Follow the local rules. Keep stored water rotated, not drained.[14][15]
- [ ] **Household income at risk (layoff notice, cut hours)**
  Eat from the pantry first and pause stock-ups. Work through the CFPB job-loss steps.[16][17]
- [ ] **We are below our current food target**
  Add one item per shopping trip until we reach the next step: 3 days, 2 weeks, 1 month, 3 months.[17][18]

Our own signal 1 and what we do

Our own signal 2 and what we do

Our own signal 3 and what we do

Get out

Evacuate early and safely.

- [ ] **Evacuation order for our zone**
  Leave immediately: people, pets, go bags, medicines.[19] [20]
- [ ] **Evacuation warning, and we need extra time (pets, livestock, medical needs, kids at school)**
  Leave early. Don’t wait for the order.[20] [21]
- [ ] **Flash Flood Warning, and we are in a low or flood-prone spot**
  Move to higher ground now.[22]
- [ ] **Fire nearby and our route may become unsafe, even with no alert**
  Go now.[8]
- [ ] **Heavy rain forecast over a nearby burn scar, and officials advise leaving or we feel unsafe**
  Leave before the storm.[23]
- [ ] **We smell gas, or the home is damaged**
  Leave, then call 911 from a safe place and report it to the utility.[24]
- [ ] **Too hot or too cold to stay safely at home**
  Go to a community location with power, or to friends with heat or AC.[13]
- [ ] **Tornado Warning while in a mobile home or car**
  Go to the closest sturdy building.[1]

Our own signal 1 and what we do

Our own signal 2 and what we do

Our own signal 3 and what we do

Who, where, and when

Who makes the call if we can’t reach each other	e.g. whichever adult is home
Where we meet if we leave	e.g. Grandma’s house in Cedar City
Our evacuation zone (Washington County uses Genasys Protect)	Look it up at your county’s site
How we get alerts	WEA on phones, county alerts, NOAA W
Last reviewed	mm/dd/yyyy

Tip: set the review date, then review again in 3 months at your family meeting.

Page checked on 16 Nov 2026 · Change log · Report an error · Calm by design

---

About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/tools/triggers/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.