

## **Prepare, Plan, Stay Informed.**

### **MAKE AN EMERGENCY SUPPLY KIT**

During or after an emergency, you won't have time to search for supplies. There's also a chance stores may not be open to fill even basic needs.

An emergency supply kit, containing necessary items you would need for survival, should be prepared in advance. Keep the kit in an accessible place where you can reach it quickly in case of an emergency—whether you remain at home or evacuate to a safe place. Recommended supplies to include in a basic emergency supply kit:

- Water, at least one gallon per person per day for at least three days, stored in a plastic container
- Food, at least a three-day supply of nonperishable food  
TIP: Don't forget those with special diets such as diabetics.
- A first-aid kit
- Prescription medications—watch for expiration dates
- Battery-powered radio, flashlights and extra batteries
- Can opener
- Bedding for each person
- Personal hygiene items
- Dust mask or cotton T-shirt for each person to help filter the air
- A whistle to signal for help
- A waterproof container—to store important documents such as drivers license, birth certificates, copies of medical prescriptions, insurance policies

### **AFTER ASSEMBLING YOUR KIT**

- Store the kit in a place known to all household members.
- Review the contents of your kit periodically to make sure food and water are fresh and prescription medicines are up-to-date.

## Develop a communications plan

Your family and close friends may not be together when an emergency strikes. You need to make a plan of communication to keep in touch.

- Pick a place to meet and then choose a backup place outside your neighborhood.
- Pick someone to contact in an emergency.
- Be prepared to use a house phone or a cell phone.
- Put a copy of all emergency numbers by every phone in your home.
- Teach people living in your home how and when to use 911 for emergencies.
- Ask a friend or family member living out of state to be a contact. Sometimes it's easier to call out-of-state if local phones aren't working.
- Have a plan for what to do with and how to care for your pets.

Forms to complete your “**Family Emergency Plan**” can be found at [www.ready.gov](http://www.ready.gov)



**KIDS DO YOUR PART TO PREPARE.....**

With your parent's permission check out this cool website with **games** and **activities** to help you and your family get ready for emergencies:

[www.ready.gov](http://www.ready.gov)

(Once on the home page, scroll down and select READY KIDS!)