

1. MAKE A PLAN

Disasters can strike quickly without warning. Your family may not be together in the same place when it happens, so it is important to plan for a disaster or emergency in advance.

- **Emergency Contacts** – people to call to help you reunite with your family and stay informed on the situation. Write down all this information now, before an emergency hits.
- **Meeting Place** – places, both near home and out-of-town, to meet up with your family in case you are separated.
- **Evacuation Plan** – if you are told to leave home, know possible evacuation routes and how to turn off your home's utilities.

Once you have a plan, practice it. Involve your family so they know what to do, where to meet and whom to contact. Consider special needs: babies, elders and disabled persons. And be sure to plan for pets too.

- **Children** – make sure they know the plan and important emergency contacts.
- **Elderly & Disabled** – plan for health and safety needs that these individuals have.
- **Pets** – make sure you have what you need to keep track of and care for your pet.

2. BUILD A KIT

You need to have essential supplies that will support you and your family during all types of emergency situations.



- **Grab & Go Kit** – There are documents and files you don't want to lose. Such items include birth certificates, leases or deeds, insurance policies, and medical and financial records. Keep a copy of these documents in a watertight plastic bag.
- **Disaster Kit** – Whether you are staying at home or evacuating to a safer location, you will need certain items to take care of your family. Gather your supplies and store them in portable containers.

A basic kit should include:

- **Food & Water** – a 3-day supply of foods that need no refrigeration or cooking such as protein bars, dried fruits, nuts, crackers and canned goods; two gallons of drinking water per family member per day.
- **First Aid & Medication** – items such as sterile gloves, gauze, soap, pain relievers, antibiotic towelettes, ointment, and bandages to treat minor injuries plus prescription medications and supplies to take care of pre-existing conditions.