

# Are You READY?

## 4 Simple Steps to Becoming Better Prepared

# 1

**BUILD A KIT:** Everyone should have some basic supplies on hand in order to survive for at least 3 days if an emergency occurs. Here is a basic list of items to include in your emergency kit.

For a more complex list, visit [www.ready.gov](http://www.ready.gov)

### BASIC KIT

- ✓ Water- 1 gallon per day per person
- ✓ Radio & Flashlight w/ Extra Batteries
- ✓ Whistle, Pen & Paper, Cash
- ✓ Moist Towelettes, Garbage Bags
- ✓ Food- 3 day supply- non-perishable
- ✓ First Aid Kit, Blankets, Medications
- ✓ Copies of Important Documents
- ✓ Basic Tools; Can Opener; Face Masks

# 2

**MAKE A PLAN:** Plan ahead with your family, and write down important information. Discuss your plan with your family and make sure you include a copy in your emergency kit.

What should you include in your family's emergency plan?

- ✓ Name, Date of Birth and SSN for each family member
- ✓ Important medical information, including allergies and conditions
- ✓ Out of Town Contact- Name, Address, Phone Number
- ✓ House and Neighborhood Evacuation Plans
- ✓ Important Numbers (Doctor, Medical and Life Insurance, Veterinarian)
- ✓ Inventory of Possessions



# 3

**GET INFORMED:** Learn about what types of emergencies are more likely to occur in your community. Fires? Flood? Earthquake? Power Outage?

Take some time to learn about the appropriate response and educate your family and friends. Go to [www.ready.gov](http://www.ready.gov) to learn about different types of emergencies and what you can do to prepare.



# 4

**GET INVOLVED:** Talk with your neighbors and friends about how you are preparing.

Check with elderly or vulnerable neighbors to make sure they have a plan.

Talk to your co-workers and find out what your workplace emergency plans involve.

Ask your children's school if they have a plan and do they practice that plan?



Volunteer with a local disaster response organization!