



TIP OF THE MONTH

Emergency Preparedness:

It is important for every family and individual to have an emergency plan in case natural disaster strikes or if a fire or flood occurs in your home or living space.

Keep supplies on hand at home, enough for each family member for 3 days. Non-perishable food items, water (1 gallon per day p/person), candles, flashlights, extra batteries, matches, paper products.

Prepare a grab and go bag and place it in a convenient and visible location. Pack a heavy duty backpack:

- Emergency phone list (including out of state contacts). Copies of important documents (laminated or zip lock) Includes, insurance, medical and SS cards.
- Emergency plan (place to meet, evacuation route, responsibility of family members)
- Basic first aide kit along with any critical prescriptions
- Flashlight and spare batteries, waterproof matches
- Dust mask, whistle, pocket knife
- Portable hand cranked radio
- Canteen and H₂O purification tablets
- Change of clothes, blanket
- Extra set of keys and safe deposit key
- Cash

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This is a sample of some of the items that are critical. For a complete list go to www.redcross.org. You can also print Emergency Contact Cards on their site.

Here are a few additional tips to keep in mind when making a plan:

Tip#1 Pick a place to meet up with family members. One outside the home in case of a fire or other emergency in the house. One outside your neighborhood in case your immediate area is not safe.

Tip#2 Agree upon an emergency contact person outside your local area (and area code) that all family members can contact

Tip#3 Learn in advance how to take care of your pet in case of emergency – most shelters will not house animals. Don't forget to include extra food and water for your pets in your emergency grab and go bag.

Tip#4 Practice evacuation routes out of your home. This is especially important if you have young children since repetition makes it easier for them to remember.

Tip#5 Review your plan with your family every year. Change critical information such as phone numbers and important documents. Re-stock your supplies.

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