

# Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at anytime and anywhere. There are certain actions everyone can take that can help make a difference.



## Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency-preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.

## Get a kit

- 1 gallon of water per person per day
- 3-day supply of non-perishable, easy-to-prepare food
- Medical items
- Flashlight
- Extra batteries
- Battery-powered or hand-crank radio
- Copies of personal documents
- Cell phone with chargers
- Family and emergency contact information
- Maps of the area

## Make a plan

- Meet with your household members; discuss how to prepare for emergencies likely to happen where you live, learn, work and play.
- Identify responsibilities for each family member.
- Choose two places to meet, if separated by an emergency:
  - Right outside your home in case of a sudden emergency, such as fire.
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate.
- Choose an out-of-area emergency contact; all household members should have emergency-contact information in writing or in their cell phones.

## Plan what to do if you have to evacuate

- Decide what route you would take and how you would get there.
- Practice evacuating home twice a year.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters.

## Be informed

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations.
- Know the difference between different weather alerts, such as watches and warnings, and what actions to take in each.

## Preparedness Conversation Starters

- Have you ever been affected by a disaster?
- What lessons can you share from that experience?
- What types of disasters might we encounter in our neighborhood? City?
- How might you best prepare for those disasters?
- What would you include in your 72-hour emergency kit?
- How can you prepare your family?
- How can you prepare your neighborhood?

