

The American Red Cross and the Centers for Disease Control and Prevention
Preparedness Today: What You Need To Do

Welcome to *Preparedness Today*

The possibility of public health emergencies arising in the United States concerns many people in the wake of recent hurricanes, tsunamis, acts of terrorism, and the threat of pandemic influenza. Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur.

To help, the American Red Cross and the Centers for Disease Control and Prevention (CDC) have teamed up to answer common questions and provide guidance on steps you can take now to protect you and your loved ones.

On this site, you will find guidance on what kinds of emergency supplies to put aside and advice on how, from **food and water** to **disaster supplies kits**.

You will also find information on—

- What **shelter-in-place** means, how it works, and what it involves.
- When **quarantine and isolation** may be called for, what they are, and how they work.
- Tools for **coping with disaster** for adults, parents, children, students, and seniors.
- The new American Red Cross **Safe and Well Website**.

More topics will be posted on this site as necessary.

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