

Emergency Preparedness Begins At Home

Here are some simple steps you can take to prepare.

Your plan and emergency supplies should meet your family's needs.
Add to this list as you think of other essential items.

Food & Water

Have a 3-day supply of food and water for each person in your household. Remember individual diet needs and plan for your pets.



Bottled Water

- One gallon, per person, per day
- Keep in cool, dry place

Dry & Canned Foods

- Canned fruits, vegetables & meats
- Manual can opener
- Juice boxes, canned milk
- Dried fruit, nuts, crackers, cereal bars
- Baby food and formula



First Aid

Have a first aid kit with health products and prescription medicine.

First Aid Kit

- Bandages, gauze, rubbing alcohol
- Medical gloves and tape, scissors
- Pain reliever

Health Products

- Soap, toilet paper, tooth paste

Tools & Special Items

Don't forget these important items:

- Flashlight, battery-powered radio
- Extra batteries
- Important documents such as Birth certificate and bank account numbers



Planning can be a family project. Involve kids and discuss why you are planning.



Evacuation Kit

Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24-48 hours.

- A change of clothing
- Bottled water and cereal bars
- First aid supplies
- Prescription medicine

Family Communications Plan

Your family may not be together when an emergency occurs. Plan how you will contact each other.

- Include an out-of-state contact for family members to check in with.
- Complete this list and make copies for each person in your home.



Phone #s & Web

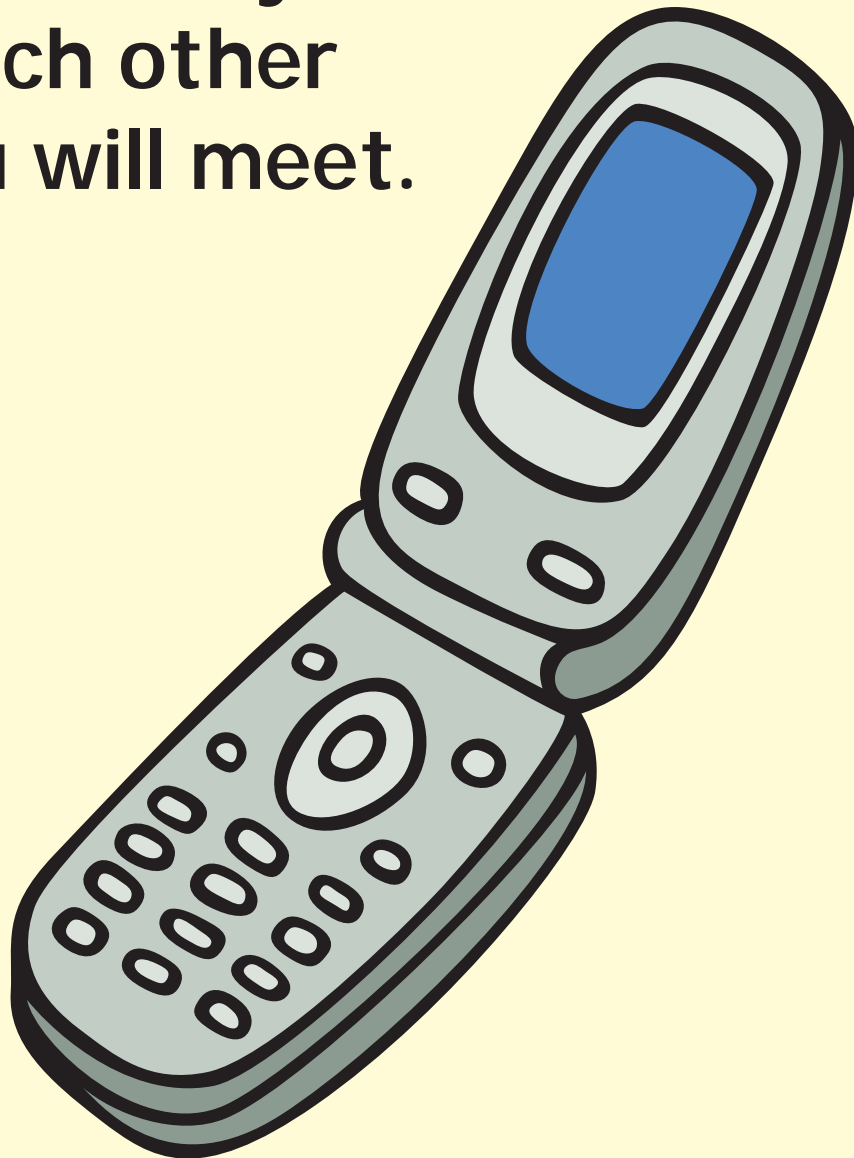
Phone #s & Web



Encourage others to plan ahead.
Assist neighbors who may require help preparing.

Family Communication Plan

Know how your family will contact each other and where you will meet.



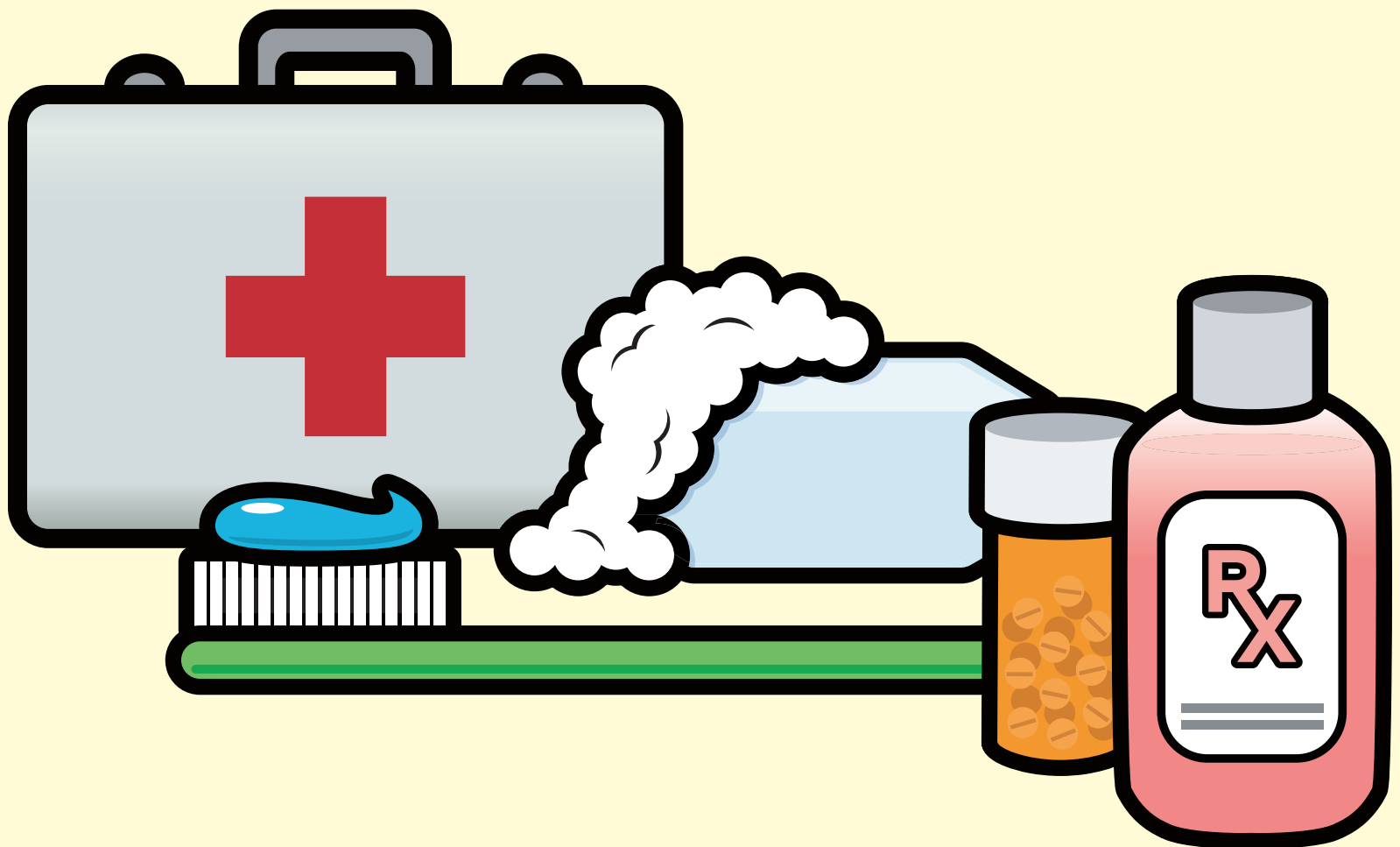
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Tools & Special Items

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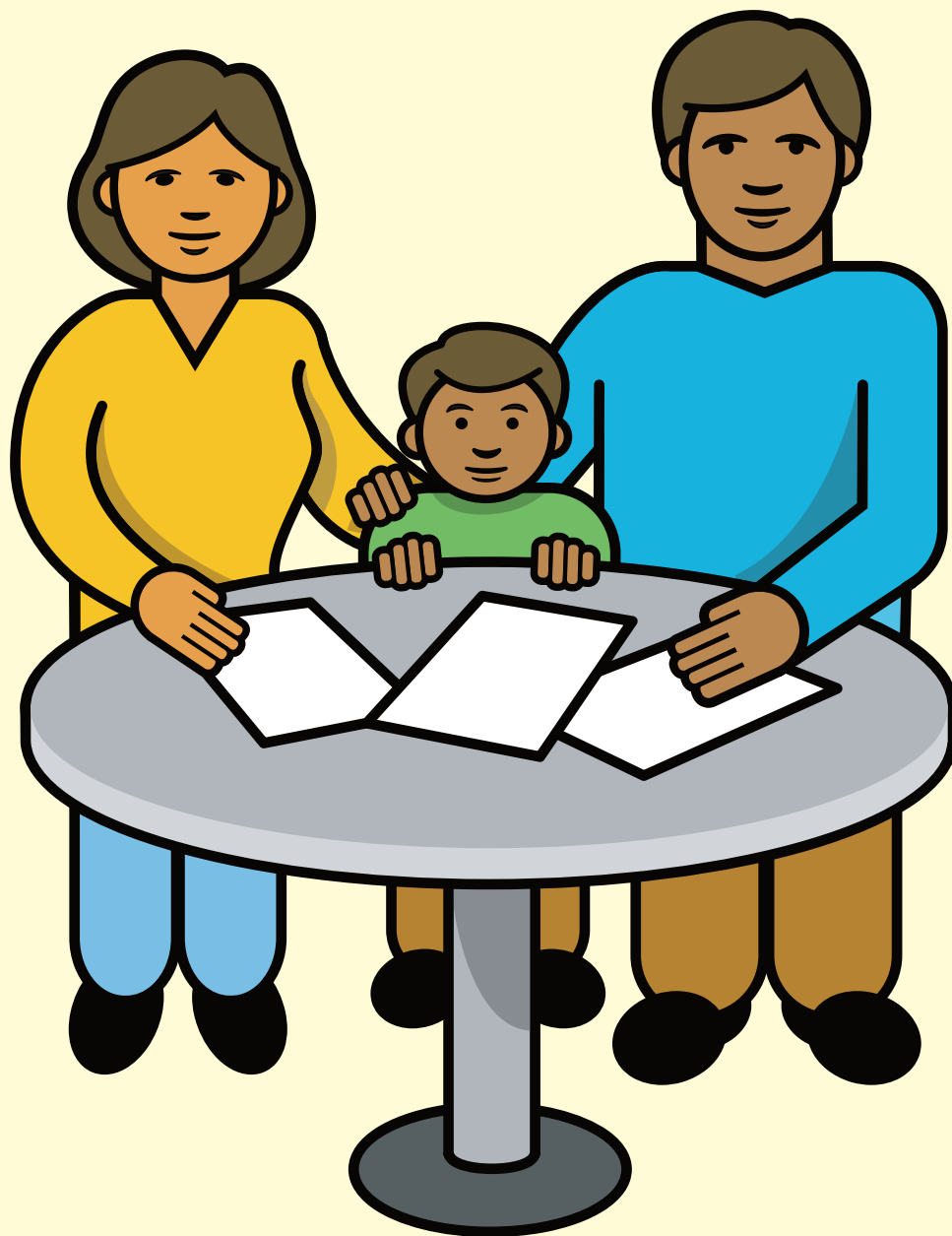


Review

Every 6 months review your plans and supplies with everyone in your home.

Replace expired food, water, and medicine.

Update your communication plan.



Be Prepared. Plan Ahead