

Emergency Preparedness Begins at Home.

Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. State and local officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help also. Here are some simple steps you can take to prepare.

✓ **Family Communication Plan**

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

✓ **Food & Water**

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

Bottled Water

- 1 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
- Pet food

✓ **First Aid & Tools**

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

First Aid

First Aid Kit

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

Health Products

- Soap, toilet paper, tooth paste

Tools & Special Items

Remember these important items:

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

✓ **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 to 48 hours.

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

✓ **Review**

Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.



Visit www.ready.gov for more information