

## PREPARE TO BE PREPARED

### Emergency Preparedness

The idea of a public health emergency is scary. What is even scarier is that many people do not have a plan to handle natural disasters, acts of terror, or disease outbreaks. What can you do?

#### MAKE A KIT

It is important to have an emergency kit. The kit contains necessary items that may not be readily accessible in an emergency situation.

Items include:

water (one gallon per person), food, battery-powered radio, batteries, medications (7-day supply), multipurpose tool, first aid kit, cell phones, extra cash, blankets, and emergency contact info. Special items for children and pets will also be important considerations. Be sure to involve all members in the assembly and the whereabouts of the emergency kit.

#### ESTABLISH A PLAN

The start of a disaster plan begins with education. Ensure that your family knows how to handle situations through practice or by performing drills. Important tips include: knowing escape routes, recognizing the community's warning signals,

designating safe spots in your home, and remembering to check and replace emergency supplies throughout the year.

***According to an Allstate Survey, 46% of respondents have not discussed an emergency plan or meeting place and 62% said they have not prepared an emergency kit for their home and family.***

#### COMMUNICATION

Creating lines of communication is crucial in a disaster. Identify out of town contacts. These contacts may be in a better position to communicate among separated family members. Have texting ability. It is much easier to receive information via text than making a phone call. Check or subscribe to an emergency alert system or local health department.

## TIPS

- Consider storing two weeks-worth of food supplies. You may be able to use many of the canned goods and dry mixes already in your cupboard.
- Store at least a 3-day supply of water for each member of your family – that means 1 gallon per person per day.
- Don't forget about pets; they'll need food and water too.
- Learn where your gas, electric, and water shut-off locations are and how to turn them off.

