

In Good Health

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Tornados, hurricanes, wildfire, earthquakes, flooding and disasters can happen unexpectedly, leaving your family no time to prepare for an evacuation or find shelter in your home.

A recent Home Safety Council survey found that 58% of those surveyed have experienced a disaster first hand, yet very few have taken action to prepare for another potential emergency. In fact, only 25% of those polled by the Safety Council have assembled basic emergency supplies such as water, food, and clothing.

When a disaster occurs, it is already too late to make an emergency plan. The time to get ready is now, before the disaster strikes! By investing a few minutes today, you will have the knowledge, supplies and the plan needed to safely and securely make it through any type of emergency situation.

Below are tips and resources to help you prepare:

Develop a Family Communication Plan:

Being prepared starts with having a conversation. Talk about the kinds of disasters that can occur in your area and make a plan to stay safe if a disaster should arise.

Your communication plan should include:

- Places in and out of town where you and your family could meet
- Phone numbers of in-town contacts that are willing to serve as resources
- An address and phone number of someone out of town who will act as a resource (this could be a friend or relative)
- A card for each family member to keep with them with this information on it

Does Your Family Have a Home Safety Plan?



Important:

Plan ahead for family members who take medications and wear eyeglasses, hearing aids, dental appliances, etc. Rather than storing these items in your "Ready-to-Go Kit", determine the best way for your family to prepare to take these essential items in an emergency. In some cases, it may make sense to store these items in the same area as the kit. Keeping in mind that family members with small children are advised to keep all medicines locked up.

"Ready-to-Stay" Kit:

It is equally important for your family to have extra supplies on hand in the event an emergency situation forces you to remain in your home for several days. A "Ready-to-Stay" Kit contains all of the items in the "Ready-to-Go" Kit plus a few others. Prepare a "Ready-to-Stay" kit with the following additional items stored in a plastic tub or other large, sturdy container:

- Three gallons of water for each family member
- Canned foods and snacks for at least 3 days
- Toilet paper
- Non-scented bleach
- Blankets
- Books and games to keep busy
- Paper and pencils

For more information on what you can do to help your family prepare for a disaster, visit the Home Safety Council's new interactive safety site at MySafeHome.org (link to <http://www.homesafetycouncil.org/mysafehome>)

Put Together a "Ready-to-Go Kit":

It is a good idea to keep the following items in a backpack, tote or duffle bag (more than one may be required) in order to be ready if an emergency situation forces you to leave your home. Store the "kit" in a convenient place so everyone knows where it is.

- One gallon of water per person
- A small amount of cash
- Food that does not have to be refrigerated
- A manual can opener
- Plastic/paper plates, cups, utensils
- Flashlight and extra batteries
- Battery-operated radio and extra batteries
- Change of clothes
- Card with your contact information and the number of someone out of state to call for assistance
- Small first aid kit
- Personal hygiene items, soap, hand sanitizer
- If you have pets, pet food and supplies for one or more days and a leash or carrier

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