

# Are you Prepared?

Disasters strike when you least expect it. Keep you and your family safe during an emergency. Prepare beforehand by creating a kit/plan. Be sure to practice the plan with your family.

## Some facts:



- 6 in 10 Americans have not developed or practiced their emergency plan with their family
- 48% of Americans lack emergency supplies to use during a disaster

-FEMA.gov

## Make a Plan

Start by answering these three questions:

- 1. How will you receive local emergency information?**  
(TV, radio, Facebook, friends)
- 2. What is your plan if you have to leave your home quickly?**  
(Where will you go? What will you take? How will you get there?)
- 3. How will you contact family and friends?**  
(Phone numbers and email addresses)

## Create a Kit

It's important to create an emergency kit with supplies you may need during a disaster. Gather these items and check them off your list.

- Water
- Nonperishable, ready-to-eat food (infant formula)
- Medication, eyeglasses, contacts
- Hearing aids
- Flashlight with batteries
- First Aid Kit
- Change of clothing
- Pet food/water
- Personal items: toothbrush, toothpaste, soap
- Blanket
- Emergency Information: insurance policies, IDs, phone numbers
- Cash
- Battery powered radio



# Emergency Preparedness for Families



## Have you held a family meeting?

### Food:



Store at least a 3 day supply of non perishable food. (canned meats, fruits, vegetables, protein bars, peanut butter, and dry cereal)



Choose foods your family will eat.



Avoid foods that will make you thirsty (salty foods such as salted nuts).

### FOOD SAFETY

**KEEP FOOD IN COVERED CONTAINERS**

**THROW AWAY FOOD THAT HAS BEEN AT ROOM TEMP. FOR 2+ HOURS**

**THROW AWAY FOOD THAT HAS AN UNUSUAL ODOR, COLOR OR TEXTURE**

**DON'T EAT FOODS FROM CANS THAT ARE SWOLLEN, DENTED, OR CORRODED**

### Food Preparation:



Warm food with candle warmers, chafing dishes, or fondue pots



Use disposable serving supplies



Pack matches to light cooking equipment

- ✓ Review the types of disasters that are most likely to occur
- ✓ Assign responsibilities to each family member
- ✓ Decide on locations to meet if a disaster were to strike
- ✓ Discuss your evacuation plan
- ✓ Document how you will communicate with each other during an emergency

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