

Staying Safe

in an Unpredictable World

Emergency preparedness isn't just important to an organization wanting to serve its members during a crisis -- it's important to anyone who wants to stay safe and survive a disaster.

With the unpredictability of natural disasters, it's becoming crucial to think ahead and prepare for emergencies, which in return will reduce the stress involved in dealing with an emergency situation.

When gathering supplies for an emergency preparedness kit, it is important to cover all your bases. There is no way of knowing what type of emergency is going to occur, so a good rule of thumb is to be prepared for anything.

Being prepared when disaster strikes will help increase your odds of surviving. According to the Federal Emergency Management Agency's (FEMA) Ready Campaign, having an emergency preparedness kit and an emergency communication plan in place are two key steps in preparing for an emergency situation. ☀

For more information on personal emergency preparedness plans visit ready.gov.

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Are You Prepared?



The following are a few suggestions for your own emergency preparedness kit:

- ✓ Water – one gallon of water per person/per day for at least three days, for drinking and sanitation
- ✓ Food - at least a three-day supply of non-perishable food
- ✓ Battery-powered or hand-crank radio and a NOAA weather radio with tone alert and extra batteries for both
- ✓ Flashlight(s) and extra batteries
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Manual can opener for food
- ✓ Local maps
- ✓ Any daily prescription medications
- ✓ Important family documents
- ✓ Cash