

# Emergency Preparedness – PLAN NOW

At home or at work, routines can be disrupted with little or no warning by natural disasters, fires or other catastrophic events. Don't wait for an emergency to think about being prepared. Do yourself and those you love a favor. **PREPARE NOW** so you'll be ready when an emergency situation happens. The time you save is critical. And very well may save lives.

- **Develop a Family Communication Plan.**
  - Discuss the type of emergencies that could affect your family.
  - Conduct practice drills so you and your family know the safe locations in your home for each type of emergency.
  - Decide how and where your family will reunite if separated.
  - Have an out-of-state friend or relative that separated family members can call to report their whereabouts and conditions.
- Learn how to shut off gas, water and electricity in case the lines are damaged.
- Secure your water heater and major appliances, as well as tall, heavy furniture, hanging plants, picture frames and mirrors (especially those over beds).
- Make a plan now for what to do with your pets if you need to evacuate.
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
- Use a NOAA weather radio. Remember to replace its battery every 6 months, as you do with your smoke detectors.
- Take First Aid, CPR and disaster preparedness classes.
- Stock non-perishable emergency supplies and an **Emergency Supply Kit**.

Prepare an **Emergency Supply Kit** for your household. Make sure everyone in your family knows the emergency kit location and ensure it is readily accessible. The kit should contain enough supplies for you and your household to be self-sufficient for at least 3 days. Recommended kit items include:

- ✓ Water, one gallon of water per person per day, for drinking and sanitation
- ✓ Non-perishable food and can opener
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ Flashlight 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
- ✓ Local maps
- ✓ Cell phone with chargers



Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communication plan, are the same for both a natural or man-made emergency. However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them. For additional information, visit [www.ready.gov](http://www.ready.gov), a website sponsored by the Federal Emergency Management Agency (FEMA) that is aimed at helping Americans prepare for emergencies.

Sources:

[www.ready.gov](http://www.ready.gov)

[www.nsc.org/preparedness](http://www.nsc.org/preparedness)

[www.co.randolph.nc.us/emergency\\_services/EmergencyManagement/disastertips.htm](http://www.co.randolph.nc.us/emergency_services/EmergencyManagement/disastertips.htm)

[www.nhc.noaa.gov/HAW2/english/disaster\\_prevention.shtml](http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml)