

# Emergency Preparedness

Many people are concerned about the possibility of a public health emergency such as a natural disaster, act of terrorism, or disease outbreak. You can take steps now to help you prepare for an emergency and cope if an emergency happens. To help you prepare, we've provided step-by-step actions you can take beforehand to protect yourself and loved ones.

## GET A KIT

Many people are concerned about the possibility of a public health emergency such as a natural disaster, act of terrorism, or disease outbreak. You can take steps now to help you prepare for an emergency and cope if an emergency happens. To help you prepare, we've provided step-by-step actions you can take beforehand to protect yourself and loved ones.

### Emergency Supply Kit:

- Water - one gallon per person, per day
- Food - nonperishable, easy-to-prepare items
- Flashlight
- Battery powered or hand crank radio
- Extra batteries
- First aid kit
- Medications (7-day supply), other supplies and medical paperwork
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents
- Cell phone with charger
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Maps
- Extra set of car keys and house keys
- Manual can opener



You may need some additional supplies to meet the needs of all family members, such as children, pets, and those with special medication requirements.

## MAKE A PLAN

Families can cope with disasters by preparing in advance and working together as a team. If something were to happen, how would you contact one another, how would you get to a safe place, and what would you do in different emergency situations? Planning what to do before a disaster strikes provides the best protection for you and your family.

- Identify an out-of-town contact, such as a friend or relative, who family members can call to let them know they are safe
- Teach family members how to text. During an emergency, it's often easier to get a text message than a phone call
- Subscribe to an emergency alert system
- Teach children how and when to call 911 for help
- Learn your community's warning signals
- Determine the best escape routes from your home
- Find the safe spots in your home for each type of disaster
- Show each family member how to turn off water, gas and electricity at the main switches
- Teach each family member how to use the fire extinguisher

## BE INFORMED

It's important that you and your family know what to do before, during, and after an emergency. This means understanding what emergencies are likely in your area and specific ways to respond to each one. You should also understand the ways you can get information about potential threats, such as through text alerts, emergency sirens in your community, or other methods. In addition to understanding how you will be informed of potential threats, you need to understand the difference between various weather alerts:

- A watch gives advance notice that conditions are favorable for dangerous weather. If a severe storm watch or other type of watch is issued for your area, be alert for changing weather conditions.
- A warning requires immediate action and is only used when severe weather is about to strike.

For more information, visit [cdc.gov](http://cdc.gov)