

**SEPTEMBER is
NATIONAL PREPAREDNESS MONTH**

are YOU ready?



Make a Plan ► Get a Kit ► Be Informed ► Get Involved

- **GET A KIT:** *Emergency kits* for home use should include a 5-day supply of bottled water, food, blankets, medicines, and first aid supplies. Batteries and a portable radio or television are recommended for the kit.
- **MAKE A PLAN:** A *family emergency plan* should be developed so you know where your family should assemble, keeping contact with other family members, and how the family should act/react during the emergency.
- **BE INFORMED:** *Inform yourself first.* Family communication is important, but just as important is the need to keep up to date on the emergency itself. A portable radio and/or television and a wired telephone (not a cordless or cell phone) should be included with the kit. If electricity is unavailable, the wired land-line phone plugged directly into the phone socket will be powered by the telephone line itself so you can make emergency calls. Have a phone list in the kit that includes emergency numbers and the phone numbers of distant family members.
- **GET INVOLVED:** *And stay involved* in emergency planning. Remember, items in your emergency kit, such as batteries, food, and medicines, have expiration dates and need to be replaced periodically. Ways of handling different emergency situations can change. Your family size may change, so emergency plans need periodic review.