

A Healthier You

Emergency Preparedness



Public Health
Prevent. Promote. Protect.

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.

1 Pack an emergency supply kit

If a disaster strikes in your community, you might not have access to food, water, or Electricity for several days.

- ✓ **At least a 3-day supply of food and water**, manual can opener and basic utensils
- ✓ **Health supplies** including a 3-day supply of medications and other medical supplies i.e. syringes, cane, hearing aids.
- ✓ **Personal care items**-soap, toothbrush, toothpaste, baby wipes, contacts or glasses
- ✓ **Safety supplies** – first aid kit, emergency blanket, multipurpose tool, and whistle
- ✓ **Electronics**- flashlight, radio (battery-powered or crank), cellphone and charger, and extra batteries
- ✓ **Documents** - insurance cards and immunization records, paperwork about any serious or on-going medical condition, your completed family emergency plan
- ✓ Extra cash and extra set of car and house keys
- ✓ Maps of the area



2 Make a Plan

For what to do if an emergency happens

Protect yourself and your family by making an emergency plan. Plan for:

- How you will contact one another, and
- What special steps you will take in different types of emergency situations.

Family Communication Plan

- Complete a contact card for each family member. These cards should be kept with them at all times.
- Choose an emergency contact. An **out-of-town contact** may be easier to reach during an emergency. Try to memorize their number.
- Be sure all family members know how to text.
- Know emergency telephone numbers, i.e. the police, fire department, hospital, and your family emergency contact. Keep them in your cell phone or posted near a home phone.

Make a Family Disaster Plan

Before your family makes a disaster plan, identify which types of emergencies are likely to happen in your area.

- Find safe spots in your home for each type of disaster.
- Choose multiple meeting places. Every disaster is different and may require you to go to different places.
- Identify the best escape routes from your home, find two ways out of each room
- Practice your plan!
- Don't forget about your pets, have a plan for them too!

Remember!

Every family is unique, you may have emergency needs that aren't on this list. Update your kit according to changing needs of your family.



3 Be Informed!



Authorities share emergency warnings, updates, and safety instructions in many ways. Take these steps now to make sure you'll get the information you need when an emergency happens.

Check with your local emergency management agency to learn what kinds of emergencies could happen in your area.

- **Find out how to get local emergency alerts.** Contact your local health department or emergency management agency to see how they share emergency information. Some agencies use:
 - Emergency texts
 - Phone calling systems
 - Digital road signs
 - Social media
 - Sirens and speakers

**These are in addition to emergency alerts sent by the federal government.

- **Learn about your community's warning signals.** Know what the warning signs sound and look like and what you should do when you hear or see them.
- Listen to and watch reliable news sources. Make sure to keep a weather radio ready.



Source: www.cdc.gov

Watch vs. Warning

It's not only important to understand how you and your family will be informed of a potential threat, you also need to understand the terms that are used for weather threats.

- A **watch** means that there is a high possibility that a weather emergency will occur. When a severe storm watch is issued for your area, continue to listen to the radio or television for updates and pay attention to visible weather changes around you.
- A **warning** means that a weather emergency is already happening, or will happen soon. When you hear a warning, take immediate action.

Get your kids ready!

- Teach children how and when to call 911 for help.
- Quiz your kids on your family plan to make sure they remember what to do.
- Make sure your kids are included when creating your plan and practicing it.

Ready Wrigley can help your kids be ready for many kinds of emergencies!



You can find Ready Wrigley workbooks and checklists for kids at:

<http://www.cdc.gov/phpr/readyyrighley/index.htm>

Where can I learn more?

For more information on preparing for an emergency, visit: <http://emergency.cdc.gov/> or <https://www.ready.gov/>.

