



Are You Ready for an Emergency?

Follow these steps to prepare for emergencies such as extreme winter weather and fire **before** they happen.

To get community info:

- Contact your local Emergency Management Office

For more information:

- <https://acl.gov/emergencypreparedness>
- <https://www.cdc.gov/aging/emergency-preparedness/index.html>
- <https://www.nonmetroaaa.com/resources>

Non Metro Area Agency on Aging
(505) 395-2668



1. Important Contacts

Call your local Emergency Management Office to ask about community emergency plans, supply distribution, disaster notifications, and more.



2. Plan

Create and distribute an emergency contact list, choose meeting places in case of evacuation, and practice executing your plan with families, friends, and neighbors.



3. Disaster Supply Kit

Stock an emergency medical kit with medication, medical devices, and copies of medical records. Keep on hand a stock of water, food, clothing, first aid supplies, as well as contact lists and important papers.