



EMERGENCY PREPAREDNESS



Make your safety a priority

1 GET INFORMATION

- **Which disasters** can occur in your area?
- How would you be **alerted** of an emergency?
- **Where** can you pick up **emergency supplies** of food, water, and medications?



Call your **local Emergency Management Office** for more information

2 CREATE AN EMERGENCY PLAN

- **Keep emergency information in your home and car.** Emergency information includes your community emergency plan, evacuation routes, and local fire, police, and emergency management contact information.
- **Identify your emergency contacts.** Create a group text, phone call chain, and a contact list of relatives, friends, and neighbors who can be contacted during an emergency. Include at least one out-of-state and one local contact.
- **Pick two meeting places in case of evacuation:** a place near your home and a place outside your neighborhood where you can wait for your emergency contacts to meet you. Provide addresses of the meeting places to your emergency contacts and discuss logistics like, "Who will drive? How will you contact the driver? Who can provide a back-up ride?"
- **Review your emergency plan with all emergency contacts.**



For an emergency plan template, supply checklist, & more info, visit:

<https://www.nonmetroaaa.com/resources>

3 MAKE A DISASTER SUPPLY KIT

- **Stock an emergency medical kit with medications.** The kit should include a 3-6 day supply for medication that does not require refrigeration and a 2-week supply for medication that requires refrigeration, such as insulin. The kit should also include copies of prescriptions, a medication list with brand and dosage, ice packs, and medical devices such as blood sugar monitoring equipment, a blood pressure cuff, hearing aids, and batteries.
- **If you have chronic health conditions, consider getting a medical ID bracelet.**
- **Keep a supply of food, water, and other supplies on at hand.** You will need 1 gallon of water per person per day, non-perishable food, clothing, blankets, and basic supplies like a radio, flashlight, cooking tools, and a first aid kit. Important papers, your contact lists, and cash should also be kept handy in case evacuation is required.

