

September is National Preparedness Month

Week #3 – Sept 18 –24 Individual Preparedness

Take steps to prepare yourself and your family for emergencies.

- ✓ **Be Informed** about emergencies in our area – download the FEMA app on your smart phone. Sign up for news and weather alerts as well
- ✓ **Make a Plan** about where to go and how to communicate with your family in an emergency. Can you shelter in place or do you need to evacuate? Plan for both situations.
- ✓ **Build a Kit** to sustain you and your family for 10 – 14 days in your home. Be sure to include water, food, medications for your family, and pets. Prepare a “bug-out kit” to sustain your family for 72 hours if you must evacuate. Include food, water, medications, pet supplies, change of clothes, copies of important documents. This is a grab and go kit that should always be ready to go and stored in a location where it is easy to grab.
- ✓ **Take Action** and help others be prepared in our community. Take a CERT (Community Emergency Response Team) class. Join Citizen Corps to help maintain and develop skills learned in CERT, and combine the skills of other local volunteer groups such as Medical Corps, Sheriff Volunteers, Neighborhood Watch, and local HAM Radio clubs.

