

# Be Ready for any Emergency

Emergencies can happen any time and without warning. Emergency and relief workers may not be able to reach you right away. Being prepared will minimize any hardships you might have to endure. Here are some tips to help you PREPARE now.

P



## PLAN Ahead

When an emergency or disaster happens, you won't have much time to act. Have a plan for sheltering in your home and one if you have to evacuate. Make sure your plan includes contact numbers, medications, and health insurance information.

R



## Identify Your RISKS

There are many different kinds of emergencies, such as weather, pandemic, or potential terrorist threats. Know what kinds of emergencies are likely to happen in your area and adapt your plan.

E



## Gather Your EMERGENCY Supplies

You need enough water and shelf-stable meals for each person for three days. Make sure you have medications for a week. Flashlights, batteries, first aid kit, and a whistle are also helpful. See the back for a checklist!

P



## PACK for You (and Your Pets)

Pack your emergency supplies in a suitcase or container with wheels. Be sure it has an ID tag. Consider packing two kits, one for sheltering at home and one for evacuation. Don't forget to include items your pets might need.

A



## ACT Out Your Plan

Rehearse your plan with your family to make sure it works. Go over the escape routes out of your home and neighborhood. Practice driving evacuation routes and getting to your closest shelter. Know the safest place within your home for extreme weather, like tornadoes.

R



## REMAIN Informed about Emergencies

Know about your community's emergency plans and how they include you. Find out what type of warning systems are in place. If an emergency does occur, stay calm and be patient. Watch TV or listen to the radio for official instructions.

E



## ENLIST Help from Others

Create a support network of your friends, family, and neighbors. Exchange keys with them. Show them where you keep your emergency supplies. Know how to contact each other and have an alternative plan in the event phones aren't working.



Complete the top portion for every person in your household and keep with your emergency supplies. For information on ordering shelf-stable meals, call GA Foods at 866-575-2772.

Contact Information			
<b>Name:</b>			
Social Security Number:		Date of Birth:	
Important Medical Information:			
<b>Out-of-town Contact Name:</b>			
Phone Number:		Email:	
<b>Evacuation Location:</b>		Phone Number:	
Additional Information	Name	Phone Number	Policy Number
Doctor			
Medical Insurance			
Homeowners/Rental Insurance			
Veterinarian			
Medication Information			
Pharmacy:		Phone Number:	
Medication Name	Dose	Frequency	Provider

### EMERGENCY SUPPLIES CHECKLIST

- Water** (one gallon per person per day)
  - Shelf-stable food** for at least 3 days (contact GA Foods for ordering information)
  - Flashlight** with extra batteries
  - Battery-operated radio** with extra batteries
  - First aid kit**
  - Whistle** (to signal for help)
  - Medications** (7-day supply)
  - Other medical items** (such as hearing aids, wheel chair batteries, oxygen)
  - Filter mask**
  - Moist towelettes & garbage bags with ties** (for personal sanitation)
  - Change of clothing** (if cold climate, include jacket, hat, mittens, & scarf)
  - Blanket** or sleeping bag
  - Manual can opener**
  - Multipurpose tool** (with knife, pliers, etc.)
  - Plastic sheeting and duct tape** (for sheltering at home)
- Other items to consider:**
- Copies of personal documents**
  - Cell phone** with extra battery and charger
  - Cash** (ATMs may not be accessible)
  - Extra set of keys**
- For Pets:**
- Food, water & medicine**
  - Vaccination records**
  - Collar, leash, ID tags**