



Steps you can take now to prepare for a public health emergency

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Develop a communications plan

Your family may not be together when an emergency strikes. So, you need to establish a communication plan to keep in close touch. Discuss your options and make decisions together.

- ✓ Pick a place to meet and then choose a backup location outside your neighborhood.
- ✓ Choose an emergency contact.
- ✓ Be prepared to use a landline phone and/or a cell phone.
- ✓ Post emergency numbers by all phones in your home.
- ✓ Teach household members how and when to call 9-1-1 for emergency help.
- ✓ Ask an out-of-state friend or relative to also be an emergency contact. Sometimes it's easier to call out-of-state if telephone service is disrupted during an emergency.
- ✓ Discuss what to do with your pets.

Make an Emergency Supply Kit

During or after an emergency, there will not be time to search for supplies. There's also a chance stores may not be open to fill basic needs. The kit will contain the necessary items you would need for survival and should be prepared in advance. Keep the kit in an accessible place where you can reach it quickly. Recommended supplies for a basic emergency supply kit include:

- ✓ Water, at least one gallon per person per day for at least three days, stored in a plastic container
- ✓ Food, at least a three-day supply of nonperishable food
- ✓ A first-aid kit
- ✓ Prescription medications – watch for expiration dates
- ✓ Battery-powered radio, flashlights and extra batteries
- ✓ Can opener
- ✓ Bedding for each person
- ✓ Personal hygiene items
- ✓ Dust mask or cotton T-shirt for each person to help filter the air
- ✓ A whistle to signal for help
- ✓ A waterproof container for important documents like a driver's license, birth certificates, copies of medical prescriptions, and insurance policies