

Public Health, Epidemiology and Prevention

PEP Talk

Get a Kit, Make a Plan, Be Informed and Get Involved

National Preparedness Month



National Preparedness Month is sponsored by the U.S. Department of Homeland Security as a way to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and communities.

There are a few simple steps you and your family can take to become better prepared for an emergency: **Get a Kit, Make a Plan, Be Informed and Get Involved.**

Get a Kit.

Items to include in your basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food (food that will not go bad when the power is out)
- Battery-powered or hand crank radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Special needs items and prescriptions
- Important paperwork
- Pet supplies



Make a Plan.

- Make sure you have a family emergency plan. Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone number and has coins or a prepaid

phone card to call the emergency contact.

- View and download a family emergency plan at <http://www.ready.gov/america/makeaplan/index.html>

Be Informed.

- Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take.

- In addition, learn about the emergency plans that have been established in your area by your state and local government.

Get Involved.

Learn more about Citizen Corps, which actively involves citizens in making our communities and our nation safer, stronger and better prepared. Visit www.citizencorps.gov



For more information about National Preparedness Month or preparing for disasters, visit