



Are you prepared for an emergency at home?

5 Ways to Prepare for a Disaster

Fill a fireproof box. Items should include identification, legal documents, financial records and emergency cash in small bills.

Create a disaster plan. It should include names and phone numbers of family members and an agreed-upon safe place to meet when safe to travel locally. All family members should know the plan and the numbers to call.

Create a go-bag. Pack a sturdy, easily carried container, such as a backpack or suitcase on wheels, and keep it in your car or an accessible place at home that you can quickly grab in hurry.

Turn off. Know how to shut off valves for gas, water and your home's main electrical supply. Have a professional turn them back on again, warns the Federal Emergency Management Agency (FEMA).

Stock up on food and water. Store at least three days' supply of nonperishable food for each family member (*don't forget your pets!*) and a gallon of water per person, per day. **Remember a can opener!**



Your emergency go-bag should include:

- Food and water (peanut butter and energy bars are good)
- First aid kit
- Flashlight and spare batteries
- Multi-purpose tool (like a Swiss Army knife)
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra set of car keys and house keys
- Matches
- Whistle
- Emergency blanket
- Set of clothes and pair of shoes

Get Trained

The American Red Cross and FEMA offer training to citizens in first aid, CPR and CERT (Community Emergency Response Teams), as do many local fire departments and emergency management offices.

Oftentimes, these trainings are free!

Use these look-up tools to find classes near you:

[American Red Cross](#)

[FEMA programs](#)



10 WAYS TO PARTICIPATE IN AMERICA'S *PrepareAthon!*



Access Alerts and Warnings



Test Communication Plans



Assemble or Update Supplies



Drill or Practice Emergency Response



Participate in a Class, Training, or Discussion



Plan with Neighbors



Conduct an Exercise



Make Property Safer



Document and Insure Property



Safeguard Documents

America's PrepareAthon!SM is a grassroots campaign for action to get more people prepared for emergencies.

Be a leader in your community by participating in one or more of the America's PrepareAthon! actions. Visit the America's PrepareAthon! website at ready.gov/prepare to download materials and register your action.

INCREASE YOUR PREPAREDNESS THROUGH ACTION

America's PrepareAthon! Actions	Available Resources
 <p>Sign up for local alerts and warnings, download apps, and/or check access for wireless emergency alerts.</p>	<p>The <i>Be Smart. Know Your Alerts and Warnings</i> handout (http://go.usa.gov/3Zxmk) provides a summary of how to receive timely information about weather conditions or other emergency events. Share the handout with family members or your employees and encourage them to sign up to stay informed. For organizations, establish someone to be responsible for monitoring alerts and have a decision protocol if action is needed.</p>
 <p>Create and test emergency communication plans.</p>	<p>The <i>Be Smart. Take Part: Create Your Family Emergency Communication Plan</i> handout (http://go.usa.gov/3BgXA) guides you through developing and testing a plan for your household. For organizations, test your communication platforms to ensure that you will be able to contact everyone with critical information. Each hazard-specific <i>Prepare Your Organization Playbook</i>, under the "Take Action" section of ready.gov/prepare, provides scenario-based questions as part of the tabletop exercise to help you think through communication requirements for your organization.</p>
 <p>Assemble or update emergency supplies.</p>	<p>Each hazard-specific <i>How to Prepare</i> guide, under the "Take Action" section of ready.gov/prepare, discusses important supplies you will need if you have to evacuate or be home without water or electricity.</p>

America's PrepareAthon! Actions	Available Resources
 <p>Conduct a drill to practice emergency response actions for local hazards.</p>	<p>The "Take Action" section of ready.gov/prepare has <i>How To Prepare</i> guides, maps of historical activity for different hazards, and <i>Prepare Your Organization Playbooks</i>, which give guidance on how to hold drills for evacuating, practicing tornado safety, and staying in place.</p>
 <p>Participate in a preparedness discussion, training, or class.</p>	<p>Each hazard-specific <i>Prepare Your Organization Playbook</i> includes an agenda, talking points, and resources to hold a preparedness discussion. Visit the "Take Action" section of ready.gov/prepare for more information. Contact your local emergency management agency to find training that may be available in your community.</p>
 <p>Collect and safeguard critical documents.</p>	<p>The <i>Be Smart. Protect Your Critical Documents and Valuables</i> checklist (http://go.usa.gov/3ZxyW) identifies the financial and legal documentation, medical information, and household identification you may need following a disaster. Ensure that your organization's critical documents and operating plans are also safeguarded to guarantee operational continuity.</p>
 <p>Document property and obtain appropriate insurance for relevant hazards.</p>	<p>The <i>Be Smart. Protect Your Critical Documents and Valuables</i> checklist (http://go.usa.gov/3ZxyW) can help you get started. FLASH and The Actuarial Foundation's <i>If Disaster Strikes, Will You Be Covered?</i> (http://bit.ly/1JZUIQa) provides information on different insurance products for different disasters and how to mitigate potential losses. The National Flood Insurance Program (www.floodsmart.gov) offers information on flood insurance.</p>
 <p>Make property improvements to reduce potential injury and property damage (mitigation).</p>	<p>Each <i>How To Prepare</i> guide provides information on how to reduce property damage and potential injury from each hazard. Visit the "Take Action" section of ready.gov/prepare for more information.</p>
 <p>Conduct an exercise of a disaster scenario to review and improve your emergency plan.</p>	<p>The <i>Prepare Your Organization Playbooks</i> have step-by-step instructions using mock scenarios for each hazard. Visit the "Take Action" section of ready.gov/prepare for more information. Consider participating in a whole community tabletop exercise (http://go.usa.gov/3X5Y9) for these hazards.</p>
 <p>Plan with neighbors to help each other and share resources.</p>	<p>Almost half of Americans expect to rely a great deal on their neighbors after a disaster. Start the conversation now with these Neighbor Helping Neighbor strategies (http://go.usa.gov/3Zxv2).</p>

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.