

Recommended Supplies to Include in a Basic Kit:

- Water** one gallon per person per day, for drinking and sanitation
- Food** at least a three-day supply of non-perishable food
- Battery-powered radio** and **extra batteries**
- Flashlight** and **extra batteries**
- First Aid kit**
- Whistle** to signal for help
- Filter mask** or cotton t-shirt, to help filter the air
- Moist towelettes** for sanitation
- Wrench or pliers** to turn off utilities
- Manual can opener** for food (if kit contains canned food)
- Plastic sheeting and duct tape** to shelter-in-place
- Garbage bags and plastic ties** for personal sanitation
- Unique family needs**, such as daily prescription medications, infant formula or diapers, and important family documents

This common sense framework is designed to launch a process of learning about citizen preparedness. For the most current information and recommendations, go online to www.ready.gov.

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Prepare for Emergencies Now: Information to Get Ready.



FEMA

Federal Emergency Management Agency
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Preparing Makes Sense.

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

Get ready now.

1 Get a Kit of Emergency Supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

You'll need a gallon of **water** per person per day for drinking and sanitation. Include in the kits a three day supply of non-perishable **foods** that are easy to store and prepare such as protein bars, dried fruit or canned foods. If you live in a cold weather climate, include **warm clothes** and a sleeping bag for each member of the family.

Some potential terrorist attacks could send tiny microscopic "junk" into the air. Many of these materials can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination. It's smart to have something for each member of the family that covers **their mouth and nose**, such as two to three layers of a cotton t-shirt, handkerchief or towel or **filter masks**, readily available in hardware stores. It is very important that the mask or other material fit your face snugly so that most of the air you breathe comes through the mask, not around it. Do whatever you can to make the best fit possible for children.

Also, include **duct tape and heavyweight garbage bags or plastic sheeting** that can be used to seal windows and doors if you need to create a barrier between yourself and any potential contamination outside.

2 Make a Plan

For What You Will Do in an Emergency.

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

Develop a Family Communications Plan. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.** 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 each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. **Watch television and listen to the radio for official instructions as they become available.**

Create a Plan to Shelter-in-Place. There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents.** Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits.

Use all available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Watch TV, listen to the radio or check the Internet for instructions.

Create a Plan to Get Away. Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions** so you have

options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. **Become familiar with alternate routes as well as other means of transportation** out of your area. If you do not have a car, plan how you will leave if you have to. **Take your emergency supply kit**, unless you have reason to believe it is contaminated and lock the door behind you. Take pets with you if you are told to evacuate, however, if you are going to a public shelter, keep in mind they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions.

Know Emergency Plans at School and Work. Think about the places where your family spends time: school, work and other places your family frequents. **Talk to your children's schools and your employer about emergency plans.** Find out how they will communicate with families during an emergency. If you are an employer, be sure you have an emergency preparedness plan. Review and practice it with your employees. A community working together during an emergency also makes sense. **Talk to your neighbors about how you can work together.**

3 Be Informed About What Might Happen.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are **preparing yourself** to react in an emergency. Go to www.ready.gov to learn more about potential terrorist threats and other emergencies or call 1-800-BE-READY (1-800-237-3239) for a free brochure.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected.

Get ready now.

4 Get Involved in Preparing Your Community.

After preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Join **Citizen Corps**, which actively involves citizens in making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities. Go to www.citizencorps.gov for more information and to get involved.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Vertical lines for writing additional phone numbers and information.



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Vertical lines for writing additional phone numbers and information.



Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location 1:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Work Location 2:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Work Location 3:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Other Place Frequented:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Important Information:
 Doctor(s): _____
 Pharmacist: _____
 Medical Ins: _____
 Homeowners/Rental Ins: _____
 Vet/ Kennel (for pets): _____
 Other: _____

School Location 1:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

School Location 2:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

School Location 3:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Other Place Frequented:
 Address: _____
 Phone #: _____
 Evacuation Location: _____

Dial 911 for Emergencies

Phone #	Policy#

Ready
 Prepare. Plan. Stay Informed.®

Family Emergency Plan

U.S. DEPARTMENT OF HOUSING & URBAN DEVELOPMENT
FEMA
www.ready.gov

Through its *Ready* Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have a plan in case of an emergency.

Before an emergency happens, be sure to sit down with your family and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place. Cut out the cards and keep them in a readily accessible place such as a wallet or backpack.



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Family Emergency Plan



Out-of-Town Contact Name: _____

Telephone #: _____

Email: _____

Neighborhood Meeting Place: _____

Telephone #: _____

Regional Meeting Place: _____

Telephone #: _____

Evacuation Location: _____

Telephone #: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Date of Birth: _____

S.S.#: _____

Important Medical Info: _____

Name: _____

Date of Birth: _____

S.S.#: _____

Important Medical Info: _____

Name: _____

Date of Birth: _____

S.S.#: _____

Important Medical Info: _____

Name: _____

Date of Birth: _____

S.S.#: _____

Important Medical Info: _____

Name: _____

Date of Birth: _____

S.S.#: _____

Important Medical Info: _____

Family Emergency Plan

EMERGENCY CONTACT NAME: _____

TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____

TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____

TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

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Family Emergency Plan

EMERGENCY CONTACT NAME: _____

TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____

TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____

TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

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Family Communication Plan

Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

Let them know you're OK!
 Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Text, don't talk!

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



Know the Numbers!

Home: _____

Adult: _____

Parent: _____

Home: _____

Cell: _____

Cell: _____

Work: _____

Neighbor: _____

Parent: _____

Home: _____

Cell: _____

Cell: _____

Work: _____

Neighbor: _____

My cell: _____

Home: _____

Sibling: _____

Cell: _____

Cell: _____

Out of state friend/relative: _____

Sibling: _____

Home: _____

Cell: _____

Cell: _____

Memorize your home and parents' cell phone numbers!



Cut this out and keep it somewhere safe like your backpack, school notebook, or wallet. Or input these numbers into your cell phone if you have one.



Know Where to Go... and How to Get There.

Pick a Meeting Spot

Where will you meet up with your family if you have to get out of your house quickly? Where will you meet if your neighborhood is being evacuated and you're not at home?

In your neighborhood:

(such as neighbor's house or big tree)

Out of your neighborhood:

(such as the library or house of worship)

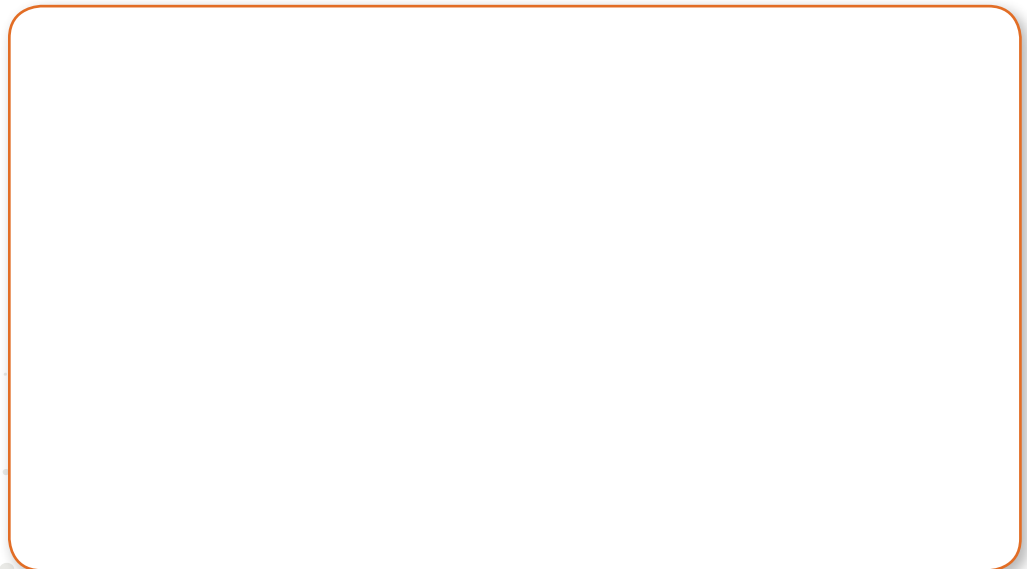
Draw a Map

Put a Δ to show your home. Put a O to show your school. Mark your out-of-neighborhood meeting spot with an X and label it.



Know the Exits

Do you know two ways out of every room in your house in case of a fire? Draw a floor plan of your bedroom in the space below and circle the two ways to get out. Hint: one may not be a door!





Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



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Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a 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

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.


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Washington, DC 20472

4 Get Involved

In addition to your personal preparedness, consider getting involved in neighborhood and community emergency preparedness activities. Assist emergency planners and others in considering the preparedness needs of the whole community, including people with disabilities and others with access and functional needs. Communities are stronger and more resilient when everyone joins the team. People with disabilities often have experience in adapting and problem solving that can be very useful skills in emergencies. To find out more about potential volunteering and emergency response training opportunities, go to <http://www.ready.gov/volunteer>.

This information was developed by the U.S. Department of Homeland Security in consultation with AARP, the American Red Cross and the National Organization on Disability and updated by the FEMA Office of Disability Integration and Coordination..



Prepare for Emergencies Now: Information for People with Disabilities



Prepare for Emergencies Now: Information for People with Disabilities.

Your ability to recover from an emergency tomorrow may depend on the planning and preparation you do today. This guide provides tips which individuals with disabilities and others with access and functional needs, and the people who assist and support them, can take to prepare for emergencies before they happen.

1 Be Informed

It is important to know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit www.ready.gov/be-informed.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

2 Make a Communications Plan

A disaster can interfere with your ability to communicate with your family, friends and coworkers. It is vital to have backup plans for staying in touch with your support network, and for your network to be aware of where you will shelter or evacuate.

Create a Personal Support Network

Everyone should make a list of family, friends and others who will be part of your plan. Include a relative or friend in another area who would not be affected by the same emergency, and who can help if needed. Make sure everyone knows how you plan to evacuate your home, school or workplace, and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Teach them how to use any lifesaving equipment or medicine in case of an emergency. If you use a wheelchair, oxygen or other medical equipment, show friends how to use these devices so they can move you or help you evacuate. Practice your plan with your personal support network.

If you undergo routine treatments at a clinic or hospital, or if you receive regular services at home such as home health care, meals, oxygen, or door-to-door transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about a back-up plan for its use during a power outage.

Create a Personal Support Network (con't)

Talk to your employer and co-workers about the assistance you might need in an emergency. This is particularly important if you need to be lifted or carried. Talk about any communication difficulties, physical limitations, equipment instructions and medication procedures that might arise during an emergency. Always participate in exercises, trainings and emergency drills offered by your employer or in your community.

Develop a Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. For more information on how to develop a family communications plan, visit <http://www.ready.gov/family-communications>.

Deciding to Stay or Evacuate

Depending on your circumstances and the nature of the emergency, the first important decision is whether to stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television, radio, Internet, or social media news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, consider ways you might make these arrangements in advance.

Staying Put

Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. Also consider how a shelter designated for the public would meet your needs. Work with local emergency managers and others in your community on preparing shelters in advance to meet access and functional needs (go to www.fema.gov/about/odc to learn more about functional needs support services in general population shelters). If you have options and decide to stay put and shelter in place, consider that you may be without electricity, phone service and accessible roads for days or longer.

Evacuation

There may be situations in which you decide to leave, or are ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, school, community organizations, and other places you frequent. If you typically rely on elevators, work with others to develop back-up plans for evacuation in case they are not working. When traveling, consider alerting hotel or motel workers if you will need help in a disaster situation. Keep your equipment with you in an evacuation, if at all possible. If you must leave your wheelchair, bring your cushion.

Consider Your Service Animal and Pets

Whether you decide to stay put or evacuate, you will need to make plans in advance for your service animal and pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you if you can. However, if you go to a public shelter, it is important to remember that by law only service animals must be allowed inside. Plan in advance for shelter alternatives that will work for both you and your animals. For more information about service animal/pet preparedness, visit <http://www.ready.gov/animals>.

Fire Safety

Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path. For more fire safety tips, go to <http://www.usfa.fema.gov/citizens/disability/>.

Contact Your Local Emergency Information Management Office

Some local emergency management offices maintain registries for people with disabilities. Some registries are only used to collect planning information; others may be used to offer assistance in emergencies. If you add your name and information to a registry, be sure you understand what you can expect. Be aware that a registry is NEVER a substitute for personal preparedness. Even if the registry may be linked to first responders, assistance may not be available for hours or days after a disaster. Contact your local emergency management agency to see if these services exist where you live, or visit www.ready.gov/ to find links to government offices in your area.

3 Build an Emergency Kit

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. You should include the following in your planning:

Basic Supplies

Think first about survival basics - food, water, first aid, and tools. Plan to make it on your own for at least three days. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. For more information on what should go into a basic kit, please refer to www.ready.gov/basic-disaster-supplies-kit.

The second step is to consider how an emergency might affect your individual needs. During emergencies, you may not have access to disaster assistance, a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis, and what you might do if those resources are limited or not available.

Include Important Documents in Your Kit

Include copies of important documents in your kit, such as family records, medical records, wills, deeds, social security number, charge and bank account information, and tax records. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies. It is best to keep these documents in a waterproof container. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well. Also make sure that a trusted friend or family member has a copy of these documents. Include the names and numbers of everyone in your personal support network, as well as your medical and disability service providers. If you have a communication disability, make sure your emergency information includes instructions for the best way to communicate with you. Even if you do not use a computer yourself, consider putting important information onto a portable thumb drive for easy transport in an evacuation.

Finances

Signing up for direct deposit or the Direct Express card is a simple but important step that can help

protect your family's access to funds in case an emergency happens. If you or those close to you are still receiving Social Security or other federal benefits by check, please consider switching to one of these safer, easier options today.

- ▶ Arrange electronic payments for your paycheck and federal benefits.
- ▶ The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks for people who don't have a bank account. Sign up is easy, call toll-free at (877) 212-9991 (phone), (866) 569-0447 (TTY) or sign up online at www.USDirectExpress.com.

Depending on your needs, additional items for your Go Kit might include:

- ▶ Copies of medical prescriptions, doctors' orders, and the style and serial numbers of the assistive devices you use
- ▶ At least a week's supply of any medication or medical supplies you use regularly, or as much as you can keep on hand
- ▶ Medical alert tags or bracelets or written descriptions of your disability and support needs, in case you are unable to describe the situation in an emergency
- ▶ Medical insurance cards, Medicare/Medicaid cards, physician contact information, list of your allergies and health history.
- ▶ A list of the local non-profit or community-based organizations that know you or assist people with access and functional needs similar to yours.
- ▶ Extra eyeglasses; backup supplies for any visual aids you use
- ▶ Extra batteries for hearing aids; extra hearing aids if you have them (or if you have insurance coverage for them)
- ▶ Battery chargers for motorized wheelchairs, or other battery-operated medical/assistive technology devices
- ▶ Supplies for your service animal. You can find more tips at <http://www.ready.gov/animals>
- ▶ A laminated personal communication board, if you might need assistance with being understood or understanding others
- ▶ If you use a motorized wheelchair, have a light weight manual chair available for emergencies. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- ▶ If you have allergies or chemical sensitivities, be sure to include items that you are able to use for personal hygiene and for cleanup.

3 Be Informed

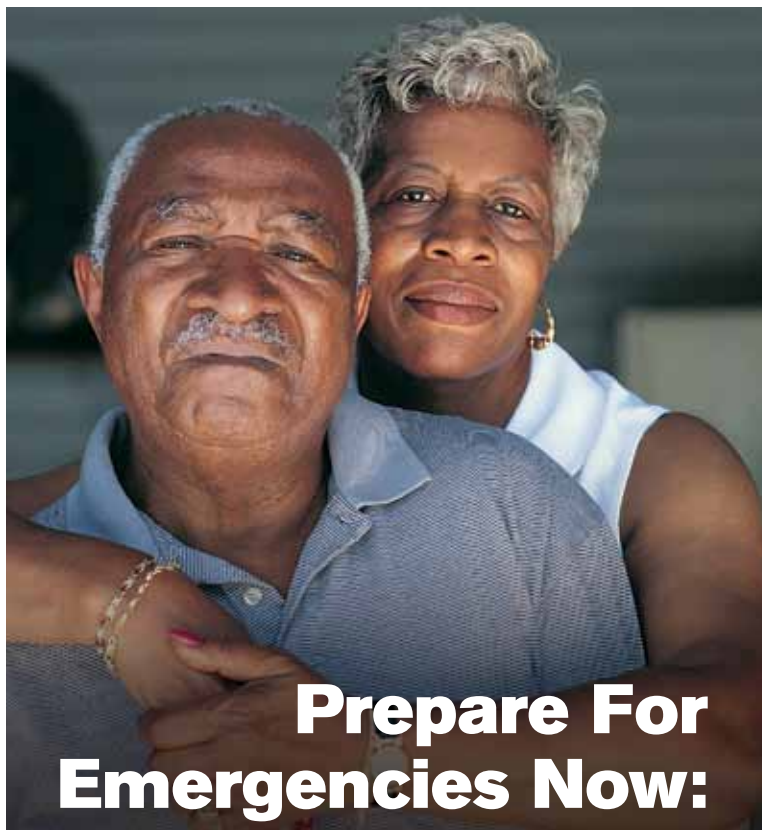
Some Of The Things You Can Do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit www.ready.gov or call 1-800-BE-READY.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

Prepare For Emergencies Now. Information For Older Americans.

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This information was developed by the Federal Emergency Management Agency in consultation with AARP, the American Red Cross and the National Organization on Disability.



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Preparing Makes Sense for Older Americans. Get Ready Now.

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

This guide outlines commonsense measures older Americans can take to start preparing for emergencies before they happen.

Preparing makes sense for older Americans.

Get Ready Now.



1 Get a Kit

Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a light-weight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- ▶ 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 and a can opener if kit contains canned food
- ▶ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ▶ Flashlight and extra batteries
- ▶ First aid kit
- ▶ Whistle to signal for help
- ▶ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ▶ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ▶ Wrench or pliers to turn off utilities
- ▶ Local maps
- ▶ Pet food, extra water and supplies for your pet or service animal

Include Medications and Medical Supplies:

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Additional Items: In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

2 Make a Plan

For What You Will Do in an Emergency

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

Create a Personal Support Network: If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Practice your plan with those who have agreed to be part of your personal support network.

Develop a Family Communications Plan: Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact, not in the impacted area, may be in a better position to communicate among

separated family members. You may have trouble getting through, or the phone system may be down altogether, but be patient. For more information on how to develop a family communications plan visit www.ready.gov.

Deciding to Stay or Go: Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use commonsense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

Consider Your Pets: Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets and service animals. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that only service animals may be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets in an emergency. For more information about pet preparedness, visit www.ready.gov.

Staying Put: Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. Also consider how a shelter designated for the public would meet your needs.

There could be times when you will need to stay put and create a barrier between yourself and potentially contaminated air outside. This process is known as

“sealing the room.” Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action. For more information about “sealing the room,” visit www.ready.gov.

Evacuation: There may be conditions in which you will decide to get away, or there may be situations when you may be ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, community organizations and other places you frequent. If you typically rely on elevators, have a back-up plan in case they are not working.

Fire Safety: Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path. Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path. If there are aspects of preparing your home or workplace that you are not able to do yourself, enlist the help of your personal support network.

Contact Your Local Emergency Information Management Office: Some local emergency management offices maintain registers of older people so they can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist where you live or visit www.ready.gov to find links to government offices in your area.



Preparing for Your Pets Makes Sense. Get Ready Now.



If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Preparing for the unexpected makes sense. **Get Ready Now.**



This information was developed by the Federal Emergency Management Agency in consultation with:
American Kennel Club, The American Society for the Prevention of Cruelty to Animals, American Veterinary Medical Association, and The Humane Society of the U.S.



Preparing Your Pets for Emergencies Makes Sense. Get Ready Now.



1 Prepare

Get a Pet Emergency Supply Kit.

Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water. Consider two kits. In one, put everything you and your pets will need to stay where you are. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away. Plus, be sure to review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.

Food. Keep at least three days of food in an airtight, waterproof container.

Water. Store at least three days of water specifically for your pets in addition to water you need for yourself and your family.

Medicines and medical records. Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.

First aid kit. Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.

Collar with ID tag, harness or leash. Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar and ID tag in your pet's emergency supply kit. In addition, place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and also add them to your kit. You should also consider talking with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database.

Crate or other pet carrier. If you need to evacuate in an emergency situation take your pets and animals with you provided that it is practical to do so. In many cases, your ability to do so will be aided by having a sturdy, safe, comfortable crate or carrier ready for transporting your pet. The carrier should be large enough for your pet to stand, turn around and lie down.

Sanitation. Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches, or those with added cleaners.



A picture of you and your pet together. If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.

Familiar items. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

2 Plan

What You Will Do in an Emergency.

Be prepared to assess the situation. Use whatever you have on hand to take care of yourself and ensure your pet's safety during an emergency. Depending on your circumstances and the nature of the emergency the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, watch TV, listen to the radio or check the Internet for instructions. If you're specifically told to evacuate, shelter-in-place or seek medical treatment, do so immediately.

Create a plan to get away. Plan how you will assemble your pets and anticipate where you will go. If you must evacuate, take your pets with you if practical. If you go to a public shelter, keep in mind your animals may not be allowed inside. Secure appropriate lodging in advance depending on the number and type of animals in your care. Consider family or friends willing to take in you and your pets in an emergency. Other options may include: a hotel or motel that takes pets or a boarding facility, such as a kennel or veterinary hospital that is near an evacuation facility or your family's meeting place. Find out before an emergency happens if any of these facilities in your area might be viable options for you and your pets.

Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Talk with your pet care buddy about your evacuation plans and show them where you keep your pet's emergency supply kit. Also designate specific locations, one in your immediate neighborhood and another farther away, where you will meet in an emergency.

Talk to your pet's veterinarian about emergency planning.

Discuss the types of things that you should include in your pet's emergency first aid kit. Get the names of vets or veterinary hospitals in other cities where you might need to seek temporary shelter. You should also consider talking with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database. If your pet is microchipped, keeping your emergency contact information up to date and listed with a reliable recovery database is essential to your being reunited with your pet.

Gather contact information for emergency animal treatment. Make a list of contact information and addresses of area animal control agencies including the Humane Society or SPCA, and emergency veterinary hospitals. Keep one copy of these phone numbers with you and one in your pet's emergency supply kit. Obtain "Pets Inside" stickers and place them on your doors or windows, including information on the number and types of pets in your home to alert firefighters and rescue workers. Consider putting a phone number on the sticker where you could be reached in an emergency. And, if time permits, remember to write the words "Evacuated with Pets" across the stickers, should you flee with your pets.



3 Stay Informed

Know About Types of Emergencies.

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit for yourself, your family and your pets, is the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region as well as emergency plans that have been established by your state and local government. For more information about how to prepare, visit www.ready.gov or call 1-800-BE-READY.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected. Those who take the time to prepare themselves and their pets will likely encounter less difficulty, stress and worry. Take the time now to get yourself and your pet ready.

Preparing for Your Pets Makes Sense. Get Ready Now.

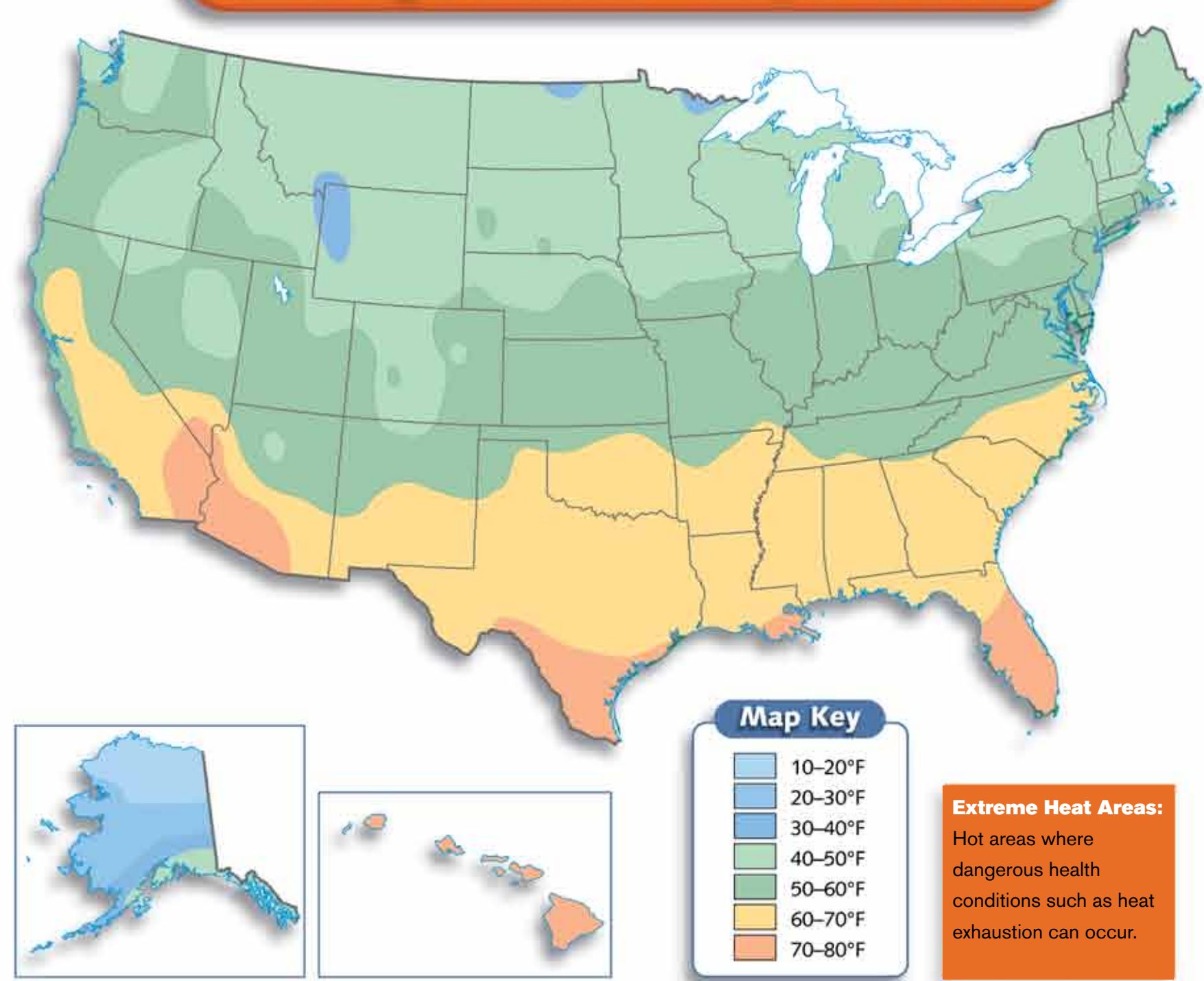
Physical Map of the United States



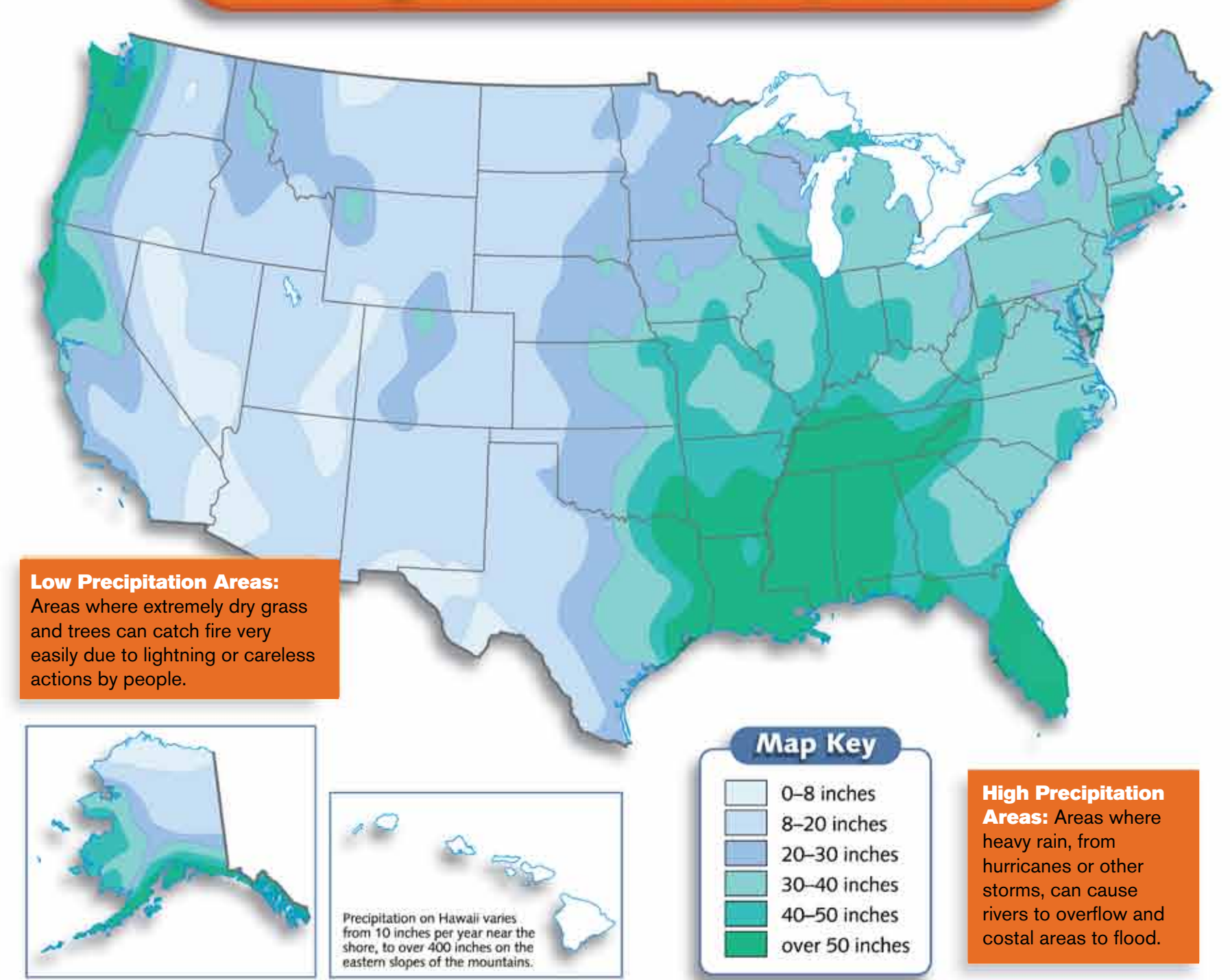
U.S. Territories and Outlying Areas



Average Annual Temperature



Average Annual Precipitation



For additional information about preparing for the emergencies that can result from severe weather, visit ready.gov and click on **Ready Kids**.