

Be Ready

3-day Kit Checklist—Grab and Go Bag

Having a 3-Day Kit ready and packed will help prepare your family in the case of an emergency or evacuation. Don't forget to plan for special needs (formula for infants, oxygen tanks and your pet).

Keep the following items in a sturdy and easy to carry container or bag and make sure it's ready to go at all times during the year:

- Copies of important documents in a waterproof container (Photo ID's, proof of residence, insurance, birth certificates, deeds, Social Security Card. Etc.)
- Hygiene kit—personal care items you will need immediately
- Non-expired medication, medical contact information, prescriptions and a first aid kit
- Extra car and house keys
- Bottled water and non-perishable food (granola bars or energy bars)
- Battery-operated radio, flashlight and extra batteries
- Contact and meeting place information for your household and a small regional map
- Small denomination of cash, some change and ATM cards
- Comfortable shoes, raingear and blanket

Have a Plan

- Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first important decision is whether you shelter in place or evacuate
- Plan on how you will contact one another and have a plan that each person contacts the same friend or relative in an emergency situation.
- Create a “shelter in place” interior room. This room should have few windows and doors. Store emergency supplies in or near this room

READY AMERICA —

PREPARE, PLAN AND STAY INFORMED

September 14, 2008

Be Ready Sunday



Be Informed.

Be Involved.

Be Ready.

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Get Trained

In 95% of all emergencies, bystanders or victims themselves are the first one to provide emergency assistance or to perform a rescue.

Contact your local jurisdiction or view these websites for more information:

- Local City website
- www.readyoc.org
- www.fema.gov
- www.redcross.org

Be A Volunteer—Citizen Corp Programs

Community Emergency Response Team (CERT)

Basic disaster response training geared to the citizen responder.

Medical Reserve Corp

Medical and public health professionals organized to offer service in emergency response and public advocacy throughout the year.

Neighborhood Watch

Community members focusing and preparing against crime, emergencies and terrorism.

Volunteers in Police Service

Volunteers enhancing the capacity of local and state law enforcement agencies.

Fire Corps

Citizen advocates supporting administrative and public education programs for the fire service.

Be Informed

Know the Hazards

Everyone should become familiar with the types of hazards in their communities, where they work and where they visit. Disasters can happen at any time. Know what to do if and when a natural, manmade or technological occurs.

Know Evacuation Routes

How will you get home or to work if the roads are blocked by debris? Plan out several ways to reach your destination prior to an emergency. Know different ways out of your community.

Locate Shelters

If you do need to leave your home, know where you can relocate. Shelters may be pre-identified by the American Red Cross and your local city emergency services coordinator. Plan on where you will go if you must leave your home or workplace.

Information Gathering

Identify local TV stations, radio stations, and related websites to find out immediate information following an emergency or disaster. Keep a weather radio on hand to learn of weather hazards. This kind of radio can be helpful when you travel too.

