

## GET A KIT:

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

### 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

### 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](http://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

## MAKE A 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.

## Family Emergency Plan

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.

You may have trouble getting through, or the telephone system may be down altogether, but be patient.

## Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

## Emergency Plans

Use the New Online Family Emergency Planning Tool created by the Ready Campaign in conjunction with the Ad Council to prepare a printable Comprehensive Family Emergency Plan:

<http://ready.adcouncil.org/beprepared/fep/index.jsp>

Use the New Quick Share application to help your family in assembling a quick reference list of contact information for your family, and a meeting place for emergency situations:

<http://ready.adcouncil.org/beprepared/quickshare.html>

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Read more about [School and Workplace](http://www.ready.gov/america/makeaplan/work_school.html)

[http://www.ready.gov/america/makeaplan/work\\_school.html](http://www.ready.gov/america/makeaplan/work_school.html)

## BE INFORMED:

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

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

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Are you prepared? Take this quiz to determine your *Readiness Quotient*.

<http://www.whatsyourrq.org/form.php>

On June 12, 2009 all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. Digital broadcasting will allow stations to offer improved picture and sound quality and additional channels. An important benefit of the switch to all-digital broadcasting is that it will free up parts of the valuable broadcast spectrum for public safety communications (such as police, fire departments, and rescue squads). Find out more about whether or not you will be impacted by the digital TV (DTV) transition. Visit the Federal Communications Commission web site here

<https://www.dtv2009.gov/>

<http://www.ready.gov/america/local/index.html>

[Click here](#) to reach government organizations in your area to see how you can prepare for emergencies that could happen where you live.