

Emergency Preparedness Guide

Introduction

Being prepared for emergencies can make all the difference. This guide provides essential tips to help you stay safe and organized.

Emergency Supplies Checklist

- Water (1 gallon per person per day for at least 3 days)
- Non-perishable food (at least a 3-day supply)
- Flashlight and extra batteries
- First aid kit
- Whistle (to signal for help)
- Dust mask
- Local maps
- Cell phone with chargers and backup battery

Create a Family Emergency Plan

- Identify safe meeting spots inside and outside your neighborhood.
- Choose an emergency contact outside your area.
- Practice evacuation routes and emergency procedures regularly.

Stay Informed

- Sign up for local alerts and warnings.
- Monitor weather and news updates.
- Keep a battery-powered or hand-crank radio available.

After an Emergency

- Check yourself and others for injuries.
- Avoid downed power lines and flooded areas.
- Communicate with family and emergency services.

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- Begin cleanup carefully, wearing protective gear.

Conclusion

Preparation saves lives. Stay ready, stay safe, and support your community by encouraging emergency preparedness.