

Emergency Preparedness - Make a Plan!

Emergency Supplies

Every household should have emergency supplies and a plan for emergencies or natural disasters.

[According to the Red Cross](#), basic emergency supplies include:

- Two week supply of water and non-perishable food
- Flashlight
- Battery powered radio
- Extra batteries
- First aid kit
- Medications and medical supplies
- Multipurpose tool (including can opener)
- Sanitation and personal hygiene items
- Copies of personal documents
- Cell phones and chargers
- Emergency contact information
- Cash
- Emergency blanket
- Map of the area

Consider the members of your household and any additional supplies they may need. If your area is prone to certain emergencies or disasters, consider those when organizing your supplies. For example, if your area is prone to flooding, hurricanes, fires, or other natural disasters that warrant evacuation, you should prepare an evacuation kit containing a three-day supply of food and water for each household member.

Emergency Plan

In case of emergency, your household should have a plan in place to stay safe and in touch with each other. The Red Cross offers a template for your [Disaster Preparedness Plan](#).

- Obtain all contact information, including local emergency numbers
- Decide on an out-of-town emergency contact that each member of your household knows to contact if they cannot reach you
- Be aware of each household member's workplace and/or school's evacuation plan
- Set a meeting spot in your home, in the neighborhood, and outside of the neighborhood
- Research evacuation routes
- Make accommodations for pets, children, and people with disabilities in your household

Sources

Red Cross Survival Kit Guide: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

Red Cross Disaster Preparedness Plane: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>