

### Be Prepared!

#### Make a Plan

Many disasters happen without warning. Take the time to plan how to protect and provide for yourself, your family, and your pets in the event of an emergency or disaster.

A plan should have three important things:

- **A Meeting Place** - Pick a location within walking distance of your home where your family members can meet in case you get separated or have to evacuate. For example, a local park or playground.
- **An Out of Area Contact** - During a disaster, you may not be able to make local phone calls, but you CAN call out of the area. Pick a family member or friend to serve as your family's Out-of-Area contact. In the event of an emergency or disaster, you can call your Out-of-Area contact and tell them you're safe, where you are, and where you are going. Your Out-of-Area contact can then share this information with other family members who call. All family members should have the phone number of your Out-of-Area contact with them at all times.
- **An Emergency Supply Kit**

Practice, practice, practice! The more you practice your emergency plan, the more likely you are to remember it in times of disaster.

#### Build a Kit

How comfortable do YOU want yourself and your family to be if First Responders can't get to you in an emergency? During a disaster, it takes at least three days or more for Emergency Officials to make sure the area is safe, and if it isn't, the First Responders may not be able to get to you even if you call 911. As a result, you and your family need to build a 72-hour Emergency Supply Kit so you will be safe in case of disaster.

Here's what you need:

- Water: 1 gallon per person per day
- Food: non-perishable canned goods with can opener, granola bars, protein bars, "comfort" foods like cookies or hard candy
- [NOAA Tone Alert Weather radio](#)
- Extra set of clothes with sturdy shoes
- Flashlight with extra batteries or light stick
- Whistle
- First Aid kit including a three-day supply of prescription drugs
- Entertainment items like a deck of cards
- Shelter-in-Place supplies like duct tape and plastic
- Cash: ATMs won't operate if power is out
- Put together small versions for the office, school and car
- Remember, emergency supply kits should be designed to fit your needs

## Shelter-in-Place

It is important to listen to Emergency Officials during a disaster because directions they give will likely save your life. One direction Emergency Officials may give is to "Shelter-in-Place." This is likely advised during a hazardous incident. Shelter-in-place should **only** be enacted when directed by emergency officials.

*Know what to do to Shelter-in-Place:*

1. Pick out a designated interior "safe room" ahead of time. This room should have the fewest doors and windows. Your emergency supplies should be stored inside your safe room or be easily accessible nearby.
2. If directed by emergency officials to shelter-in-place, go inside immediately and close all doors and windows. Cover your mouth and nose with a wet cloth.
3. Turn off ventilation systems. Close fireplace dampers.
4. Go to your safe room and use plastic sheeting and duct tape to seal all windows, doors, and vents.
5. Dampen towels and place in the crack under the door.
6. Listen for Emergency Alert System messages on radio or television outlets.
7. Wait for additional instructions. Emergency officials will tell you when it is safe to air out your building.

*Know where to go if Shelter-in-Place order is issued:*

1. If at home, work or school: stay inside and shelter-in-place.
2. If outdoors, go into a building or vehicle and shelter-in-place.
3. If in a parked care, shelter-in-place inside the vehicle. Do not start the engine. Close all doors, windows, vents, and ventilation systems. Turn your radio on to listen for Emergency Alert System messages.
4. If driving, continue to do so unless otherwise directed by emergency officials or traffic control. Shelter-in-place as you would for a parked vehicle. If your vehicle stalls, do not restart the engine.