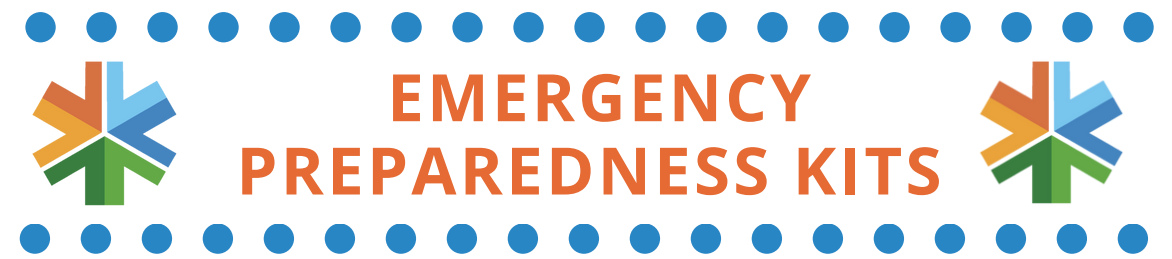


WHAT CAN I DO?

1. **Stay informed** about extreme weather events on a NOAA Weather Radio (NWR), All Hazards: www.weather.gov/nwr
2. Set up a **meeting point** with your family and/or housemates and gather information on the shelter that is closest to you: www.disasterassistance.gov
3. Make a **family/household communication plan** and practice it with your family and/or household: www.ready.gov/plan
4. Check if your **home, work, or school** is in a flood zone <https://msc.fema.gov/portal/search>
5. **Get involved in your community:** www.ready.gov/get-involved and www.climatecrew.org/get_involved



Are you prepared for the next extreme weather event? As climate change makes hurricanes, flooding, heat waves, snowstorms and other weather events more frequent and more severe, our homes, families, and communities must be ready. One step we can take is assembling an emergency preparedness kit. Here's how to do it.

TAKE CARE OF OTHERS

Remember that your community may have emergency needs not included in this list, so feel free to adjust your own kit. Also, remember to update your kit if your needs change, medically or personally. For example, children and pets will require extra supplies such as diapers, baby food or formula, cleaning supplies, medications, comfort items, and documentation.

QUICK TIPS

Keep it fresh. It's extremely important that all items in your kit are functional at the time of an emergency. Check the expiration dates on food, water, medicine, and batteries at least two times per year.

Be sure it's ready to use. In a disaster situation, you may need to get your emergency supply kit quickly, whether you are sheltering at home or evacuating.

- Once you have gathered your supplies, pack the items in easy-to-carry containers.
- Clearly label the containers and store them where you can reach them easily.
- Remember that certain items, like medications and paper documents, need to be kept in waterproof containers.

Involve children. Families can make emergencies less stressful by preparing in advance and working together as a team.

- Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
- Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.
- Include kids in planning and creating disaster kits for family pets.

Know your house. Find out where your gas, electric, and water shut-off locations are, and how to turn them off.

Prepare for everywhere. Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles. Familiarize yourself with local emergency plans, and know where you can meet in case you get separated.

Prepare your Disaster Kit:

What items should you have on-hand for a power outage:



BASIC NEEDS

- At least a 3-day supply of foods that are easy to make and won't spoil (canned soup, dried pasta, and powdered milk).
- At least a 3-day supply of water - one gallon per person per day
- Manual can opener
- Basic utensils to prepare meals
- Multipurpose tool
- Whistle
- Flashlight + working batteries
- Matches
- Cell phone



MEDICAL AND PERSONAL NEEDS

- First aid kit (bandaids, antibiotic cream, nitrile gloves, etc)
- 3-day supply of all medicines
- Any medical supplies you require such as syringes, walking cane, or hearing aids with extra batteries
- Toiletries (toothbrush, toothpaste, deodorant, soap, floss, etc)
- Baby wipes and diapers if applicable
- Feminine hygiene products if applicable
- Hand sanitizer and/or septic wipes



DOCUMENTS

- Copies of important documents such as insurance cards and immunization records, in a protector
- Paperwork about any serious or ongoing medical condition
- Your completed family emergency plan, complete with family and emergency contact information
- Waterproof, airtight bag for documents
- Digital documents if possible



OTHER IMPORTANT ITEMS

- Extra cash
- Maps of the area
- Extra set of car keys and house keys
- Rain poncho
- Emergency blanket
- Hard warmers
- Power bank for electronics
- Extra batteries
- Radio (battery-powered, solar, or hand crank)

