

# National Preparedness Month

Anything can happen at any given time. This is why FEMA has declared September, National Preparedness Month. The theme for this year is, "Be Disaster Aware, Take Action to Prepare."

*Have you ever been to the store before a storm is about to hit? If so, then you can understand the frustration of going to grab water or batteries, and the shelves are empty. This is why having an emergency kit will save you the anxiety of not having what you need if a disaster occurs. Some of the following checklist items can be packed ahead of time and some may need to be grabbed last minute, but knowing what is needed is the perfect place to start.*

- \_ Fill your car with gas
- \_ Fill plastic bags with water and place them in the freezer
- \_ Get extra cash out of the bank
- \_ Fill prescriptions
- \_ Emergency Supplies List
- \_ 3-day supply of non-perishable food
- \_ Can opener
- \_ Paper plates, plastic cups and utensils, paper towels
- \_ Moist towelettes, garbage bags and plastic ties for personal sanitation
- \_ Water – at least a gallon per person, per day for drinking and hygiene
- \_ First aid kit
- \_ Prescription medication and glasses
- \_ Sleeping bag or blanket for everyone
- \_ Change of clothes to last for at least 3 days, including sturdy shoes
- \_ Matches in a waterproof container
- \_ Toothbrush, toothpaste, soap and other personal items
- \_ Feminine hygiene supplies
- \_ Fire extinguisher
- \_ Wrench or pliers to turn off utilities
- \_ Dust mask, and plastic sheeting and duct tape, to help filter contaminated air
- \_ Battery-powered or hand-cranked radio and extra batteries
- \_ Flashlights and extra batteries
- \_ Cell phone with charger, extra battery and solar charger
- \_ Whistle to signal for help
- \_ 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.)
- \_ Local maps
- \_ Cash or traveler's checks
- \_ Emergency reference material such as first aid book or information from [www.ready.gov](http://www.ready.gov)
- \_ Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container
- \_ Infant formula and diapers
- \_ Paper and pencil
- \_ Books, games or puzzles for kids, your child's favorite stuffed animal or security blanket
- \_ Pet food and extra water for your pet

*Source and for more info please visit : <http://www.fema.gov/media-library/assets/documents/97994>*

To learn more:



Or visit our website @ [www.disasterspecialists.com](http://www.disasterspecialists.com)



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1-800-675-3622 24 Hour Emergency Response