

# PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.



## KNOW YOUR RISK

Prepare for the risks where you live.

Visit [FEMA.gov](https://www.fema.gov) where you can input your location to get information about disasters in your area.

Visit [Ready.gov](https://www.ready.gov) to know how to prepare for disasters and what to do during an emergency.

Download the [FEMA mobile App](#) to receive real-time weather and emergency alerts, locate shelters, send notifications to loved ones and more.



## MAKE A PLAN

Prepare yourself and your family before disaster strikes.

Consider the **specific needs of your household** like medical needs or items for your pets.

**Practice your family's plan.**

Visit [Ready.gov/plan](https://www.ready.gov/plan) and use our template to create a Family Emergency Plan you can email to yourself.



[ready.gov/plan](https://www.ready.gov/plan)



## TAKE ACTION

Be ready to respond to and recover from a disaster.

**Gather supplies** that fit your family's needs.

**Secure important documents.**

Understand your **insurance coverage.**

**Participate** in community disaster preparedness events.



Go to [Ready.gov](https://www.ready.gov) for more information to help you be prepared!

## Everyone Has a Role

As you prepare, adjust your plans and emergency supply kits to your own daily living needs and concerns.



## BUILD A KIT

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as medications and infant supplies, and remember to pack for your pet!

[www.ready.gov/kit](http://www.ready.gov/kit)

Your basic kit should include enough items to last for several days:

- Water
- Non-perishable food
- Cash
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- Non-electric can opener
- First aid kit
- Whistle
- Prescription medications
- Personal hygiene items
- Dust mask to help filter contaminated air
- Moist wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities

## LEARN MORE AND GET INVOLVED



Learn how to take action in emergency situations and provide lifesaving care before professional assistance arrives through **You Are the Help Until Help Arrives.**



Visit [FEMA.gov/cert](http://FEMA.gov/cert) to find a Community Emergency Response Team program, and train to help your community respond and prepare for disasters.



Take a CPR and first aid class offered by a local community organization, so that you know what to do if a family member, neighbor or co-worker is hurt.



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