

Today, many of us are worried about the possibility of terrorism. But, many kinds of emergencies could affect our health and safety. That's why it's important to be **AWARE** and to **PREPARE**.

Be Aware!

Talk with your family about why you need to prepare for disasters. Then, make a plan. The following suggestions can help.

- Make sure everyone in your family knows where you keep your **emergency supplies** and your **first aid kit**.
- In an emergency, you will want to tune in to media reports for important information. You may need to know where to go to receive medicine or a vaccine, or how to recognize symptoms of disease. Make sure you have a battery-operated radio or TV with extra batteries in case the power goes out. Know which station(s) can provide you with up-to-date local information.
- Know important phone numbers and list them by each phone in your house:
Police: _____
Fire: _____
Local Health Department: _____
Poison Control Center: _____
Out-of-Area Family Contact: _____
Other: _____
- Know the best escape route from each room in your home.
- Know where family members will meet in case they can't get home. One location should be near your home; the other, outside the neighborhood.
- Know your community's public alert system.
- Know your child's school emergency plan.

And Prepare!

Take time now to create a family emergency preparedness plan, then practice it with your family. Have periodic rehearsals, including some with the lights out. In an emergency, the electricity may be off.

You should also prepare a first aid kit and emergency supplies to meet your family's needs for three days. Have at least these **emergency supplies** on hand:

- Flashlight and extra batteries
- Portable, battery-powered radio or television and extra batteries
- Matches in a waterproof container
- Water for drinking and household use (at least one gallon per person per day for three days)
- Ready-to-eat canned foods to last three days
- Manual can opener
- Peanut butter, crackers, granola bars and other high-energy foods
- Supply of prescription medication
- Disposable diapers, baby food, formula
- Supplies for seniors or family members with special needs
- Bleach (for disinfecting)
- Plastic bags and ties (for sanitation)
- Credit card and cash
- Personal identification
- An extra set of keys
- Important documents, such as your insurance policies

Put together a **first aid kit** containing these supplies:

- First aid manual
- Assortment of sterile adhesive bandages
- Sterile gauze pads
- Over-the-counter drugs (aspirin, antidiarrheal medication, activated charcoal, syrup of ipecac)
- Antiseptic ointment