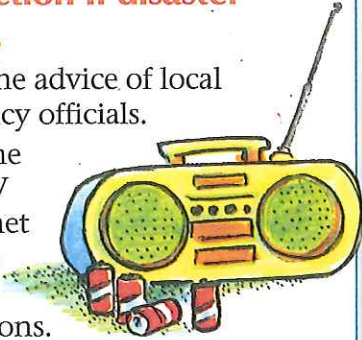


39. **Take action if disaster strikes.**

40. Follow the advice of local emergency officials.

41. Check the radio, TV or Internet for news and instructions.



42. Make sure the people around you are OK. Offer help if needed.

43. If the power is off, use a flashlight. Do not light matches or candles.

44. Use the phone only for immediate help or to call your family contact.

45. Stay home if directed by authorities. Know the safest place in your home to wait out an emergency.

46. If you have to leave home, turn off all utilities except for natural gas (unless directed by authorities).

47. Close and lock windows and doors. Unplug appliances.

48. Bring your disaster supply kit.

49. Use travel routes specified by local authorities. Shortcuts may be dangerous.

50. **Remember to stay calm. Being prepared can help you get through emergencies and disasters.**

Disasters and emergencies take many forms, from severe weather to acts of terrorism. Responding is easier if you prepare. You can get more information on preparing for emergencies from your local American Red Cross chapter. Or visit [www.fema.gov/areyouready](http://www.fema.gov/areyouready) on the Internet.

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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PLAN AHEAD FOR SAFETY

# Disasters and Emergencies

## 50 Things You Should Know To Be Better Prepared



PREPARE FOR THE UNEXPECTED



# DISASTERS AND EMERGENCIES: 50 THINGS YOU SHOULD KNOW TO BE BETTER PREPARED

Most people don't like to think about disasters and emergencies. But being prepared can make a difference. These tips can get you started.

## 1. **Make a plan, just in case.**

2. Be aware of the types of emergencies that might happen in your community.
3. Consider natural disasters, weather-related emergencies and terrorist-related emergencies.
4. Talk with your family about why it is important to plan ahead.
5. Make sure each family member knows what to do in an emergency.
6. Review your family emergency plan twice a year.



## 7. **Decide where to meet after a disaster or emergency.**

8. Choose one location outside your home, in case of a sudden emergency like a fire.
9. Pick a second place outside your neighborhood, such as a library or community center.
10. Ask an out-of-state friend or relative to be your contact in case your family is separated.



## 11. **Prepare your home.**

12. Keep a list of important numbers (work, schools, doctors, and emergency contacts) by all phones.
13. Show family members how to shut off water, gas, heat and electricity.
14. Teach children how and when to use 911.
15. Install smoke alarms and fire extinguishers in your home and test them regularly.
16. Plan escape routes. Show family members how to get out of the house in an emergency.
17. Have a flashlight, a battery-operated radio and batteries.
18. Keep a set of sturdy shoes, heavy gloves and warm clothes on hand.
19. Have a phone that does not need electricity to work.
20. Make sure all family members know where emergency supplies are stored.



## 21. **Have a disaster supply kit ready.**

22. Keep three days' worth of water, food, medications and other essential supplies. Replace emergency supplies every six months.
23. Store a gallon of water per person per day.
24. Have first-aid supplies, bedding and one change of clothing and footwear for each person.
25. Make copies of important documents (such as birth certificates, insurance cards and photo IDs). Store in a fire- and waterproof container.
26. Keep cash and a spare set of keys on hand. Make sure your car always has at least a half of a tank of gas.
27. Be sure to include special items for babies, seniors and disabled family members.
28. Have pet carriers, collars, leashes, ID tags, extra food and medications for all pets.
29. Pack items in an easy-to-carry container such as a duffel bag in case you need to evacuate.



## 30. **Connect with your neighbors and your community.**

31. Talk to your neighbors about how you can work together during an emergency.
32. Find out if anyone has medical training or special equipment like a power generator.
33. Find out if you have elderly or disabled neighbors that may need extra help.
34. Make a plan for children in case you can't get home in an emergency.
35. Learn what your child's school does in an emergency.
36. Ask your employer about disaster and evacuation plans.
37. Plan how to take care of your animals in case you are evacuated.
38. Take a first-aid or CPR class.