You can do this.

A little advance planning can make the difference between tragedy and survival. It all starts with a conversation.

No one likes to think about—let alone talk about—an emergency that could disrupt our daily lives, or worse, do harm to us or our loved ones. Yet this thoughtful consideration is essential to effective emergency planning.

This brochure is intended to provide a starting point to help you make that plan. In it you’ll find some basic information, things to think about and things to do. In addition, it contains information about how to access other resources for more details.

So for yourself, your loved ones and your neighbors; make a plan to be safe.

FOR MORE INFORMATION

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>American Red Cross</td>
<td>redcross.org</td>
</tr>
<tr>
<td>Centers for Disease Control</td>
<td>cdc.gov</td>
</tr>
<tr>
<td>Disaster Help</td>
<td>disasterhelp.gov</td>
</tr>
<tr>
<td>Federal Emergency Management Agency</td>
<td>fema.gov</td>
</tr>
<tr>
<td>Humane Society of the United States</td>
<td>hso.org/disaster</td>
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</tbody>
</table>

(For help with pet preparation)
1. Start a conversation.

Now is the perfect time. Talking things through can help create a sense of control and reduce stress.

2. Make a plan.

Gather critical information into one place and share it with your family. It will save precious time for when you need it most.

- **What to prepare for**
  Discuss the types of events that are most likely to happen in your area. Think about the different ways to respond to a natural disaster, terrorist event, or a major public health emergency.

- **Whom to contact**
  Ask an out-of-state friend or relative to be your “family contact.” Other family members can call this person and identify where they are. Use the form on the next panel as a guide.

- **Where to meet**
  Pick two places to meet:
  - Right outside your house in case of a sudden emergency, such as a fire.
  - Outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.

- **Where to stay**
  Discuss the possibilities of evacuating the area or “staying put” and sheltering in place. Consider also:
  - Developing a plan for children in childcare or school, older adults and other family members who need special assistance.
  - Planning for the care of your pets. Shelters generally do not accept animals.

- **What to do**
  Put together an emergency preparedness kit (see panel at far right for details) and keep it in a safe place in your home.

3. Make a kit.

- **Out-of-state contact**
  Name
  Relationship
  Address
  Phone
  Cell Phone

- **Local contact**
  Name
  Relationship
  Address
  Phone
  Cell Phone

- **Pets cared for by**
  Name
  Address
  Phone
  Cell Phone

- **Meeting places**
  Outside your home.
  Outside your neighborhood.

If a disaster should occur, call your out-of-state contact; it is often easier to call long distance.

The following types of information might be helpful in an emergency. Use this as a guide for making your own plan.

- **Personal information**
  Name
  Address
  Phone
  Cell Phone

- **Nearst relative**
  Name
  Relationship
  Address
  Phone
  Cell Phone

- **Nineteen essential items**
  1. One gallon of water per person per day for three days
  2. Non-perishable food such as canned or packaged food
  3. One change of clothes and footwear per person
  4. Three days’ worth of prescription medications (if needed)

- **Flashlight**
  Battery-powered, solar-powered or hand-crank radio.
- **Hygiene items**
  Such as soap, toilet paper and a toothbrush.
- **First aid**
  Basic first aid kit including antiseptic, bandages and non-prescription medicine.

**NEAREST RELATIVE**

Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.