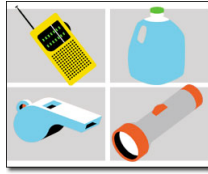


EMERGENCY PREPAREDNESS - FIRST STEPS



Recommended Emergency Supplies: You should have the following items available in the event of a disaster.

DEPARTMENTAL EMERGENCY SUPPLIES

- AM/FM Radio, with spare batteries (Tune to 1610 AM, and follow emergency instructions)
- First Aid supplies
- Flashlights, with spare batteries

INDIVIDUAL SUPPLIES AT WORK

- Water
- Non-Perishable food items
- Prescription medications, eyeglasses, contact lenses and solutions
- Flashlight, with spare batteries
- Comfortable shoes

AT HOME

1. BUILD A KIT

What you have on hand when a disaster happens can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.

- Water – One week's supply (one gallon per person per day – replace water every six months)
- Food – One week's supply of non-perishable food (stored in a dark, dry place)
- First Aid Kit (including prescription/non-prescription medications; sanitation supplies; special items for infants, elderly, or disabled family members)
- Battery-operated radios, flashlights and plenty of batteries.
- Blankets and extra clothing – including sturdy shoes
- Large 5-gallon plastic bucket with plastic bags for use as a makeshift toilet
- Extra set of car keys, and a credit card, cash, or traveler's checks
- Money – cash, credit cards
- Pet supplies
- Map

2. MAKE A PLAN

- Planning ahead is the first step to a calmer and more assured disaster response.
- Find 2 ESCAPE ROUTES out of your house.
- Locate the main electric fuse box, water service, and natural gas shut-offs. Keep shut-off wrench where necessary.
- Teach all responsible family members how and when to turn off these utilities.
- Make a CONTACT LIST with one local and one out-of-town contact.
 1. _____
 2. _____

Designate a family MEETING PLACE:

- _____
- Check on your neighbors, especially elderly or disabled persons.
 - Confine your pet.

Talk to your family about the plan and PRACTICE it!

3. GET TRAINED

Learning simple first aid techniques can give you the skills and confidence to help anyone in your home, your neighborhood and at work.

IN YOUR CAR

- First Aid Kit
- Water
- Blankets
- Non-perishable food

Remember to rethink your disaster supplies and individual needs at least once a year. Replace water, food supplies, clothing, etc.

For a more detailed checklist of disaster supplies, please go to:
<http://www.redcross.org/>