

# Ready

Prepare. Plan. Stay Informed.

National Preparedness Month is September. It is important to understand which disasters could happen in your community, know what to do to be safe and mitigate damage, take action to increase your preparedness. Below is a list from Ready.gov to build a basic emergency preparedness kit. Please check out their website for a more comprehensive emergency planning guide. Stop by the Board of Health Office for your free Know Plan and Prepare re-useable shopping bag while supplies last.

## **Recommended Items to Include in a Basic Emergency Supply Kit:**

- Water, one gallon of water per person per day for at least three days for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps