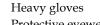
Getting Out of Your Home

If we want to be ready for almost any eventuality, we must consider the possibility that disaster could strike at night and might even damage our home or apartment. It doesn't have to be anything as cataclysmic as an earthquake to make us want to get out of the house. Last winter several members of the congregation needed to leave their homes when trees laden with ice poked through roofs. What would you do if this happened to you?

Experts recommend we all keep essentials such as eyeglasses, cell phone, car keys, and hearing aids in a bed caddy or pocket that can be easily reached when we're awakened and know we need to do something. It's at times like these that we need an Under-Bed Kit stocked to help us get out safely.

Here's what to put in an Under-Bed Kit:

Sturdy shoes
Heavy glover



- Protective eyewear
- N95 dusk mask
- Hard hat or bike helmet
- Flashlight
- Whistle
- First aid kit
- HELP/OK sign
- Neighborhood map
- Contact list

Equipped with those essentials, we could see where we're going, walk over broken glass, protect our heads and hands from damage, and even signal we need help.

Based on circumstances, we should also add to or adapt the essentials for our own unique situations. Throw a leash into the bag if you have a dog to evacuate. A small tent and sleeping bag could shelter you overnight until help arrives, especially if you live far from others. If you have young children, toss in a stuffed animal or two to provide comfort.

Abundant online resources offer many ideas for containers to hold your under-bed kit and what to include in it. You may decide to make a kit for each member of the family. While your own might include all of the safety items listed above, kits for children could be stored in a pillowcase that even a youngster could carry pretty easily.

Responding While on the Road/at Work

If you're on the road or at work when you must respond to a disaster, it can be helpful to have a Go Kit in your car, too. Even a winter snowstorm can interrupt your travel and put you at risk. Or, if you're away from your family and need to check on their safety, having a kit in the car can provide some assurance you'll have what you need to get to them. Things to consider for your Car Go Kit:

- Water
- Non-perishable food
- Basic first-aid kit
- Flashlight
- Sturdy shoes and gloves
- Road flare kit
- Compass and whistle
- Local and area maps



BE PREPARED Build an Emergency Kit

Include enough food, water, and medical supplies to prepare in case of an emergency.



Create a Disaster Preparedness Kit Month Four, September 2024

- □ Practice home evacuation plans.
- □ Locate and identify utility shutoffs.

To Collect:

- □ Pain reliever
- □ Thermometer
- □ Hand soap
- Aluminum (non-sparking) wrench to shut off utilities
- □ Fire extinguisher
- □ Utility knife

Remember that every family is different. If you have someone with special needs to care for or pets to consider, be sure to include them in your Disaster Preparedness Plan.