

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 Seven, December 2024

To Do:

- Ensure you've photocopied all important documents for all members of your family. Include these in your disaster kit.
- Discuss with your network and neighbors what help may be needed and how best to assist each other.

To Collect:

- Electrolyte replacement drink (sports drink or infant electrolyte solution)
- 3 cans fruit*
- Hard candy
- Comfort/stress foods (cookies, instant coffee, sweetened cereal, pretzels, chips, tea bags)
- 1 jar peanut or other nut butter
- 1 box crackers*
- Eating utensils*

* For everything followed by an asterisk, be sure to multiply by the number of people in your household (e.g., a family of four people will need 12 cans of fruit, 4 boxes of crackers, eating utensils for 4 people).

Weathering the Storm Together

During the severe tornado outbreak that swept through the lower Mississippi Valley between March 24-27, 2023, three remarkable older women living alone in a rural community demonstrated the power of a strong support network.



Seeking safety, each of the three women moved to their closets, maintaining their connection through a three-way phone call. When the tornado had passed, two of the three found their homes severely damaged and uninhabitable. However, the strength of their bond shone brightly in their time of need. The third friend, fortunate to have a structurally sound home, offered immediate shelter to her companions.

This story exemplifies the profound impact of knowing and engaging with neighbors and cultivating a robust support network. Fostering connections can make all the difference in navigating life's unexpected challenges.

Checklist for Creating a Support Network

- I have identified a support network of family, friends, caregivers, neighbors, and others who can assist me during an emergency.
- I have shared and practiced my emergency plan with my support network.
- My support network is aware of any specific needs I have.
- Someone in my support network has an extra key to my home, knows where I keep emergency supplies, and knows how to administer any medicines I need.
- My support network and I are informed about local emergency alerts and updates.
- I know my clinic/hospital's emergency plans and have identified backup service providers.
- I have or will try to participate in a community preparedness event or initiative.

Local Preparedness



EARTHQUAKE

[Neighbors Ready](#) is a local group offering a rich catalog of resources to help people prepare. Among these are [Hazard Information Sheets](#) that provide specific information about how to prepare for everything from an Active Shooter to a Cyberattack, from Earthquake and Extreme Heat to Wildfire or a Winter Storm.

Avoid Overwhelm with Five-Minute Projects

Preparing for disaster can be overwhelming. The more you learn, the more you might feel you need to do. If you're looking for quick preparedness activities to fit into your busy schedule, check out these [5-Minute Projects](#).