

10 ways to be prepared in case of an emergency

1. **Identify Your Risk** — What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you. Does your neighborhood or community have a disaster plan?
2. **Create a Family Disaster Plan** — Your family needs a plan that tells everyone: where to meet if you have to evacuate; who you've identified as an out-of-state "family contact"; how to get emergency information in your community; and how to take care of your family pets.
3. **Practice Your Disaster Plan** — After you sit down with your family and write your plan — practice it. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car.
4. **Build a Disaster Supply Kit for Your Home and Car** -If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.
5. **Prepare Your Children** - Talk to your kids about what the risks are and what your family will do if disaster strikes.
6. **Don't Forget Those With Special Needs** — Infants, seniors and those with special needs must not be forgotten.
7. **Learn CPR and First Aid** - Contact your local chapter of the American Red Cross today and get trained on basic first aid and CPR.
8. **Eliminate Hazards in Your Home and the Workplace** - You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.
9. **Understand Post 9/11 Risks** - Disaster preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.
10. **Get Involved. Volunteer, and Bear Responsibility** - Donate blood, join a local Community Emergency Response Team (CERT), educate your neighbor, or volunteer with your local American Red Cross.

 *Cut out and keep in your wallet*

Emergency Contact Information	
Name.....
Medical Insurance Company Name.....
Allergies.....
Medications Used
Special Conditions.....
In Case of Emergency, Contact:	
Name.....
Relationship.....
Telephone Number.....