

Health Happenings

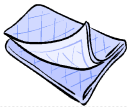


Preparing Makes Sense!

- *Get a Kit*
- *Make a Plan*
- *Get Involved*



When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.



September is National Preparedness Month

Q. Why is it important to prepare for an emergency?

A. The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well trained fire department. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.



Q. Where do I begin ?

A. Start a conversation now. Talking things through can help create a sense of control and reduce stress. The second thing to do is make a plan. Gather information into one place and share it with your family. It will save precious time for when you need it most. Finally, make a kit. Start simply. Collect the essential items to help you shelter-in-place in the event of an emergency. Please turn to the other side for suggestions for an emergency kit.



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Get A Kit

Make A Plan

Be Informed

Get Involved



For more information
visit these websites



Ready.gov
Fema.gov
Disasterhelp.gov
Redcross.org
Disasterhelp.gov
cdc.gov



What Should I Put in my Emergency Kit?

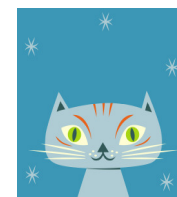
Collect these nine essential items to help you
shelter-in-place in the event of an emergency.



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|---|---|---|
| 1. Water —one gallon of water per person for three days | 4. Medications —Three days' worth of prescription medications (if needed) | 7. Radio —Battery-powered, solar powered or hand-crank radio |
| 2. Food —Non perishable food such as canned or packaged food | 5. Flashlight —Flashlight and extra batteries | 8. Hygiene items —like soap, toilet paper and toothbrush |
| 3. Clothes —One change of clothes and footwear per person | 6. Can opener —Manual can opener | 9. First Aid —basics like antiseptic, bandages and non-prescription medicine |



Preparing for Your Pets Makes Sense. Get Ready Now. Get a Pet Emergency Supply Kit



If you are like millions of animal owners nationwide, your pet is an important member of your household. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically best for your animals.

1. **Food**—Keep at least three days of food in an airtight container.
2. **Water**—Store at least three days worth of water specifically for your pets in addition to water you need for yourself and your family.
3. **Medicines and medical records**—Keep an extra supply of medicines your pets takes on a regular basis in a waterproof container.
4. **First aid kit**—Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs.
5. **Collar with ID tag, harness and leash**—Your pet should wear a collar with its rabies tag and identification at all times.
6. **Crate or other pet carrier**—If you need to evacuate in an emergency situation, take your pets and animals with you provided that it is practical to do so. Your ability will be aided by having a sturdy crate or carrier.
7. **Sanitation**—Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and chlorine bleach.
8. **A picture of you and your pet**—If you become separated, this will be easier to assist in finding your pet.
9. **Familiar items**—Put favorite toys, treats or bedding in your kit. This can reduce stress.