

Emergency Preparedness Tips

Planning for An Evacuation

- Know the disasters most likely to affect your area. (In our region, earthquakes, flooding, and mudslides are among the largest threats.)
- Pick two meeting places--one outside your home in case of a fire and another further away in case evacuation of your neighborhood or community is necessary. Discuss ways to safely reach these destinations
- Find out the policy of your local school concerning release of your children in an emergency, such as an earthquake.
- Choose an out-of-state contact person that you and your family can check in with should you be separated.
- Post and review emergency numbers important to your family and your specific community (see the list below).
- Meet with your neighbors and local authorities to discuss ways to help each other in the event of a disaster.
- Review basic first aid and CPR techniques.

Preparing a Survival Kit

- Food - Should be non-perishable and ready to eat without preparation. Suggested items include canned meats, fruits and vegetables, peanut butter, granola bars, crackers and trail mix.
- Water - One gallon per person per day should be stored in safe durable containers. It's recommended that you include a three-day supply for each person in your family.
- Additional Supplies - Items should be added for your specific environment. For example, additional blankets and rain gear, a flashlight with extra batteries, matches and signal flares.

*** Keep in mind any specific medical conditions you or a family member may have as well as the special needs of small children, infants, and elderly family members.

