



Be Prepared for an Emergency. Be Red Cross Ready!

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry [emergency preparedness kit](#) that you can use at home or take with you in case you must evacuate.

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- [Flashlight \[Available on the Red Cross Store\]](#)
- [Battery-powered or hand-crank radio \(NOAA Weather Radio, if possible\) \[Available on the Red Cross Store\]](#)
- Extra batteries
- [First aid kit \[Available on the Red Cross Store\]](#)
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- [Emergency blanket \[Available on the Red Cross Store\]](#)
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener



Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags



Commit to Preparedness: Join the Red Cross Ready Rating Program

Is your business or organization prepared for emergency? If you're like most of us, the answer is no, you're not as prepared as you would like to be. It can be difficult to know where to begin – and where to go from there.

That's why we created the American Red Cross Ready Rating™, a first-of-its-kind membership program designed to help businesses, organizations and schools become better prepared for emergencies. Members join this free, self-paced program and complete a 123-point self-assessment of your level of preparedness to reveal areas for improvement.

You'll learn tips and best practices so you don't feel like you're alone out there. And most importantly, members make a commitment to improve their readiness score each year – because preparedness is a continuous process and not a one-time effort.

Learn more and get started at www.readyrating.org

Training For Companies and Organizations

The Red Cross is the leading provider of OSHA-compliant health and safety training. Our broad portfolio includes First Aid and CPR, Basic Life Support, OSHA 10 and 30, Babysitting, Wilderness and Remote First Aid, Lifeguarding and much more!

- [Train Your Employees](#)
- [Learn About AEDs](#)
- [Quiz – How to Save A Co-Worker's Life](#)
- [Commuter Safety](#)
- [Preparing Your Business for the Unthinkable](#)
- [Guide to Business Continuity Planning CD-ROM](#)

Make a Disaster Preparedness Plan

Know What to Do in Case of Emergency

It is important to make sure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and should have plans for making sure you are able to contact and find one another.

The American Red Cross suggests some basic steps to make sure you remain safe:

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed. Plan what to do in case you are separated during an emergency
- Choose two places to meet:



- Right outside your home in case of a sudden emergency, such as a fire
- Outside your neighborhood, in case you cannot return home or are asked to evacuate

- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or saved on their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross [Safe and Well website](#) to let your family and friends know you are safe. You may also call 1-800-RED CROSS (1-800-733-2767) and select the prompt for "Disaster" to register yourself and your family.



The Importance of a Personal Support Network

The American Red Cross recommends that **senior citizens** create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network:

1

Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.

2

Exchange important keys.

3

Show them where you keep emergency supplies.

4

Share copies of your relevant emergency documents, evacuation plans and emergency health information card.

5

Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.

6

You and your personal support network should always notify each other when you are going out of town and when you will return.

7

The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency. You might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.



Your Plan Should Include All Family Members

The best way to protect your household from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan must include your pets. Being prepared can save their lives.

Different disasters require different responses. But whether the disaster is a hurricane or a hazardous spill, you may have to evacuate your home.

In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them too. If it's not safe for you to stay behind then it's not safe to leave pets behind either. Take action now so you know how to best care for your furry friends when the unexpected occurs.

Know a Safe Place to Take Your Pets

- Local and state health and safety regulations do not permit the Red Cross to allow pets in disaster shelters. (Service animals are allowed in Red Cross shelters.)
- Contact hotels and motels outside your local area to check their policies on accepting pets and restrictions on number, size and species. Ask if "no pet" policies can be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with your disaster supplies.
- Ask friends, relatives or others outside the affected area whether they could shelter your animals.
- Make a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.
- Ask local animal shelters if they provide emergency shelter or foster care for pets during a disaster.

Assemble a Pet Emergency Preparedness Kit

Keep your pet's essential supplies in sturdy containers that can be easily accessed and carried (a duffle bag or covered trash containers, for example). Your pet emergency preparedness kit should include:

- Medications and medical records (stored in a waterproof container) and a First Aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, drinkable water, bowls, cat litter/pan, and manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet bed or toys if easily transportable.



[Help Emergency Workers Help Your Pets](#)

The ASPCA recommends using a rescue sticker alert to let people know that pets are inside your home. Make sure it is visible to rescue workers, and that it includes the types and number of pets in your household and your veterinarian's phone number.

If you must evacuate with your pets (and if time allows) write "EVACUATED" across the stickers so rescue workers don't waste time looking for them.