



# Are *You* Prepared in Plano?

Being ready for any type of emergency is as simple as planning ahead. Just like having a working smoke detector in your home or business, having an emergency supply kit and developing a family communications plan will put the tools you may need at your fingertips, no matter where you are in an emergency.

## Create a Plan

Your family may not be together in an emergency, so plan now how you will contact one another and review what you will do in different situations.

- Meet with your family, share responsibilities and work together as a team.
- Discuss what to do in each type of emergency.
- Pick two places to meet:
  - Right outside your home.
  - Outside your neighborhood in case you cannot return home.
- Write down important information about your family's health (e.g. blood type, allergies, medication).
- Ask an out-of-state friend to be your "family contact".
- Plan how to take care of your pets.

## Make a Kit

Keep the items that you would most likely need during an emergency in an easy-to carry container:

- Water
- Non-perishable food
- First aid supplies
- Battery operated radio & batteries
- Flashlight and batteries
- Medications (2 week supply of prescription medications)
- Clothing and bedding
- Tools and emergency supplies
- Sanitation and personal hygiene
- Important family documents
- Cash and change
- Specialty items for babies, pets and important medical needs

## Be Involved

Be involved in your community and at work by spreading the word about being ready. Working with neighbors and co-workers can save lives.

In your community:

- Meet with your neighbors to plan how the community could be ready for an emergency.
- Introduce emergency preparedness as a new activity at your neighborhood organization.
- Know your neighbors' special skills (e.g. medical, technical).
- Consider how you could help neighbors who have special needs, such as disabled and elderly persons.
- Attend CPR and first aid training.

At work:

- Make sure your business has an updated plan and emergency kit.
- Inform your customers & clients about the need to prepare.

