



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.

