Emergency Preparedness: Start Here

Small steps. Practical preparation. Keep this page where you can find it.

PLAN FIRST (WEEK 1, NO COST)

- ☐ Look up your county's top hazards and sign up for local emergency alerts.
- ☐ Write a family communication plan: meeting spots and an out-of-state contact.
- ☐ Find and label your gas, water, and electricity shutoffs for everyone.
- ☐ List each household member's medical needs, medications, allergies, and blood types.

BUILD TWO WEEKS OF SUPPLIES

- ☐ Store at least 1 gallon of water per person per day; add more for heat, illness or pets.
- ☐ Stock two weeks of shelf-stable food you already eat, plus a manual can opener.
- ☐ Set up power and light: battery banks, a headlamp each, and an emergency radio.
- ☐ Build a first aid kit and pack a grab-ready go-bag with copies of key documents.

SAFETY NOTE Use food-grade water containers, not containers that held chemicals. Replace stored tap water every 6 months; rotate food by its dates.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/beginners-guide-emergency-preparedness/

Safety reference: https://www.ready.gov/sites/default/files/2022-10/ready-gov_preparing-make-sense.pdf