



Be Prepared & Plan for the Unexpected
(Emergencies/Severe Weather & Power Outages)
& Reduce the Stress you may feel should an emergency arise

Have your emergency supplies ready *before* a power outage occurs

- Enough water to last 3 to 6 days (recommended quantity: one gallon per person per day)
- Food. Enough for 3 to 6 days (Consisting of items that don't require cooking)
Canned food (hand held can opener) and non-perishable, ready to eat foods
- Flashlight with batteries
- Portable Radio with batteries
- First Aid Kit
- A 3 to 6 day supply of all of your prescription medications
- Everything you may need in order to continue using any medical devices or other life-sustaining devices
- A list of all of your current prescription medications including any known allergies
- Cell Phone – along with a charger
Keep in mind that your cell phone will only work as long as it is charged. Without power, you can recharge it in your car. If you have a landline, it may still work in a power outage provided the phone lines are not affected.
- Your Emergency contact list, including the names, telephone numbers & email addresses
- Keep your vehicles gas level at a minimum of half-a-tank
- Keep extra pet food, if needed

Remember, the goal here is to give yourself a margin of preparedness to see you through until the emergency passes. So, think about what other items you might need, given your situation.

Make a Personal Plan

Make a personal emergency response plan. What special needs do you have? And how will they be met in an emergency?

Think about letting someone help you with your plan. Make sure that your family, caregiver, home health provider, neighbor or anyone who needs to know, knows your plan.

No one knows your situation better than you do. So, you are in the best position to plan ahead.

Worth the Effort

We're talking about your safety, and your peace of mind in knowing that you are prepared.

Invest the time today, and then get on with your life. It's the smart thing to do, *just in case*.