

# Personal Preparedness

## Description

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We've all seen the pictures -- people driven from their homes by wildfires, hurricanes, earthquakes or floods, with nothing but the clothes on their backs.

How many people died in New Orleans because they didn't have water to drink? How many people became seriously ill because they had no backup stocks of medicine they take daily?

Don't let this happen to you. The links below will give you tools you can use to make sure you, your family and your pets are able to make it through those critical first 72 hours following a disaster. It's coming -- get ready.

## FAQs

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### How should I prepare my family, friends and myself for an emergency?

Make a plan:

- Create a list of important phone numbers, including an out-of-town contact.
- Keep your list of numbers and meeting places with you. Slip it in your backpack, purse or somewhere easily available.
- Agree on a meeting place and have a backup spot.

Assemble a kit or buy one at a local store that includes, but is not limited to:

- Rain gear (poncho)
- Battery-powered flashlight
- Duct tape
- Whistle
- First-Aid kit
- Dust mask or cotton T-shirt
- Three-day supply of food and water
- Wrench to turn off utilities
- Plastic Sheeting
- Extra batteries
- Moist towelettes
- Battery-powered radio
- Warm clothes/ emergency blanket
- Container for extra water
- Extra doses of important medicine
- Personal identification
- Leather gloves
- Garbage bags and ties
- Family Communications Plan
- Special needs items

Be informed:

Know your local emergency plans, including the plans at your child's school if you have any. Participate in your workplace emergency drills, etc.

## Links

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[Emergency Preparedness Checklist](#)

A Red Cross checklist of actions you should take, plans you should make, and items you should have to get yourself and your home ready for whatever comes.

### **Disaster Preparedness for Seniors**

Special considerations older people should look at when planning for disasters, produced by the Red Cross.

### **Readiness for People with Disabilities**

Special considerations people with disabilities should look at when planning for disasters, produced by the Red Cross.

### **Family Disaster Planning**

A Red Cross disaster-planning guide that is applicable for the entire family.

### **Disaster Supply Kit**

The Red Cross' guide on how to assemble your own disaster supply kit.

### **Helping Children Cope with Disaster**

The Red Cross website provides guidance on how to tell your kids about what just happened, and how to help them control their fears.

### **Pets and Disaster**

Your pets depend on you for everything. The Red Cross informs you on how to prepare your pets for the next disaster.

### **Protecting your Property from Disaster**

FEMA tips for things you can do to make your home more resistant to wildfires, floods, earthquakes and high winds.