

# Are you ready?...

*Make a plan. Be informed. Be safe.*



## **Making a Plan and Being Informed**

- Talk about what might happen: blizzard, fire, flooding, etc.
- How would you find out about it?
- Do you know how to contact each other? (See Communications Plan)
- What would you need if you couldn't get out for a few days? (See Building a Disaster Kit)

## **If You Have To Leave:**

- You may need pillows, blankets, and snacks to eat until the shelter is fully functioning.
- Think about financial papers, check books, credit cards, medication, identification papers, cash, etc.
- Plan together about the special needs of your children and others in your family.
- Check with your local American Red Cross about pets.
- Take extra food and water for your pet.
- See web links for more information:  
<http://www.maineredcross.org/be-prepared>

## **Being Safe - Building a Disaster Kit**

What will you need if you can't get out for three days and don't have electricity? Here are some suggestions:

- 3-day supply of non-perishable food that does not require cooking
- 3-day supply of water (1 gallon of water per person, per day)
- Portable, battery powered radio with extra batteries
- Flashlight with extra batteries
- First aid kit
- Telephone that works if the electricity is off
- A safe way to heat food and water: camp stove, etc.
- A way to keep warm if the power is off: sleeping bags, extra blankets, etc.
- 3-day supply of your medicines on hand at all times
- Items for infants: formula, diapers, etc.
- Food and water for pets

# Your Communications Plan

## Family Members:

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

## Meeting Place

Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

## Out-of-town Contact:

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

