

Three Steps to Preparedness

Get a Kit

- Three-day supply of water (one gallon per person per day)
- Three-day supply of non-perishable packaged can foods
- Manual can opener
- Sanitation and hygiene items
- A change of clothing, rain gear and sturdy shoes
- Blankets or sleeping bags
- A first aid kit and prescription medications
- An extra pair of glasses
- A battery-powered radio, flashlight and extra batteries
- Credit cards and cash
- A list of family physicians
- Pet supplies
- Map of the local area
- Photocopies of personal documents/identification
- Matches
- Whistle

Make a Plan

- Arrange for someone to check on you at the time of a disaster
- Assess yourself and your household. Identify the personal abilities and limitations that may affect your response to a disaster
- Know the safe places in your home in case you need to shelter during extreme weather events
- Post emergency phone numbers near your phone
- Keep support items like wheelchairs and walkers in a designated place
- Ask about the emergency plans and procedures that exist in your community
- Plan the best and quickest escape routes out of your home and evacuation routes out of your neighborhood
- If you receive home care, speak with your case manager to see what their plan is in times of emergency
- If you live in a senior community, become familiar with any disaster notification plans that may already exist
- Plan for your pets or service animals

Be Informed

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster
- Utilize emergency notification systems:
 - NOAA All Hazards Weather Radio
 - Local Emergency Alert Systems (WBAP 820 AM)
 - TV Broadcasts
 - Outdoor Warning Systems
 - Reverse Emergency Telephone Notification Systems
 - Local Volunteer Fire Departments
 - Door-to-Door warnings from local Emergency Officials



**Tarrant County
Public Health**