

5 steps you can take to get ready

Disasters can strike on ordinary days. But that doesn't mean you should live in fear. With just a few easy steps, you can be ready when emergencies come. Here are five to get you started!

1 HAVE A PLAN

Knowing what to do is an important part of getting ready for disasters. Know what type of disasters are common in your area and come up with a plan for each of them.



ACTION STEP

Pick a place for you and your family to meet.

ACTION STEP

Add a three-day supply of water to your stockpile today.



Water is critical to life. During a disaster, your taps might stop flowing or water might be contaminated. That's why it's critical to have bottled water in your emergency stockpile.

KNOW YOUR H2O

ACTION STEP

Make a list of supplies and put together your stockpile.

BUILD YOUR STOCKPILE

Speaking of stockpiles, yours should be complete! Add in plenty of non-refrigerated food. Make sure you have a flashlight, a battery-powered radio, first-aid kit and extra batteries.



ACTION STEP

Put together an emergency stockpile for your pets.



Like humans, pets require at least a three-day supply of food and water. Pet food should be stored in airtight, waterproof containers. Include blankets, leashes and other supplies your pets will need.

DON'T FORGET YOUR PETS

GET YOUR VACCINES

Seriously, this is important. Getting vaccinated means there is one less person who can get sick and infect others.



ACTION STEP

Ask your doctor if you are up to date on your shots.

Get more preparedness tips at www.APHAgotready.org