

PREPAREDNESS TIPS

MAKE A PLAN

Put a plan together with your family, friends, or household.
Consider:

- How you'll receive emergency alerts and warnings?
- Your shelter plan?
- Your evacuation route?
- Your family/household communication plan?
- Do you need to update your emergency kit?
- How will you contact one another and reconnect if separated?



Don't forget to consider specific needs in your household, such as:

- Different ages of household members
- Dietary needs
- Medical needs (e.g., prescriptions, equipment, etc.)
- Disabilities or access and functional needs
- Language, cultural, and religious considerations
- Pets or service animals
- Households with school-aged children



Complete an family emergency communication plan, and practice your plan with your family/household!

Find more information at [ready.gov/plan](https://www.ready.gov/plan)



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BUILD A KIT

Being prepared means having your own food, water, and other supplies to last for several days.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon, per person, per day for several days)
- Food (three-day supply of non-perishable food)
- Battery-powered or hand crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to filter contaminated air)
- Plastic sheeting & duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers & backup battery



Consider adding these items, based on your individual needs:

- Prescription medications
- Non-prescription medications (e.g., pain relievers, antacids, etc.)
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Pet food and extra water for your pet
- Important family documents (e.g., insurance policies, identification, bank account records, etc.) saved electronically & in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing and sturdy shoes
- Fire extinguisher
- Matches in a water proof container
- Feminine supplies & personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, puzzles, or other activities for children



Since you can't predict where you'll be when an emergency occurs, prepare supplies for home, work, and cars.

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Public Health
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