

Do 1 Thing

February

Water

During a power outage- Or any natural disaster caused by high winds, ice storm, or flood you may find yourself without a source of drinking water. Every household should have at least enough water to last up to 72 hrs during an emergency. Two quarts per person a day. However, if you are a child, sick, or in a hot climate you should drink at least 3-4 quarts a day.

March

Emergency Sheltering

In times of emergencies it is necessary to take shelter in a safe place. There are three types of emergency sheltering. The first is shelter from the storm which means that you find the safest place in your home/workplace to cohabit. Then sheltering in place, this procedure is usually used in light of hazardous material release, and finally going to an emergency evacuation shelter this procedure requires you to leave your place of residence to acquire a safer environment.

April

Risk Assessment

Hazard + Vulnerability= Risk. Who, when and where are factors that define vulnerability. According to who you are and where you are when the disaster strikes determines your risk. To understand your vulnerabilities you have to know your strength and weaknesses. Accessing your physical, emotional and financial limits will help you reduce your risks.

MAY

Food

Age, health, physical activities level, and size have a lot to do with the types and amount of food an individual needs. It is recommended to have a balanced diet during a natural disaster because your body may experience more stress than usual. Be sure to have enough food to last up to 72 hrs.

June

Special Item

When evacuating your home you should always take important items along. Your pet, important documents, photos, medication and health items etc. Be sure to take items for babies and toddlers, diapers, special blanket and toys to make their adjustment to their new surroundings easier. Know the location of where you are going.

July

Communication

During a disaster having communication is essential to staying in contact and locating family members. Choose a designated area to meet and procedure to

follow to safety. Depending on cell phones and other mean of communication is not recommended because electricity might be out or there is a system overload.

August

Connecting with community

Being involved in your community is a great way of meeting individuals. Some of the ways in which you can do this is by getting involved in your local neighborhood center, volunteering in your neighborhood, attending a neighborhood watch meeting and hosting a neighborhood block party. In case of emergency you can help out in your neighborhood by getting trained by an emergency organization and joining (VOAD) Voluntary Organization Active in Disaster.

September

Getting Information

In case of an emergency be sure to be able to get important information concerning the weather. There is a NOAA emergency alert radio which can be purchased at any electronic store. This radio broadcasts weather information 24 hours a day. It turns itself on when an emergency warning is issued and is battery powered.

October

Power

During a power outage the safest form of acquiring light is by using a flashlight or battery powered lanterns. Be sure to have extra batteries, and unplug all major appliances. If appliances are not unplug it can cause a power spike that can damage delicate equipments. If you use candles be sure not to leave them unattended.

November

Emergency Supplies

It is important that during an emergency situation you have enough supplies to last at least 72 hrs. It is recommended that you take a look at the specific needs of your family to access how to meet those needs.

December

First Aide

Knowing the proper technique to take care of an individual during a medical emergency until help arrives, is essential in saving that person's life. Taking CPR classes and having a first aide kit on hand will make this an easier process. It is recommended to have an emergency kit in your car and home, be sure that you and other individual know where it is located. Call 911 and do not attempt to transport an individual who is injured or sick to the hospital.