



ALL READY DST?

Emergencies Happen.
Prepare Today.
It's as easy as 1, 2, 3

Sorors, we can be ready for almost anything. We may not know when or how an emergency will strike, but it's still possible to feel confident and prepared for a wide variety of circumstances by following the three simple steps of emergency preparedness. Please review and follow the important tips listed below. We believe you'll find just the tools and information you need to protect what's important in your life, chapter, and respective regions...and find the peace of mind in knowing you're **"All Ready."**

MAKE A PLAN

- #1: *Unfortunately, we can't predict how or when emergencies will happen. When an emergency strikes, how will you reunite with your family if you are in different locations? Who will take care of your pets? What will you do if your power goes out in the middle of winter and cannot be restored for days? What about your special accommodations?*

The time to ask yourself these questions is long before you need the answers. Creating an emergency plan is one of the simplest, most effective ways to combat fear and uncertainty during stressful situations. It takes only a bit of time.

- Know the emergency and evacuation plans for chapter meeting, for your workplace, for your church, etc.
 - Keep a supply of water and canned food, a flashlight, battery-powered radio, change of clothes, and a pair of shoes at your desk or in your locker if you have dedicated space in locations other than your home.
 - Review the building's emergency and evacuation plans – pay particular attention to routes of escape for senior citizens or a disabled persons
 - Individuals with functional needs should identify people who can help during an emergency if they are disabled living at home or have special medical needs.
- Learn about emergency plans at your child's school or day care center. Make sure they have up-to-date contact information for you and another member of your family.
- Keep a small, portable emergency supply kit in your car at all times. Include a gallon of water, several cans of food, and a manual can opener, a sleeping bag or extra blanket, extra money, and first aid supplies.
- Consider your pet when preparing for an emergency. Be sure and have an extra supply of food and water for your pet(s).
- If you have small children, consider extra crayons, coloring books or other items to comfort your child for long periods of time.
- Make an ICE (In Case of Emergency) contact in your cell phone(s).
- Designate a place where your family will be able to stay for a few days in case of evacuation
- Plan how your family will stay in contact if separated by disaster.
 - Choose two meeting places. A "reunion location" should be selected a safe distance from your home or an "alternative location" outside of your neighborhood.
 - Choose an out-of-town family member or friend as a contact for everyone to call. Be sure this phone number is stored in each family member's phone contacts.
- Discuss and practice this information with your entire family.



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#2: PREPARE A KIT

Make sure you have the essentials. During times of emergencies, first responders will be activated but they can't get to everyone right away. It's important to do your part to make sure you have needed supplies and medication to survive on your own – whether it's for a few hours or a few days. Your emergency kit should contain the things that will keep you comfortable and safe during a range of situations.

Emergency Kit Checklist

Prepare a kit for your home, car and at work. The following items should be part of your emergency kit and kept in a container that can be easily carried. Your supplies should be checked and/or updated every 6 months to monitor expiration dates, etc.

For Your Home:

During an emergency, you may not be able to get food or water for days or weeks, and your electricity may not be working. The following items should be part of your emergency kit and kept in a container that can be easily carried if you need to leave home:

- Bottled water (One gallon of water per person per day, to last three days.)
- Canned or dried food (A three-day supply of non-perishable food items for each person. Consider tuna, crackers, cookies, etc. (Remember a manual can opener.)
- Battery-powered radio and flashlight
- Extra batteries for radio and flashlight
- First-aid kit
- Prescription medicines (and a listing of all prescription medicines)
- Clean clothes and sturdy shoes
- Extra credit card / Extra "cash" money
- Sturdy trash bags
- Formula and baby food if there is an infant in your home
- Consider adding a corded telephone to your emergency kit if you are using only cordless telephones in your home currently.
- Learn how to use text messaging on your cell phone, most text messages will be sent even when you do not have cellular signal to make a call.
- For those who have access to a generator for backup power, never use a generator indoors and install carbon monoxide detectors throughout your home.

For Your Car:

- Keep a small, portable emergency supply kit in your car at all times.
- You should include a gallon of water, several cans of food, a manual can opener, blankets, sleeping bags, money, and first-aid supplies.

At Work:

- Keep your own supply of fresh water and canned food, a flashlight, and battery-powered radio at your desk or in your locker.
- Everyone should consider keeping a change of clothes and a pair of strong, practical shoes or boots at work.

For Your Pets:

- Make sure your pets have identification tags and up-to-date vaccinations.
- If you must leave home, bring your pet with you, if possible.
- You can plan ahead by creating a supply kit for your pet that includes extra food, water and medications.



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#3

LISTEN FOR INFORMATION

- ☐ A carrier and leash will also be important.
- ☐ For cats, remember to include extra litter.

Now is a good time to be the first to know. Emergency preparedness isn't just the concern of emergency management officials and first responders. It's a responsibility we all have to ourselves, our families, and our community. Find out what emergency plans your city, state, and region have in place, and familiarize yourself with how you can receive information in the event of an emergency. Learn what types of emergencies could occur in your area so you can be ready, no matter what comes your way.

- ☐ Listen for information about what to do and where to go during an actual emergency.
- ☐ Heed warnings and take appropriate action if asked to evacuate or take cover before disaster strikes.
- ☐ It is important to stay calm in an emergency. Get as much information about the situation as possible. If there is no electricity, make sure to have a battery-powered radio with extra batteries so you can listen for updates and instructions.
- ☐ City, county, and state officials have developed emergency plans. In the event of an actual emergency, it's important to follow their instructions and advice. They will provide you with the latest information.