



Where Your Doctor Works for YOU!

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BE PREPARED

Emergencies can happen at any time - that's why they're called emergencies.

There are countless reasons why we might have to suddenly leave home, or rely on ourselves and each other for survival when Life As Usual gets interrupted: wildfires, storms, a crisis for a loved one far away, financial hardship, even violence at home or in the community . . .

Having a plan in advance will help you be more confident and ready to move fast if a disaster does affect your home.

Questions to discuss with your family, household, and loved ones:

- How will you receive emergency warnings and alerts?
 - What if power is out?
 - What if phone / internet are disrupted?
- How will you communicate with loved ones?
 - Who will you be in touch with?
 - How will you contact them?
- Where will you go to be safe if you have to evacuate?
 - Back-up if 1st plan unreachable
 - Where will you shelter animals / pets?
- What are your evacuation routes?
- What vehicle is most reliable?
 - Do you have a spare tire, jack, tire iron, jumper cables, gas can, etc?
- Do you have an emergency go-bag ready?
 - Where do you keep it?
- Generic items for your Go-Bag:**
 - Water: gallon/person/day, or filter bottle*
 - Food: 3 day supply, non-perishable
 - Can opener (hand-operated)
 - Flashlight
 - Radio (battery or hand crank)
 - NOAA weather alert
 - Extra batteries
 - Cell phone with chargers
 - Whistle (to signal for help)
 - First aid kit
 - Change of clothes (undies, socks, pants, shirt)
 - Wrench or pliers to turn off utilities
 - Local maps
- Additional items to gather before evacuation:**
 - Prescription medication
 - Prescription glasses
 - Personal & feminine hygiene
 - Warm blanket
 - Cash
 - Face mask
- * If you have children:**
 - Infant formula, bottles, diapers, wipes and diaper rash cream
 - Favorite stuffed animal or toy for comfort
- *If you have pets:**
 - Pet food and extra water for them
 - Favorite toy for comfort/entertainment

* find inexpensive water filtration bottles or portable systems in Sporting Goods at WalMart, Target, etc