September Tip: It’s National Preparedness Month.

Prepare yourself and those in your care for an emergency or disaster. Follow these tips to be/stay informed, make a family plan, and build an emergency supply kit.

**Tip #1:** There are many resources available to learn about the potential hazards in your area—check them out.
- Center for Disease Control and Prevention—[http://www.cdc.gov](http://www.cdc.gov)

**Tip #2:** Making a plan saves lives, property, and time and reduces stress.
- Make a family emergency plan that includes a meeting place both inside and outside the neighborhood, in case your family members are separated in an emergency.
- Provide everyone in the family with key contact numbers including a contact outside the area, with whom everyone can check in should local lines be busy or down.
- Including children in your planning, with scenarios for evacuation and sheltering in place, to empower them to react when precious seconds count.

**Tip #3:** Building a kit with necessary supplies will increase the likelihood that key items can be found and reached by all members of the family when needed, as well as transported if an evacuation is ordered.
- Include a three day supply for each family member, including one gallon of water per person per day.
- Include battery or crank operated flashlights and radio.
- Along with other recommended kit supplies listed on Ready Coast Guard’s website, include things your individual family members need each day, such as prescription medications, medical equipment, baby bottles, pet food, etc.


Be/stay informed, make a plan, build a kit and pass it on, so all are prepared.

Semper Paratus!