

Disaster Preparedness

Are *you* ready?



National Preparedness Month

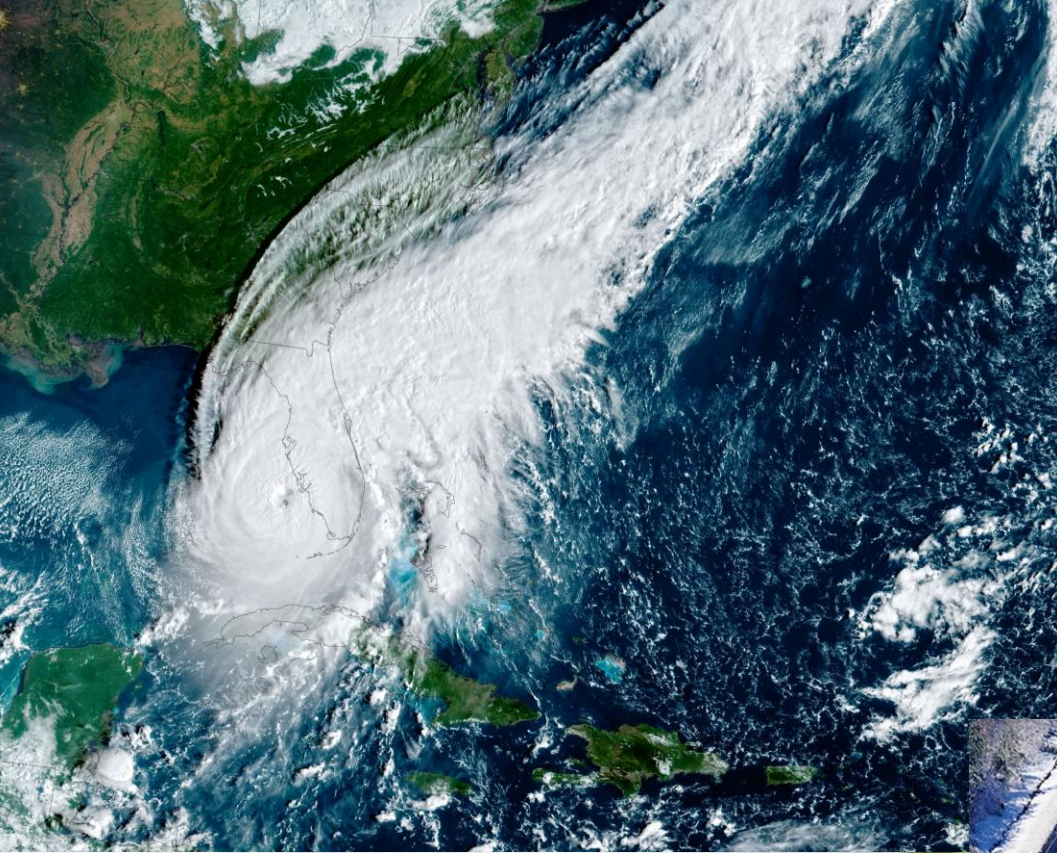
Preparedness Starts At Home



Preparing Makes Sense

- Build a Kit
- Make a Plan
- Be Informed





Build A Kit

- **Recommended items to keep in an emergency supply kit:**
 - **Water** – 1gallon per person per day for at least 3 days
 - **Food** – at least a 3 day supply of non-perishable food
 - **Flashlight** with extra batteries
 - **First aid kit**
 - Battery powered or hand-crank **radio** with extra batteries.
 - **Back-up chargers**
 - **Local Maps**
 - **Toys**





Build A Kit (Continued)

- **Recommended items to keep in an emergency supply kit:**
 - **Whistle** to signal for help
 - **Can opener** for food
 - **Dust mask** to help filter contaminated air and **plastic sheeting** and **duct tape** to shelter-in-place
 - Extra **medications** and medical supplies
 - **Wrench** or **pliers** to turn off utilities
 - Copies of **important family documents**

Make A Plan

- **Things to include in a Family Emergency Plan**
 - Contact information for family members (work, school, home)
 - Out-of-town contact
 - Neighborhood meeting place
 - Regional meeting place
 - Evacuation location



Preparedness for Vulnerable Populations





- Mail may be delayed
- Direct deposit to a checking or savings account. Federal benefit recipients can sign up by calling (800) 333-1795 or [sign up online](#)
- Available Cash

**IS
YOUR
PET
PREPARED?**



Remember:

- **Pet ID Tag and/or Microchip**
- **Copies of Vet Records**
- **Available shelters**



Be Informed

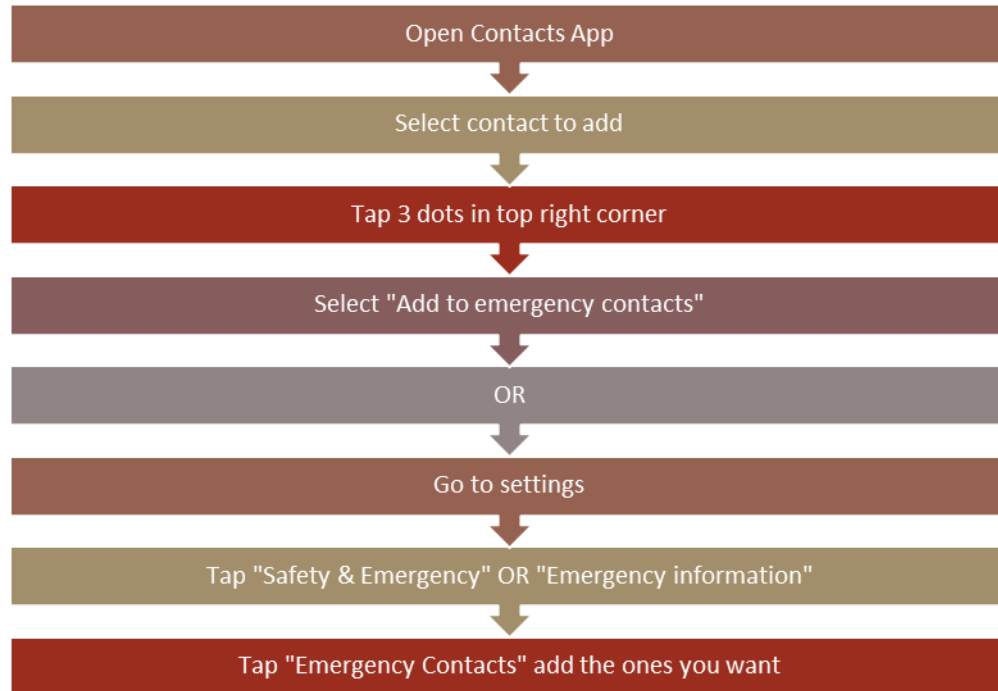
- **Prepare for different emergency situations and for the unexpected**



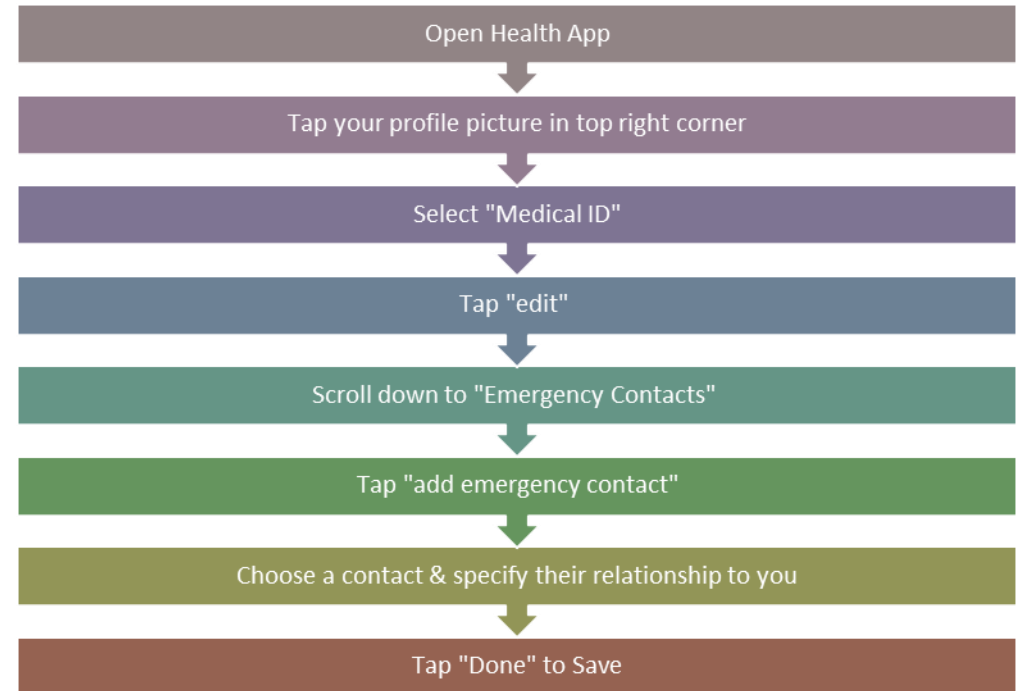
Preparing Your Device

- Keep your device charged
- Have backup power sources (e.g., power banks)
- Regularly update your device's software

ANDROID



IPHONE



Essential APPS and Websites



**American
Red Cross**

Together, we can save a life



- FEMA App: Provides survival instructions and alerts <https://www.fema.gov/about/news-multimedia/mobile-products>
- [FEMA Mobile App, FAQs, Text Messages](#)
- [Virginia Hurricane Evacuation Guide](#)
- [Disasters & Emergencies-Ready.gov](#)
- [Know Your Zone | VDEM \(vaemergency.gov\)](#)
- [Home | VDEM \(vaemergency.gov\)](#)
- City or County Emergency Alert Apps
- Schools Apps
- Local News Apps
- [NOAA Weather Radio All Hazards \(NWR\)](#)
- Red Cross Emergency App

Emergency Preparedness Initiatives



Preparedness Month Events

Weekly
Preparedness
Messages

Lunch &
Learns

Emergency
Preparedness
Day Event

Remember:

- Maintain Your **Emergency Kit**
- Review and Practice your **Emergency Plan**
- **Be/Stay Informed** on what is going on around you

Thank you!

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