

# Disaster Preparedness

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Are you ready?



# National Preparedness Month

Preparedness Starts At Home



# Preparing Makes Sense

- Build a Kit
- Make a Plan
- Be Informed





# Build A Kit

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- Recommended items to keep in an emergency supply kit:
  - **Water** – 1 gallon 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

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- **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

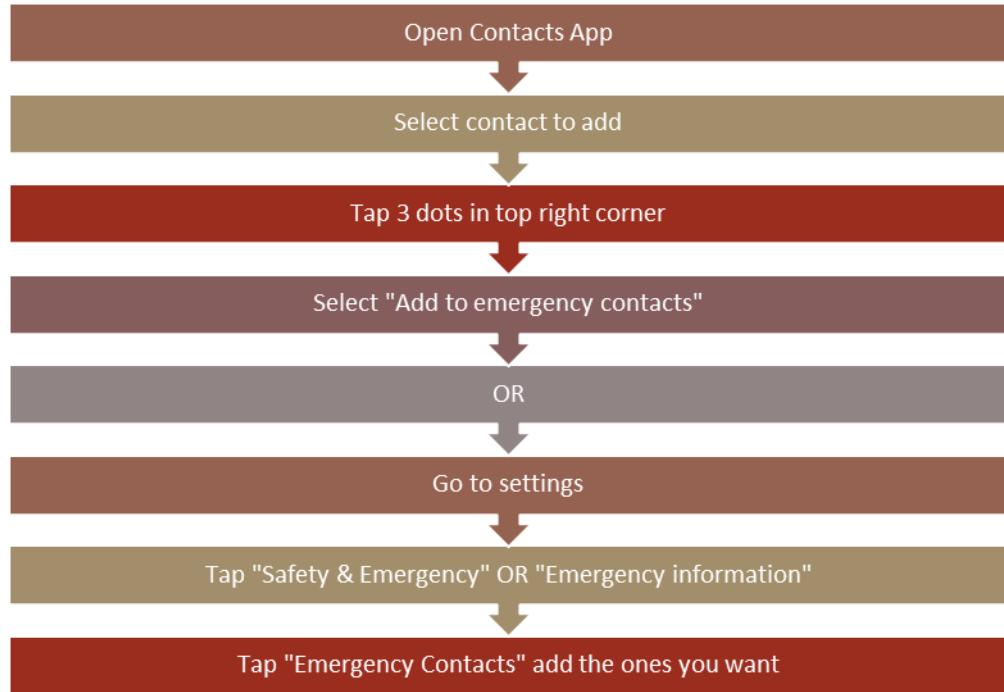
- **Prepare for different emergency situations and for the unexpected**



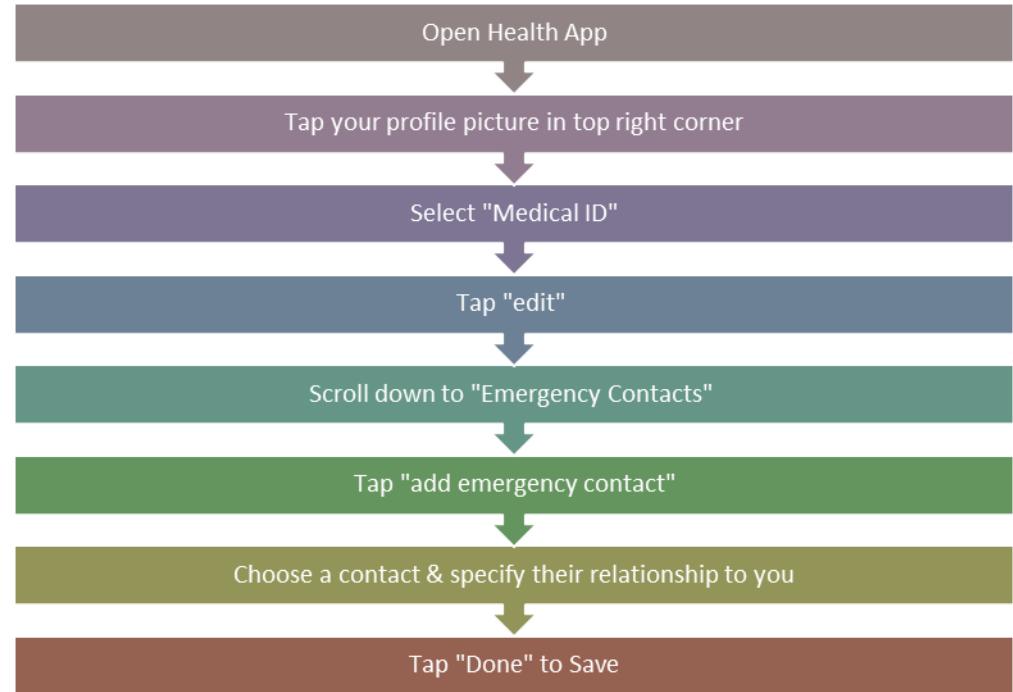
# Preparing Your Device

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

## ANDROID



## IPHONE



# Essential APPS and Websites



- 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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