

# Are You Really Ready?



## *Why should you be prepared for emergencies?*

Emergencies and disasters can happen anytime, anywhere, and to anyone—sometimes without warning. Being prepared is important for you and your family's safety and well-being.

## *How should you prepare for an emergency?*

### 1. **Get a kit**—Have supplies for 3 days for each person in your home

- ✓ 3 gallons of water/person
- ✓ Prescription medicine
- ✓ First aid kit
- ✓ Battery-powered radio, extra batteries
- ✓ Flashlight and extra batteries
- ✓ Blankets or sleeping bags
- ✓ Toiletries
- ✓ Pet needs
- ✓ Canned or packaged food, manual can opener
- ✓ Special items for babies, elderly, or disabled

### 2. **Make a plan**—Know where you, your family, and your pets will go if you have to leave your home:

- Decide on a family meeting place
- Choose an out-of-town person as a family point of contact
- Keep important phone numbers with you at all times
- Find out how your children's schools will notify you in an emergency

### 3. **Stay informed**—

- Before, during, and after the emergency by tuning in to local radio and TV stations
- Local media will provide details about evacuation routes, shelters, and how to stay safe

*For more information go to:* [www.readyvirginia.gov](http://www.readyvirginia.gov)

**HealthWhys**  
A public health message from

*Thomas Jefferson*  
HEALTH DISTRICT

Serving: Albemarle Charlottesville  
Fluvanna Greene Louisa Nelson

[www.vdh.virginia.gov/LHD/ThomasJefferson](http://www.vdh.virginia.gov/LHD/ThomasJefferson)

