

## **Are You Ready? Are You Really Ready?**

The weather has recently caught some of us off guard with its rippling effect of power outages and supply shortages. But it's also an opportunity for us to ask ourselves, "Are we **really** prepared for a disaster such as an earthquake, volcanic eruption, tsunami, terrorism, hurricane, pandemic flu, etc.?"

- 1) Start with a Family Disaster Plan for Evacuating and Communicating.
- 2) Build a Three (3) to Seven (7) Day Disaster Supplies Kit for a supply of water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and medical needs.
  - a. Bottled water is best and plastic containers are easy to use and store. Each person will need at least 1 gallon of water a day. (Don't forget your pets!)
  - b. You'll need a non-perishable food supply that is easy to store and carry, nutritious and ready-to-eat. Canned goods are good for one year. Read the expiration dates. Include a can opener. And don't forget your pets!
  - c. Have at least one First Aid Kit [*soon to be available for purchase through BMA Gold Card*].
  - d. Have a shelter that can be erected quickly outside such as a back-packers tent. Don't forget the sleeping bags!
  - e. Have a small propane heater available and/or an outside fireplace for emergency warmth.
  - f. A radio (with extra batteries) will be essential to listen to the news. Have a good flashlight and a small tool kit.
  - g. Have your medications readily available. If they need refrigeration your fridge will stay cool for two days once turned off, or blue ice in a small cooler can work.
- 3) Make sure your fire extinguishers are up to date.
- 4) Are your car, motorcycle, bicycle, and boat ready to go and fueled?
- 5) Do you have maps, compasses and a signal mirror or flag for attention if a plane or copter flies overhead? If it is safe where you are, stay put!
- 6) Know where and how to turn off the gas, water and electricity to your house.
- 7) Have a good pair of shoes at the ready so you can walk on glass, on ice, or on wet ground.
- 8) Use your phone only if necessary.
- 9) The websites given below have additional important and helpful information that will assist you.

**BE READY!! It's the right thing to do NOW and not later.**

[www.redcross.org](http://www.redcross.org)

[www.beprepared.com](http://www.beprepared.com)

[www.seattlredcross.org](http://www.seattlredcross.org)

[www.govlink.org/3days3ways/buildakit.html](http://www.govlink.org/3days3ways/buildakit.html)