

Coos Health & Wellness

Together, Inspiring Healthier Communities



October 26, 2016

FOR IMMEDIATE RELEASE

Are you prepared for an Emergency?

Are you and your family prepared? If we have an emergency, would your family know where to meet, who to call, or what to bring? It is never too early to make an emergency plan and prepare for when you'll need it most.

Preparing for emergencies can be overwhelming. Do you know how to get started? Creating an emergency communication plan is a great starting point and will ensure that all of your family members know what to do when disaster hits. Make sure that you can plan accordingly by staying informed of potential threats for our area, such as:

- Flooding
- Earthquake
- Tsunami
- Winter Storms

Discuss with your loved ones how you will inform them of your safety in an emergency. Make sure to include where you family will meet with locations both inside and outside of your neighborhood. And don't forget to map out the best routes to those locations from school, work, and home. To learn more or download and print a plan, please visit ready.gov.

Once disaster hits, there is no guarantee that you will have access to the things you need! How can you be sure that you and your love ones will have the supplies needed to survive after an emergency? Well, you can create an emergency kit! Your kit should include enough food and water for everyone in your family for up to three days. You may also need lots of other supplies, such as:

- Battery-powered or hand crank radio
- First-aid kit
- Flashlight

- Whistle
- Wrench or pliers
- A manual can opener
- Maps of your area
- Cell phones with chargers
- Dust masks
- Moist towelettes
- Garage bags
- Necessary medications
- Blankets
- Copies of important documents

For more information on how to make a kit and what to include visit [ready.gov/kit](https://www.ready.gov/kit).

Don't wait. Communicate. Make your emergency plan and kit today.

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Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1