

## **PLANNING AHEAD FOR WEATHER EMERGENCIES**

Plan ahead for emergencies like hurricanes, snowstorms and power failures by putting together an **"emergency kit."**

What if you were trapped in your house because of extreme weather and you lost electrical power? Many people don't give much thought to such a situation. But when you're faced with an emergency, you may not have the time or the presence of mind to gather together your most important and necessary belongings. That's why it's crucial to plan in advance. The best way to do this is to put together an emergency preparedness kit. Hopefully, you'll never need it, but it will give you some peace of mind knowing it's there if you do.

### **Put together a kit -**

Plan ahead by packing a kit that includes everything you'll need in an emergency. Include the following:

- Food and water
- Cash
- Personal hygiene supplies
- Important documents
- A radio and a flashlight (don't forget the batteries)
- A first aid kit
- Emergency phone numbers
- A cell phone and charger
- Baby and pet necessities

If you have a medical condition, remember to do the following:

- **Store at least a weeks' worth of medication in your home.** Be sure you can reach this supply easily and quickly. Keep it in a well-marked container, safe from moisture.
- **Pack extra batteries if you use any medical devices,** such as hearing aids or glucose meters.
- **Include style and serial numbers** of devices like pacemakers.
- **List your medications and dosages.** Put this list in your kit. Give a copy of this list to a family member or neighbor. This list should include any allergies you have and contact numbers for your doctors and family members.
- **Include a copy of your MCP or insurance card.**
- **If you wear glasses or dentures, put an extra pair in your kit** if you have them.
- **Stick in a pill splitter** if you normally use one.
- **Wear a medical alert bracelet or ID.**

### **Other tips**

- **Be sure to have a plan.** Let family members know how to get in touch with each other. Discuss in advance where you will meet.
- **Make sure that you and others in your household know how to perform CPR.**
- **If you have a disability, inform your local government offices.** This way, you can be helped quickly if there is an emergency.
- **Tell family and friends what they can do to help.** For instance, if you have diabetes, a family member should know the signs of low blood sugar and what to do.

An emergency can happen at any time, anywhere. Be sure you are ready