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**USE:** This document offers three simple preparedness actions anyone can do to “Be Red Cross Ready” for a variety of disasters and emergencies. It offers a general preparedness message that can be used every day and also at certain times during the disaster life cycle (pre-event, just-in-time and post-event) when a “teachable moment” presents itself.

### **Get a Kit:**

- The American Red Cross recommends everyone purchase or make an emergency preparedness kit with at least three days worth of essential items needed by each household member.
- Essential items include water (1 gallon per person, per day), nonperishable food, a flashlight, a battery- or crank-operated radio, extra batteries, a manual can opener, cash and important medications.
- Store items in a sturdy, sealable, easy-to-carry container. Remember to check your kit every six months and replace expired items.
- Families who have an emergency preparedness kit report feeling more confident in their ability to help themselves in a disaster situation until help arrives. They are not only better able to help themselves but are more likely to help their neighbors as well.
- Preparedness products like American Red Cross Emergency Preparedness kits or the American Red Cross Emergency Radio by Eton make it easy for individuals and families to prepare for a variety of disasters. A variety of products are available at the RedCross.org store.
- To download a full list of emergency supplies and create a personalized shopping list, visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady).

### **Make a Plan:**

- As part of making a plan, the American Red Cross recommends creating and practicing an evacuation and communications plan. Each person in your household [SUBSTITUTE FAMILY WHEN YOU ARE SURE YOUR AUDIENCE IS FAMILIES] should know how to reach other members and where to meet if you can't go home.
- As part of your communications plan, choose an out-of-area relative or friend as an emergency contact and make sure that all your household members know how to contact this person.
- As part of your evacuation plan, choose two meeting places: one right outside of your home in case you need to escape in a hurry, like in the event of a home fire, and one outside of your neighborhood, in case a disaster prevents you from returning home.

- Tell your family about the Safe and Well Web site accessible at [www.redcross.org](http://www.redcross.org). The Safe and Well Web site is a tool that allows those directly affected by a disaster to let their loved ones know of their well-being.
- In a disaster situation, concerned family members who know the person's phone number (home, cell, or work) or a complete home address can log on from anywhere and search for that information.
- If you have a pet, you'll need to make arrangements for them in case you need to evacuate. Prepare a list of family, friends, pet-friendly motels and boarding facilities that could shelter your animals in a disaster situation. Pets, other than service animals, are not permitted in Red Cross shelters for health and safety reasons.
- If you are asked to evacuate, take your pets with you. If it's not safe for you, it's not safe for them.
- For more information and to download an emergency contact card, visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady)

### **Be Informed:**

- Being informed means finding out what types of disasters are likely to occur where you live, work and play, and how you would receive information from local officials in the event of a disaster.
- Part of being informed is learning first aid, CPR and how to use an AED so you have the skills to respond to an emergency when help is delayed. To learn more and view CPR/AED and first aid demonstrations, visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady), or contact your local Red Cross chapter to register for a class.

For more information, contact your local chapter or visit [www.redcross.org/BeRedCrossReady](http://www.redcross.org/BeRedCrossReady)