

Preparedness Essentials

Preparedness Checklist

Disasters disrupt our lives. Some disasters, like floods and home fires, can occur anywhere. Other disasters, like wildfires and hurricanes, are more common in certain areas. Climate change is causing more frequent and extreme weather events. This increases our risk of death, injury, property loss and disruption. But we can take action to prepare. Prepare now to protect yourself, your loved ones and your home.



Be Prepared

Being prepared means that you:

- Know what hazards, like tornadoes or floods, are likely to happen in your community.
- Have plans in place so that you and your loved ones know how to respond.
- Have a way to monitor emergency conditions in your area.
- Have emergency skills, such as CPR and first aid.
- Have emergency supplies, like food, water and medicine, so that you can meet your basic needs.



Understand Your Risks

Some hazards, such as floods and home fires, can happen anywhere. Others, including earthquakes and hurricanes, are more common in certain areas. Reach out to your state or local office of emergency management agency to learn more about your local risks.



Plan to Stay Connected

In a disaster, it is important to stay connected and informed.

- Sign up for free emergency alerts from your local government.
- Have a backup battery or a way to charge your cell phone.



Learn Emergency Skills

Prepare now so that you have critical skills and can meet your basic needs.

- Learn first aid and CPR.
- Utilities may be offline. Be ready to live without power, gas and water. Plan for your needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.



Gather Emergency Supplies

Gather food, water and medicine. Organize supplies into a Go-Kit and a Stay-at-Home Kit.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies. Stores and pharmacies might be closed.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.