

Be Red Cross Ready

Get a kit. Make a plan. Be informed.



It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...Get a kit. Make a plan. Be informed.

Be Red Cross Ready Checklist

- ☐ I know what emergencies or disasters are most likely to occur in my community.
- ☐ I have a family disaster plan and have practiced it.
- ☐ I have an emergency preparedness kit.
- ☐ At least one member of my household is trained in CPR/AED use.
- ☐ I have taken action to help my community prepare.



Get a kit

At a minimum, have the basic supplies listed below.

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

▪ Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home) ▪ Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home) ▪ Flashlight ▪ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) ▪ Extra batteries ▪ First aid kit ▪ Medications (7-day supply) and medical items ▪ Multi-purpose tool ▪ Sanitation and personal hygiene items ▪ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) ▪ Current digital photos of loved ones, updated every six months, especially for children ▪ Cell phone with chargers ▪ Family and emergency contact information ▪ Extra cash ▪ Emergency blanket ▪ Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

▪ Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane) ▪ Baby supplies (bottles, formula, baby food, diapers) ▪ Games and activities for children ▪ Pet supplies (collar, leash, ID, food, carrier, bowl) ▪ Two-way radios ▪ Extra set of car keys and house keys ▪ Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

▪ Whistle ▪ N95 or surgical masks ▪ Matches ▪ Rain gear ▪ Towels ▪ Work gloves ▪ Tools/supplies for securing your home ▪ Extra clothing, hat and sturdy shoes ▪ Plastic sheeting ▪ Duct tape ▪ Scissors ▪ Household liquid bleach ▪ Entertainment items ▪ Blankets or sleeping bags ▪ Sunscreen ▪ Insect Repellent



Make a plan

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military or engages in extended business travel on a regular basis, plan how you would respond if they were away.
- If you or a member of your household is an individual with access or functional needs, including a disability, consider developing a comprehensive evacuation plan in advance with family, care providers and care attendants, as appropriate. Complete a personal assessment of functional abilities and possible needs during and after an emergency or disaster situation, and create a personal support network to assist.

Plan what to do in case you are separated during an emergency

- Choose two places to meet—
 1. Right outside your home in case of a sudden emergency, such as a fire.
 2. Outside your neighborhood, in case you cannot return home or are asked to evacuate.

Consider any transportation challenges that might be encountered by individuals that use mobility assistive equipment.