

GET PREPARED ACTION KIT



**American
Red Cross**

www.redcross.org

September is National Preparedness Month.

Join Friends for Change and the American Red Cross to learn how you can help your friends and family prepare for emergencies!

**GET
PREPARED
IN 3
SIMPLE
STEPS**

1

GET A KIT: Round up your family and work together to gather supplies in an easy-to-carry kit. Backpacks or pillowcases work great!



KIT CHECKLIST:



WATER

1 gallon per person, per day



FOOD

Simple, non-perishable food like nuts, granola bars, dried fruit, etc.



BLANKET



FIRST AID KIT



**FLASHLIGHT &
EXTRA BATTERIES**



CASH

(dollars & coins)



2 MAKE A PLAN: Download, print and fill in the blanks below to create your family's emergency plan. Then practice it! Be sure to include this in your kit.

FAMILY EMERGENCY PLAN:

1) Family meeting place close to home: _____

2) Family meeting place outside neighborhood: _____

3) Contact info for family members:

Name _____ Cell _____ Email _____

Name _____ Cell _____ Email _____

4) Emergency contact outside my community:

Name _____ Cell _____ Email _____






5) Emergency Contact Numbers:

Emergency Medical Service (EMS): _____ Fire Department: _____ Police: _____

3 BE INFORMED: Visit www.redcross.org to learn more about the three steps of preparedness and the disasters or emergencies that may occur in your area.

Follow the information checklist below and know how to:

INFORMATION CHECKLIST:

-  Get news, radio updates, TV, Internet, etc.
-  Understand weather alerts and warnings
-  Protect yourself during disasters that may occur in areas where you travel or have moved recently
-  Have a family member get trained in CPR and first aid
-  Share your knowledge with your family, friends and neighbors.



TO FIND OUT MORE WAYS TO GET PREPARED, VISIT: DISNEY.COM/FRIENDS