

Emergency Preparedness

An emergency can happen at any time, and it is important that you are prepared! A poll done by Adelphi University Center for Health Innovation did a survey of Americans, and their results show that most Americans are not ready for an emergency. (The following information is from – Quadir, Regina. "Startling Facts You Should Know About Disaster Preparedness." CDC.gov. Center for Disease Control and Prevention, 25 July 2012. Web. 26 Nov. 2013)

- **More than half of Americans have not prepared copies of crucial documents.**

It is important to always have copies of important documents (social security card, birth certificate, passport, etc.) in case you were to lose those in an emergency – such as a house fire. It's also a good idea to scan these documents and save them electronically!

- **48% of Americans lack emergency supplies for use in the event of a disaster.**

Trying to get supplies during or after an emergency is not an easy task – there might be road blocks, stores may be closed, etc. It is important that you have the basic supplies with you and ready!

Basic Emergency Kit

- Water: 1 gallon/day per person for 3 days
- Food: at least a 3 day supply of non-perishables
- Can opener for food
- Battery powered radio
- Flashlight & extra batteries
- First aid kit
- Blanket/extra clothes

****Keep this kit in a designated place, and have it ready in case an emergency occurs. Make sure all family members know where the emergency kit is****

- **More than half of parents do not have a designated meeting place in case of a disaster.**

The time after a disaster strikes is chaotic! It might be difficult to find your loved ones. Pick a meeting place, and make sure you discuss your disaster plan with each of your family members.

Help change the statistics – make sure you, your family, and your friends are ready in case an emergency strikes!