



Sunday, September 26, 2010

What do you do if your gas, power, and phone goes out during a natural or manmade disaster? Where would you go? How would you protect your family?

Are You Ready?

Be Ready Sunday was created to recognize the important role faith-based organizations play during disaster preparedness and response. By following these three steps, you are bringing your family and community one step closer to safety.



Be Informed.

- **Locate Shelters**
Different locations provide shelters for different needs such as pets, medical, emergency, and transitional sheltering.
- **Know Evacuation Routes**
A key part of preparing for emergencies and disasters is knowing what you will do if the need arises. Once you have your plan, be sure to practice and know it.
- **Listen for Emergency Information**
Check with local TV stations, radio stations, and related websites. It is also helpful to have on hand a National Oceanic & Atmospheric Association (NOAA) weather radio or another emergency alert system.



Be Involved.

- **Get Trained**
Contact your local American Red Cross and Citizen Corps Council for additional training.
- **Be a Volunteer**
Become part of your local Community Emergency Response Team (CERT). CERT teaches basic disaster training you can use to respond effectively to the needs of your family and neighbors in any emergency.
- **Report Suspicious Activity**
The individual citizen is American's most valuable asset in the war on terror. Protecting homes, houses of worship, neighborhoods, schools, communities, stores, farms, and factories is a shared responsibility. Notify local law enforcement immediately. To report suspicious activity and behavior call 911.



Sunday, September 26, 2010

What do you do if your gas, power, and phone goes out during a natural or manmade disaster? Where would you go? How would you protect your family?

Are You Ready?

Be Ready Sunday was created to recognize the important role faith-based organizations play during disaster preparedness and response. By following these three steps, you are bringing your family and community one step closer to safety.



Be Informed.

- **Locate Shelters**
Different locations provide shelters for different needs such as pets, medical, emergency, and transitional sheltering.
- **Know Evacuation Routes**
A key part of preparing for emergencies and disasters is knowing what you will do if the need arises. Once you have your plan, be sure to practice and know it.
- **Listen for Emergency Information**
Check with local TV stations, radio stations, and related websites. It is also helpful to have on hand a National Oceanic & Atmospheric Association (NOAA) weather radio or another emergency alert system.



Be Involved.

- **Get Trained**
Contact your local American Red Cross and Citizen Corps Council for additional training.
- **Be a Volunteer**
Become part of your local Community Emergency Response Team (CERT). CERT teaches basic disaster training you can use to respond effectively to the needs of your family and neighbors in any emergency.
- **Report Suspicious Activity**
The individual citizen is American's most valuable asset in the war on terror. Protecting homes, houses of worship, neighborhoods, schools, communities, stores, farms, and factories is a shared responsibility. Notify local law enforcement immediately. To report suspicious activity and behavior call 911.





Be Ready.

- **Make a Family Plan**

Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first decision is whether you “Shelter-in-Place” or evacuate. Make sure you have an evacuation route. Work with friends, neighbors, and family members to develop a communication plan.

- **Plan for Your Pets**

Before a disaster, know which shelters are available to house your pets during a disaster. Learn any rules or restrictions that they may have and adjust your Disaster Kit accordingly. Fido needs to Be Ready too!

3– Day Kit Checklist

Having a 3-Day Kit ready and packed will help prepare your family in the case of an emergency or evacuation. Keep the following items in a sturdy and easy-to-carry container, and make sure it is ready to go at all times during the year:

- Water: One gallon per person per day, for drinking and sanitation
- Non-perishable food: at least a three-day supply and a manual can opener
- Battery-powered or hand crank radio and NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Copies of important family documents in a waterproof container (Photo ID, proof of residence, insurance, birth certificates, deeds, Social Security Card, etc.)
- Hygiene kit: toothpaste, toothbrush, soap, deodorant, feminine products, shaving supplies, etc.
- Non-expired medication, medical contact information, prescriptions, and first aid kit
- Extra car and house keys
- Contact and meeting place information for your household and a small regional map
- Small denomination of cash and ATM cards
- Comfortable shoes, raingear, and blanket
- Any special care items

For more information on disaster preparedness, please visit our website www.ReadyAlabama.org for ideas on how you and your family can Be Ready!



Be Ready.

- **Make a Family Plan**

Plan in advance what you will do in an emergency. Depending on your circumstances and the nature of the event, the first decision is whether you “Shelter-in-Place” or evacuate. Make sure you have an evacuation route. Work with friends, neighbors, and family members to develop a communication plan.

- **Plan for Your Pets**

Before a disaster, know which shelters are available to house your pets during a disaster. Learn any rules or restrictions that they may have and adjust your Disaster Kit accordingly. Fido needs to Be Ready too!

3– Day Kit Checklist

Having a 3-Day Kit ready and packed will help prepare your family in the case of an emergency or evacuation. Keep the following items in a sturdy and easy-to-carry container, and make sure it is ready to go at all times during the year:

- Water: One gallon per person per day, for drinking and sanitation
- Non-perishable food: at least a three-day supply and a manual can opener
- Battery-powered or hand crank radio and NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Copies of important family documents in a waterproof container (Photo ID, proof of residence, insurance, birth certificates, deeds, Social Security Card, etc.)
- Hygiene kit: toothpaste, toothbrush, soap, deodorant, feminine products, shaving supplies, etc.
- Non-expired medication, medical contact information, prescriptions, and first aid kit
- Extra car and house keys
- Contact and meeting place information for your household and a small regional map
- Small denomination of cash and ATM cards
- Comfortable shoes, raingear, and blanket
- Any special care items

For more information on disaster preparedness, please visit our website www.ReadyAlabama.org for ideas on how you and your family can Be Ready!